

Let's Look at Seeds

The Activity

You will need to gather some examples of fruits before the lesson.

In front of the class, take each fruit in turn and ask the pupils if they know what it's called. If it's edible, have they ever eaten one? Do they know what the seeds look like? If it's one they've not seen before, can they guess what the seeds will be like, and how many there will be?

Once you have discussed the fruit, open it up in front of the class so the seed(s) can be seen. Were the pupils correct about what they thought would be inside? Is what they're looking at the seed, or is the seed inside the structure they can see? Would they eat the seed(s)?

Once you've opened up all of the fruits, leave each one on a different table in the classroom. Give each pupil an observation sheet and ask them to take a closer look at three of the types of fruit and their seed(s), and complete their sheet.

Types of Fruit and Seeds

Try to provide pupils with a variety of different examples for this activity. Some good examples to use might be:

- Fruits with small, edible seeds — e.g. bananas, pineapples, cucumbers, aubergines, kiwis, tomatoes, watermelons.
- Fruits with seeds that are usually discarded — e.g. lemons, oranges, honeydew melons, avocados.
- Fruits where the seeds are extracted to be eaten — e.g. pea pods, pomegranates, passion fruits, sunflower seeds.
- Fruits with stones (each stone contains a single seed) — e.g. plums, peaches, mangos, olives.
- Fruits and seeds we wouldn't usually eat — e.g. horse chestnut, winged fruits of trees such as sycamore, maple and ash, acorns, berries from shrubs such as chokeberry or barberry (be sure to check you don't select berries that are poisonous).

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Name of fruit:		How many seeds are there in the fruit? (If you can't count them all you can estimate!)	
Draw the fruit.	Write three words to describe the fruit.	Draw the seed(s).	Write three words to describe the seed(s).
Would you eat the seeds of this fruit? If not, why not?			

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