

Experimenting with Seeds!		Kindergarten
Lesson Plan	Notes	Any edible part of a plant with the seeds <i>inside</i> is a fruit, including things like tomatoes or peppers.
<p>Description</p> <p>Let's learn about seeds! What do they need to grow, what are they and how are they different? Students will explore how to sprout seeds with an at-home experiment and get them curious about seeds.</p>		
<p>Materials</p> <ul style="list-style-type: none"> • Seeds – any you might find at home or easily accessed (eg. Lentils, pinto beans, peppers, apples, oranges, tomatoes, etc.) • Paper towel • Water • Optional: Tupperware, sealable bag (Ziplock or equivalent) 		
<p>Science Background</p> <p>What are seeds? Can you think of an example of a seed you've planted, eaten or maybe just seen? Take a look in your fridge or counter and see if you can find any fruits or vegetables – can you find their seeds?</p> <p>A seed is the part of a plant which can grow into a new plant. It contains all the necessary food and nourishment a plant needs to start growing before it relies on food from its environment.</p> <p>For seeds to start sprouting, they need water, air and warmth to start their germination process. That's just a long word to say that our seed will start to grow. The first thing that comes from a seed is called the <i>radical</i>, the very first root that the plant uses to collect water and nutrients. Here's an experiment to explore more.</p>		
<p>Activity Procedure</p> <p>Feel free to try both options and compare results or choose what works best for you and your student!</p> <p>Option 1</p> <ul style="list-style-type: none"> • Lay a damp paper towel in a container such as a Tupperware. • Place your seeds, of one or multiple varieties, on your paper towel and make sure to keep them moist (e.g. spritzing with water every day) and that the seed has contact 		

with the moist towel on all sides. Feel free to label them to keep track (eg. Date and number of seeds in container).

- If necessary, place wet strips of paper towel on your seed to keep moist.
- Monitor your seeds over the next few days, checking for moisture, and more excitingly, if any have sprouted!

Option 2:

- Lay a damp paper towel in a sandwich bag:
- Place your seeds on a damp paper towel and seal the bag. Make sure it doesn't dry out. Feel free to label them to keep track, and tape them in your window!
- Monitor your seeds over the next few days.

Debrief

What do you think your seed will look like when they sprout? Which ones will sprout the fastest and why? Feel free to draw what you think it will look like.

Over the next couple days, what did you notice? Did all your seeds sprout? Did placing your seeds closer to the window make a difference?

What else could you do with your sprouted seeds? Some seeds are edible when sprouted, such as many kinds of beans. However, some seeds are better planted in soil so they can grow. It's a fun experiment to see what seeds sprout, but think with your student what you could do with your seed *after* it sprouts. Eg. Could you plant them outside? In a pot by the window?