



# Seed Exploration: Preschool Lesson



## Harvest of the Month Featured Product- Strawberries

### Objective

- Children learn about seeds through hands-on activities, inquiry, and seed exploration.

### NC Foundations for Early Learning and Development

#### Goals Addressed:

APL-1, APL-2, APL-8

HPD-1, HPD-5

LDC-1

CD-1, CD-3, CD-10, CD-11, CD-14, CD-15

#### Materials:

- Lima beans
- Hand lenses/magnifying glasses
- Cotton balls
- Plastic bowls or containers filled with water
- Quart size sealable clear plastic bags (one for each child)
- Several different types of seeds with accompanying pictures of the fully grown plant
- Cherry tomatoes

### Preparation

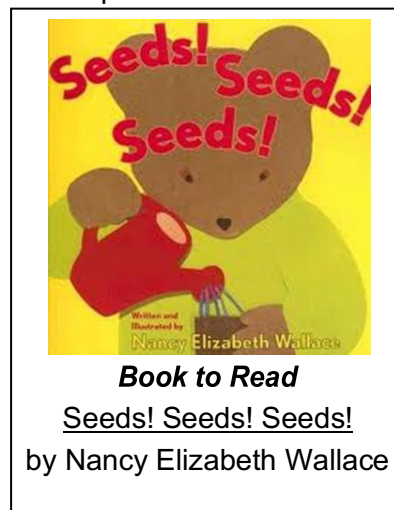
Soak lima beans in water overnight.

### Activities

#### Lima Bean Exploration

Provide each child with a hand lens, one dry lima bean, and one soaked lima bean. Ask them to look closely at the beans. What do they see? Are the lima beans smooth or wrinkly? What are the differences between the soaked and the dry lima bean?

Once the children explore the lima beans, they are ready to start their own experiments. Ask each child to dip 6-7 cotton balls into water and place them in their small plastic bags. The cotton balls should fill the bottom of the bag. Next the children will add 3-5 soaked lima beans to their bags. Be sure to seal each bag tightly. Write the children's name on their bag. Hang the bags in a sunny window with tape. The lima beans will soon sprout. Measure the lima beans each day and chart the growth. If the bags dry out, add a small bit of water each day. The lima beans will most likely all grow at different rates, or some may not grow at all. Discuss why some may not have grown (too much water? not enough sun?). *Extension: Try it with other types of seeds.*



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
[www.growing-minds.org](http://www.growing-minds.org)

Nourishing Connection a program of the Northwest Tennessee Local Food Network  
[www.nwtlnfn.org](http://www.nwtlnfn.org)



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## **Cherry Tomato Seed Counting**

Give each child a cherry tomato. Ask them what they think the tomatoes look like on the inside. What will do they feel like? Guide them in cutting (or squishing!) the tomato. What do they see? Can they find the seeds? How many seeds are there? Consider doing this activity with cucumbers, squash, apples, and any other local, in season vegetable or fruit with seeds.

## **Seed/Plant Matching**

Assemble a wide variety of seeds (avocado, corn, beet, peach, apple, oak tree (acorns!), lettuce, carrots, etc). Show the seeds to the students. Allow them to feel the seeds. Ask them what they wonder about the seeds? Hold up a few of the seeds and ask students to guess what plant the seed grows into. After the students have guessed, show a photograph that shows the plant of each seed.