

Seeds We Eat

A Pre-Visit Lesson to *Heaps of Seeds*

Objectives: To identify seeds humans eat and do not eat.
To predict and to test what kinds of seeds sink or float.

Curricular Area: Science

Skills: Observation
Communication
Prediction
Cooperation

Time: One class period

Background Information:

Seeds come in many different shapes and sizes. They are used by many organisms as food, including people. Some of the seeds that are eaten by people every day are lima beans, peas, green beans, sunflower seeds, black-eyed peas, pinto beans, wheat, rice, soybeans, corn, rye, barley, pumpkin seeds, cashews, etc.

Materials: A variety of seeds (One set for each group)
A container of water (One set for each group)

Procedure:

1. Divide students into small groups, and distribute a variety of seeds to each group.
2. Instruct students to observe the seeds using all of their senses.
3. Allow time for students to share what they have noticed about the different kinds of seeds. Write down everything the students share, including what they saw, what they smelled, and what they felt.
4. Discuss different kinds of seeds that humans eat every day. Students should be allowed to share what kinds of seeds that they like to eat, too.
5. Next, explain to the students that they will get a chance to predict whether or not certain seeds can sink or float. Distribute the small containers of water to each group.
6. Hold up one seed and allow students to make their predictions as to whether the seed will sink or float.
7. Then, instruct the students to place their seed into the container of water to see what happens.
8. Write down the results along with any observations that the students might have.
9. Continue to predict and test until all of the seeds have been used.
10. Wrap up the lesson by reviewing what seeds you tested sank and floated. In addition, review the kinds of seeds that people eat.

Extension:

Students can use the seeds from the previous lesson to create a seed collage.