

Lesson 2. Seeds!

Grades PK-2nd

Materials

- Lesson 2. Seeds! Video Lesson
- Lesson 2. Seed Handout
- *Optional:*
 - Seeds (preferably large bean seeds)
 - Cup of water

Objectives

- Students will learn about the 3 major parts of a seed: seed coat, embryo, and endosperm.
- Students will learn how to do seed yoga.

Vocabulary Words and Terms

- Seed Coat
- Embryo
- Endosperm



Instructions

- *Optional Activity*
 - The day BEFORE this lesson, have students soak bean seeds in a cup of water. During the lesson, students can dissect the bean seeds together.
- Play the "Lesson 2. Seeds!" Video Lesson
 - When reviewing the parts of the seed, have students slowly pronounce the words again.
- **PAUSE VIDEO 1: Writing Activity**
 - Have students fill out the Seed Anatomy Handout.
 - An answer sheet is provided here.
- Have students pronounce the different fruits and vegetables mentioned in the video.
 - Ask them the color of the fruit or vegetable.
- **PAUSE VIDEO 2: Wellbeing Activity**
 - Before doing the seed yoga, have students practice breathing exercises to calm them down. If you have your own breathing exercises or activity to settle the students, you can use it instead.



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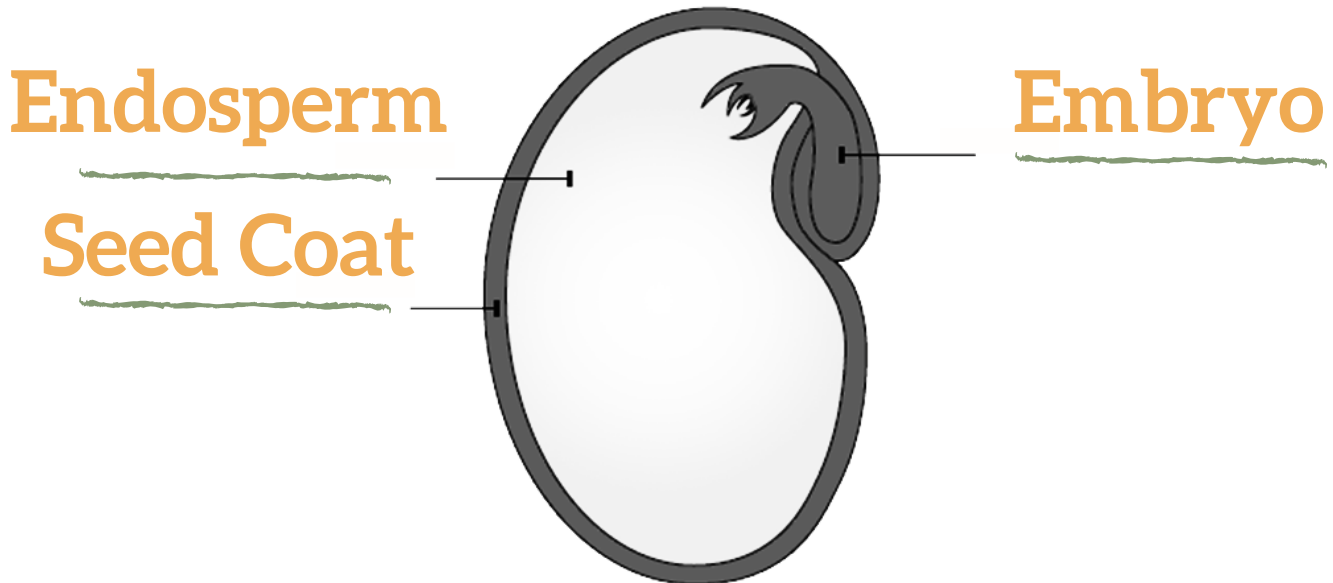
Instructions (cont).

- **Seed Yoga Instructions:**

- We will start as a seed. Squat down and get as small as you can!
- Our legs are going to be our roots, so slowly stand up. Make sure your legs are firmly planted on the ground.
- The stem will grow next. Stand up straighter and stretch up! Plants love the sun so make as if you are reaching towards the sun with your body! Tilt your head towards the sky.
- Next we have the leaves. Stretch your arms out, with your palms facing the sun. Shake your palms! The sun is hitting your leaves and that makes you happy! Sway gently as if a breeze is hitting your plant.
- Now lets all take a deep breath in and smile!
- Repeat breathing exercises and seed yoga multiple times.

Parts of the Seed

Label the following diagram with the different parts of the seed.



Embryo: the baby plant inside the seed. Waits for the right conditions to grow.

Seed Coat: protects the seed.

Endosperm: the food for the baby plant.

DISSECT YOUR OWN SEEDS!

Leave seeds soaking in water for at least 12 hours. You can use dry bean seeds that you can get in the grocery store.

Afterwards, peel off the seed coat and gently open the seeds. Draw and label what you find in your seed!