

# HOW MANY SEEDS?

As kids explore what's inside fall fruits, they will also explore key concepts of the plant life cycle and seed reproduction by connecting seed production to how plants grow and continue their species. Great addition to fall curriculum!

## INSTRUCTIONS:

**STEP 1:** Choose a variety of fall fruits that are known for having seeds. For example, apples, pumpkins, cranberries, etc.

**STEP 2:** Ask the children to predict how many seeds they think are in each type of fruit. They can write their predictions down on the observation sheet.

**STEP 3:** Cut Open the Fruits (Adult Only): Carefully cut open each fruit and lay the fruit halves on trays or paper towels..

**STEP 4:** Have the kids use spoons or tweezers to scoop out the seeds from each fruit. Then, they should place the seeds in small bowls or containers for each type of fruit. Count the seeds from each fruit, and record the number on the chart. Examine the Seeds: Optional: Use a magnifying glass to observe the seeds up close and discuss any differences in size, color, or shape.

## MATERIALS

**Various fall fruits**  
**Knife (for adult use only)**  
**to cut open fruits**  
**Spoons or tweezers**  
**(for removing seeds)**  
**Paper towels or trays**  
**(to keep work area clean)**  
**Small bowls or containers**  
**(for collecting seeds)**



## THE SCIENCE

Plants produce seeds as part of their life cycle. Seeds are vital because they are how plants reproduce and grow new plants. The number of seeds inside different fruits can vary depending on the type of plant and how it reproduces. By counting seeds, kids can start seeing patterns and differences in the plant world while exploring concepts like prediction, observation, and comparison.

# How Many Seeds? Observations

Use this worksheet to process and evaluate your work.



<u>FRUIT</u>	<u>PREDICTED #</u>	<u>ACTUAL #</u>

Where were the seeds located inside the fruit?

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Were they all the same size and shape?

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What does the texture of the seeds feel like?

How do they compare to the fruit itself?

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