

All about seeds

Let's play and talk together

- ❖ Talk with your child about where fruits and vegetables come from and how they grow from seeds.
- ❖ Show your child some examples of seeds from your kitchen, e.g. dried beans or peas, poppy seeds, and pumpkin or sunflower seeds. Notice their different shapes and sizes.
- ❖ When you are eating together, look for seeds in fresh fruits and vegetables, e.g. tomatoes, grapes, apples, plums, avocados.
- ❖ Help your child make a space for a small garden outdoors or in a container.
- ❖ Decide which seeds you will plant. If the seeds are small, make a seed strip together.
- ❖ Plant and water the seeds.
- ❖ Water the garden regularly and watch for seeds to sprout.

A good read-together book

The Carrot Seed by Ruth Krauss

This activity helps children learn where foods come from and introduces them to new fruits and vegetables. Children are more likely to try fruits and vegetables if they have helped to grow and prepare them.

You will need some seeds that are easy to grow, some rich soil, small gardening tools and a garden space or container.



Hints for success

- ❖ Choose seeds that grow easily, e.g. sunflowers, lettuce, beans, peas or radishes. Lettuce and radishes are ready to pick in about 3 to 4 weeks.
- ❖ Use child-sized tools and a child-friendly space for the garden.
- ❖ If you use containers, choose ones with drain holes.
- ❖ Help your child water regularly but not too much.

Look! This apple has seeds on the inside!

Did you know that fruits and vegetables come from seeds that grow in the ground?

Ways to say it

More ideas for All about seeds

Try this way

- ❖ Make a citrus garden. Save seeds from oranges, tangerines, lemons or grapefruit and soak them overnight. Plant two or three seeds about 2.5 cm (1 in) deep in containers with drainage holes, e.g. egg cartons, milk cartons or peat pots. Keep them in a warm, sunny spot.
- ❖ Explore the seeds of fruits and vegetables to find out where they grow, e.g. under or above the ground, on vines or bushes or trees.

Let's make—a seed strip

What you need:

- A paper towel with dots marked to show where seeds will go
- A packet of seeds
- Seed glue made from 1 cup flour and $\frac{1}{2}$ cup water
- A small dish or squeeze bottle for the glue
- Popsicle sticks for dabbing the glue

How to:

1. Show your child how to put a dab of glue and a seed on each dot on the paper towel.
2. Fold the paper towel over.
3. Allow the paper towel to dry for a few hours.

Early literacy and numeracy

Make a chart with your child to record the number of days it takes for a seed to grow into a vegetable or fruit. Mark off each day and add words to describe what you see.



Book links

Up, Down, and Around by Katherine Ayres
From the Garden: A Counting Book about Growing Food by Michael Dahl

Safety tip

Mung bean and alfalfa seeds sprout very easily but they are a source of bacteria. These sprouts must be very well cooked for children to eat them safely.