

# Exploring What's Inside A Seed

Soak several lima beans for a few hours, save a few dry ones too!



## Making Observations

What does the dry seed look like?

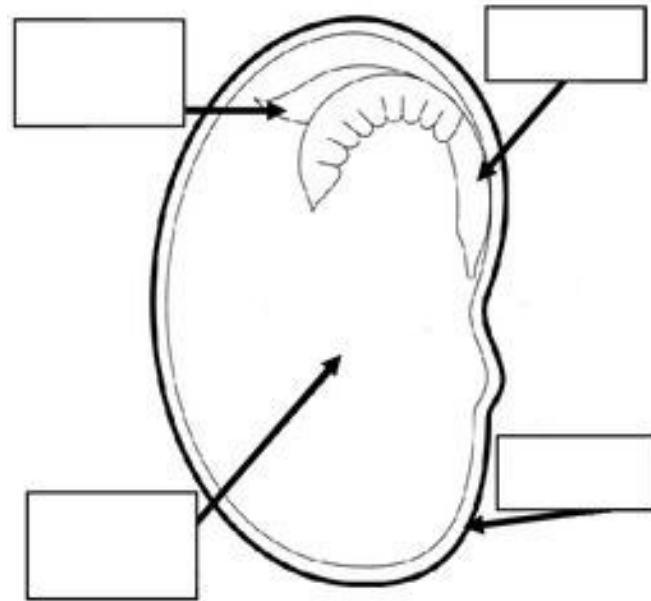
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How big is the dry seed? Trace the seed next to the ruler.

Now let's take a look at your seed that has been soaked. Split the seed in half. What does it look like on the inside? Look for the tiny new plant called the embryo.



How is the wet seed different from the dry seed?

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**Digging Deeper:** Can you name four things that plants need to grow strong and healthy? Test yourself then check out the back for answers!

Can you find all of the parts of the seed when you split it open?

Label the seed parts on the diagram.

Seed coat, first leaves, food storage, embryonic root



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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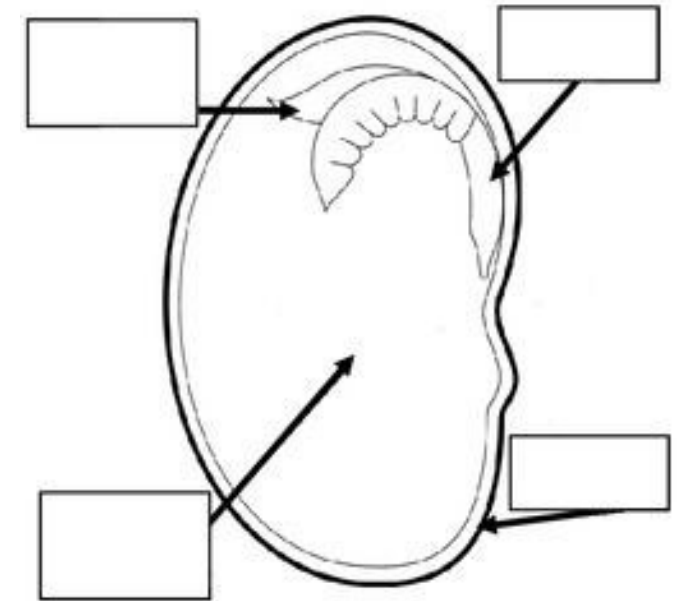
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## Zip and Grow!

Grow your seeds in a plastic ziploc bag! Follow these instructions to get your seeds started growing:

1. Fill a sealable plastic bag with soil.
2. Lay it flat on its side and cut one or two small Xs in the middle of one side.
3. On the other side of the bag, make several small holes with a fork for drainage.
4. Plant a seed that is in season right inside each X and water to make sure the soil is moist.
5. Put it in a sunny spot and watch it grow! Make sure to place it on a towel or plate to catch the water that drains out.

Log your observations as your plant grows! Take pictures and email them to Grace Green Pepper at [grace@foodliteracyproject.org](mailto:grace@foodliteracyproject.org)



Activity from 4-H Junior Master Gardener Handbook, Level 1

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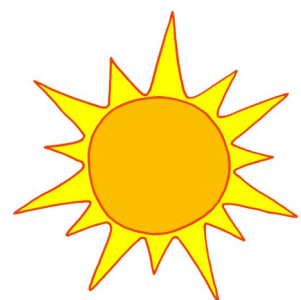


Activity from 4-H Junior Master Gardener Handbook, Level 1

### What does a plant need to grow strong and healthy?



Plants need **air** to breathe! It is also a key ingredient in photosynthesis. Another byproduct of photosynthesis is oxygen, which is essential for all animals!



Energy from **light** is transformed into energy for the plant in the form of sugar, or glucose. This process is called *photosynthesis*.



Plants need **soil** because it provides nutrients that are necessary for the plant's survival, including nitrogen and potassium. Roots dig deep into the soil to access these nutrients and water.

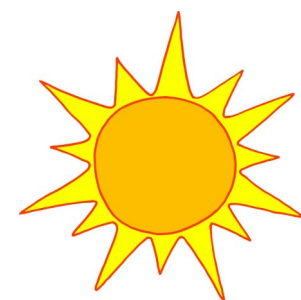


**Water** is important for germination, plant stability, and photosynthesis. It makes the seed softer so that the new plant can break through and grow, and then keeps the stem sturdy and strong.

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