



Seed Dispersal and
Seed Foods

Seeds We Need

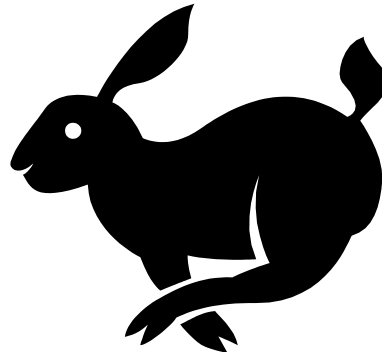
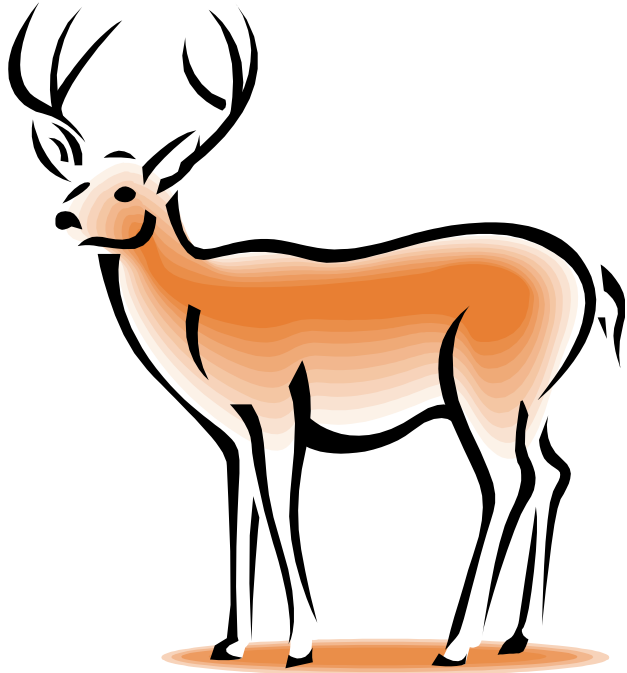


Seed variety!

Lots of shapes and sizes

- Seeds sprout and grow into plants.
- Seeds travel in different ways—hooked onto animal fur, eaten by animals and birds and “pooped out”, loosened as animals eat, or buried and hidden by animals.
- We eat foods which are seeds; cereals, breads, beans, nuts, fruits, etc.





Seeds Travel

- On animal fur
- Eaten and passed through as “scat”
- Hidden and forgotten
- Shells broken open as animals and birds eat
- By air



You can be an animal, collecting and scattering seeds.

- Get some Velcro, a wooly sock or cotton ball and drag it through some grass and plants. You are collecting seeds that will drop off in other places to disperse, or spread, the seed.
- Get some real seeds (nut, wheat berries, popcorn, oatmeal, grass or flower) and walk or run to drop and disperse, or spread, the seeds just like birds and animals do.





Did you know a fruit can be a “suitcase” for a seed!!

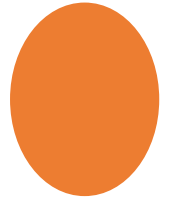
So can nuts and vegetables!

When we do a seed dissection we open the “suitcase” to find the seeds.



The seeds are scattered everywhere (move hands all about)

Some by animals (bend down on all fours), some by air (puff).





Sing to *Frere Jacques*. From Growing Up WILD

Dropping seeds, dropping seeds, (fingertips to floor)

on the ground, (fingertips to floor)

on the ground. (fingertips to floor)

we carry them when we go, (hands together moving side to side)

when they get water they will grow, (fist side to side watering)

all around, all around. (hands moving in big circle)

<https://www.fishwildlife.org/projectwild/growing-wild>

Sing to *Row, Row, Row Your Boat*.

Digging digging in the earth
(Make digging motion.)



And planting all your seeds
(Pretend to drop seeds.)



Some falling rain

(Flutter fingers down.)



And sunny days

(Circle arms above head.)

are all the flowers need!

(Hold one arm parallel to ground and move other arm up behind it
with fingers extended to represent a flower growing.)



You can plant or sprout seeds.

- You can get a seed packet, bird food mix or grass seed mix, and a cup and dig up some soil. Then loosen the soil and push the seeds in close to the top and water the seeds.



- You can soak beans overnight and then place between dampened layers of paper towels, and place the paper towel in a plastic bag that seals, for the beans to sprout.



You can do seed dissection! A fruit is like a suitcase for a seed—you can unpack the suitcase!

Get an avocado, slice of watermelon, apple, peach, fig, or date. Cut each open and find the seeds. Compare the seeds—are they tiny like in a kiwi or banana or big like an avocado?



Find the
seeds in
the
fruits!



You can be a seed collector! First collect some seeds in your kitchen. Do you have rice, or beans, popcorn or oatmeal, sesame seeds or poppy seeds? How about an apple seed, or avocado pit?

Plants have seeds.



Are there seeds in your trees?



How about flower blossoms?

Grasses have seeds in the inflorescence (flower).

Cacti have seeds in the fruits or tunas.











We eat seed foods!

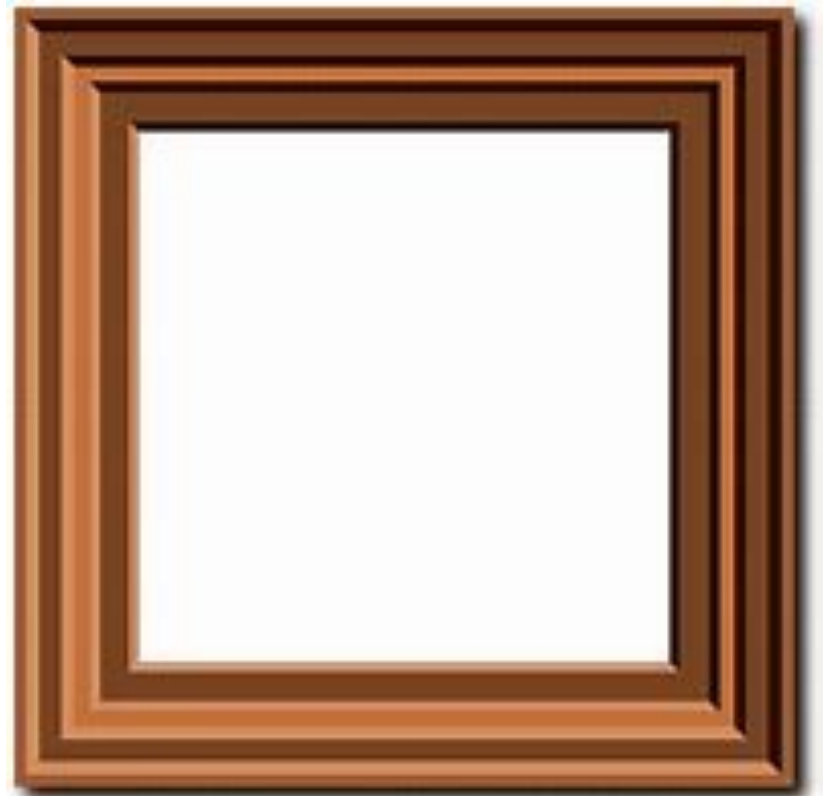
Did you know bread and
cereal and pasta were
seed foods?



We eat seed foods

- Bread 
- Cereal 
- Beans 
- Rice 
- Corn 
- Seeds 
- Nuts 
- Fruit 

- Draw a picture of your favorite seed food!





Seed to Bean

You can print this as a book or view it as a slide show.













How Seeds Spread

A story to read





Seeds are
carried on
fur.

And seeds
are carried
on air.



Seeds are
carried by
water,



And birds
carry them
everywhere!



You can be a seed sculptor!

- Get a lid.
- Press some clay or playdoh into the lid.
- Get dried beans, rice or popcorn.
- Arrange the seeds and press them into the clay or playdoh.



You can make
a seed
collage!



Be a seed chef! We can have three seed snacks!

- You can make your own trail mix. Just get some granola or other cereal, nuts, popcorn, pumpkin or sunflower seeds and mix them up in a cup.



- Or you can eat seed foods—cookies, crackers, bread, cereal, beans.



- You can make a seed art snack. Take a cracker and spread sunbutter, almond butter, peanut butter or cream cheese on it.



- Now take your seeds—nuts, pumpkin seeds, sunflower seeds, granola, fruits—and press them in to make a design.



You can be
a seed
sculptor
chef!



More seed
yummy!



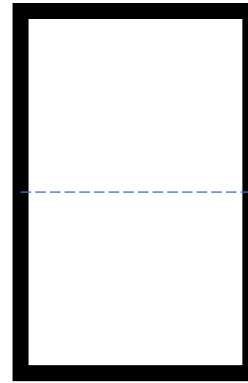
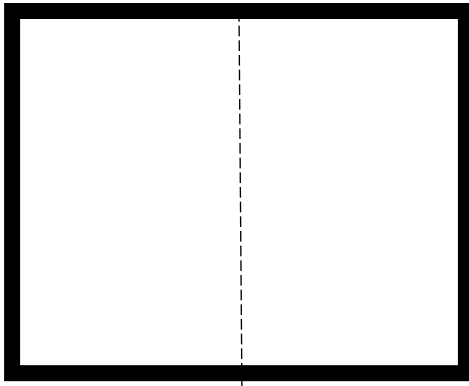
Anise, poppy,
sesame, chia, flax,
pumpkin and
sunflower seeds!

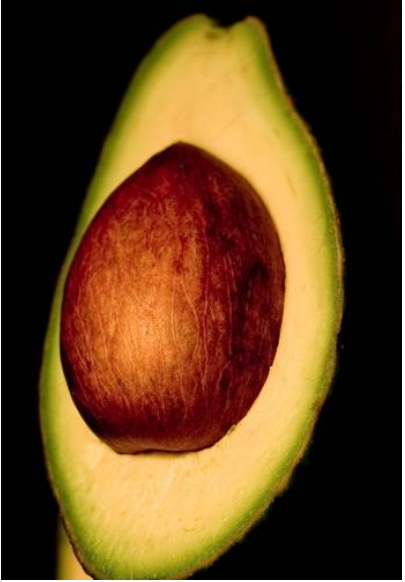
Seed
cookies!



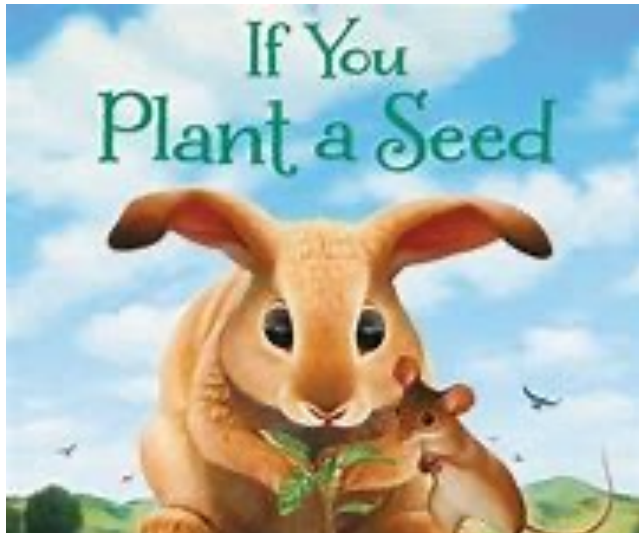
You can make a mini-book!

- Fold the paper in half
- Then in half again.





This books uses the metaphor of planting seeds of plants to planting seeds of selfishness or kindness.



Mrs. Spitzer's Garden uses the metaphor of planting seeds to teaching children.

Other seed books:

