

## Project

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

### Material:

Garden Journals, Pencils, Small plates, Seed Words Worksheet, 1 cup each of edible seeds (roasted soy nuts, sunflower seeds, pumpkin seeds, canned chickpeas, sugar snap peas), 8 oz. mung bean sprouts

### Background Knowledge:

Seeds have proteins, fats, and carbohydrates that sustain seedlings during plant growth and protect them from harsh environments. Those same nutrients provide nutritious foods for humans. Seed proteins provide more than half of global protein sources. Use this activity to demonstrate the wide variety of seeds we eat. Learners will explore the parts of a seed and taste common seeds.



### Preparation:

Place a sample of each seed on a plate.

Make one plate per learner.

Pass out journals and pencils to each learner. Pass out a copy of the Seed Words Worksheet

### Activity:

1. Discuss the functions of the parts of the seeds for plants as well for as humans.
2. Pass out the plates of seeds and sample them.
3. Pass out the mung bean sprouts and have the learners examine them. Compare the mung bean sprouts to the illustration on the worksheet.
4. Have the learners choose one of the sprouts to draw in the empty box. Have them label the parts of their seeds.



### Discussion:

1. Which seeds were your favorite and why?
2. How do the legume seeds taste compared to the other seeds?
3. What are seeds for? What happens to them when they are planted?
4. What do seeds need to grow?

## Seed Words Worksheet

### Bean Seed

