SEED EXPLORATION

SUPPLIES
- Any fruits or vegetables in your fridge
- Plate or cutting board
- A cutting tool (for adults only)

TRY IT OUT!
1. Select a few fruits and vegetables for your exploration.
2. Have your child select the first fruit or vegetable to explore.
3. Search for the seeds. Ask your child where they think the seeds will be?
4. Talk about the fruit or vegetable. Where do you think it grows? Do you like eating it?

LET'S TALK ABOUT IT!
Talk about the fruit or vegetable. What does it look like? How does it feel or smell?
How many seeds can you find?
Sort together! You can sort by color, size, shape, or location of seeds.