

# Seed Exploration

## Learning objectives:

To be able to match the fruit to the seed that it grows from and to understand where our food comes from.



## Practitioner knowledge:

Our interaction with food affects our carbon footprint.

Food that travels long distances – especially by airfreight and in plastic packaging – brings with it a lot of associated emissions. In contrast, food grown locally by nearby producers, in schools, or at home, with no packaging, has little or no impact on our carbon footprint.

Helping children to identify seeds and what foods they grow into from an early age can spark an interest in growing their own food. Growing your own food is a great carbon-negative habit because it cuts down on trips to the supermarket and reduces delivery emissions too.

Basically, fewer food miles = less pollution, and you get fresh food out of it!

## Keywords and definitions:

**Carbon footprint:** A carbon footprint is a number, often measured in tonnes, kilograms, or grams, that represents the total amount of carbon dioxide (CO<sub>2</sub>) and other equivalent greenhouse gases that are associated with an individual, product, person or even country.  
([BBC Bitesize](#))

**Carbon-negative:** If an organisation, activity, etc. is carbon-negative, it reduces the total amount of carbon dioxide in the atmosphere, for example doing things such as planting trees in order to remove more carbon dioxide than it creates.  
([Cambridge Dictionary](#))



## Activity overview:

Try this activity with a smaller group no more than six children at a time. Children will have a go at cutting fruit and looking for the seeds.

It's important for all children to have unhurried time and opportunity to cut and explore the fruit for themselves.

## Preparation:

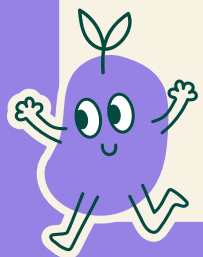
Prepare a table with:

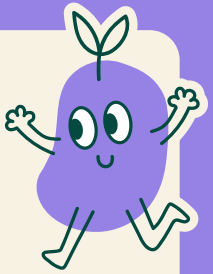
- Soft fruits that have obvious seeds. For example, apples, oranges, tomatoes, strawberries or watermelons.
- Chopping boards
- Child safe knives. 'Dog knives' are child friendly and very good at cutting.
- Spoons (large and small)
- Bowls or trays for collecting the seeds
- Paper towels ready to catch the juice!

## Step One – Explore and discover

Begin by introducing a piece of fruit, such as an orange. Pass it around and invite the children to explore it using their senses.

- What does it feel like?
- What can they smell?
- What words can they use to describe it?





## Step Two - Model

Next, demonstrate how to safely cut the fruit, talking through what you're doing as you go. Once it's opened, show the inside and invite the children to look closely. Can they spot anything interesting? Draw their attention to the seeds and explain that these tiny parts can grow into new plants, just like orange trees.

## Step three - Children explore and discover

Now it's time for the children to investigate! Provide a selection of fruits and support them to carefully cut or open them.

Give them time to explore, discover, and pick out any seeds they find. Some fruits might surprise them, like strawberries, with seeds on the outside!

Once all the seeds have been collected in bowls or on trays, encourage the children to compare and talk about what they notice:

- Do the seeds look similar or different?
- Which fruit had the most seeds?
- Which seeds are the biggest or smallest?



## Linking to Starting from Seed

You could invite the children to take photos of their fruits and seeds to create a colourful display or as a fun matching game to play in group time where the children match the seed to fruit.

You could prepare the seeds from faster growing fruits such as strawberries and tomatoes for the children to plant.

Make sure you prepare the seeds correctly; a simple YouTube video can help.

If the children have enjoyed exploring seeds, you might extend the activity by investigating a wider variety of fruits or even branching out to explore seeds from flowers and trees.

