



Sunflower Power

Help kids learn about parts of a plant that we eat and make a seed packet to save seeds.

Supplies: sunflower seeds, sunflower heads, parts of a plant sheet, crayons, photo of sunflower, seed packet cut outs, glue sticks, scissors

Parts of a Plant

Seeds are part of a plant that we eat. There are lots of plant parts that we eat!

- Roots: potato, carrot
- Stem: celery, asparagus
- Leaves: lettuce, spinach
- Flower: broccoli
- Seeds: peas, corn
- Fruit: tomato, pepper, cucumber

Sunflower Seeds

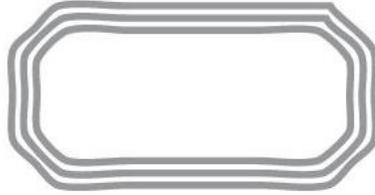
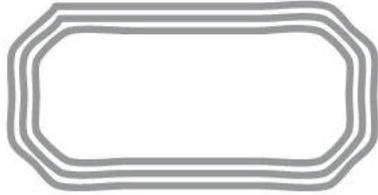
Who has ever seen a sunflower? (Show photo of sunflower.) What time of year do sunflowers grow? (Summer and fall.) What part of the plant is a sunflower? (Flower.) Flowers on a plant produce the seeds. Plants produce seeds to grow new plants.

Did you know that you can save the seeds yourself so you can grow new sunflowers? Show a dried sunflower head. After all the bright yellow petals fade away in the fall, you can cut the head of the sunflower off and dry it out. What's left? Lots of tiny seeds!

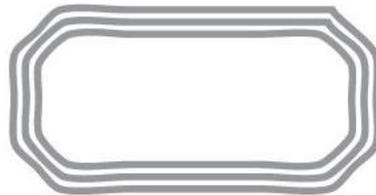
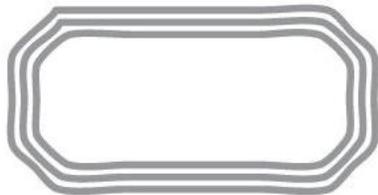
Making a Seed Packet

Have kids color seed packets. Cut out seed packets. Glue seed packets, leaving top flap open so seed can be placed inside.

Demonstrate to the kids how to remove a seed (wiggle it like a loose tooth). Help kids remove one seed each and place it in their seed packet. After seed is inside the packet, allow the students to seal the packet with glue.



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