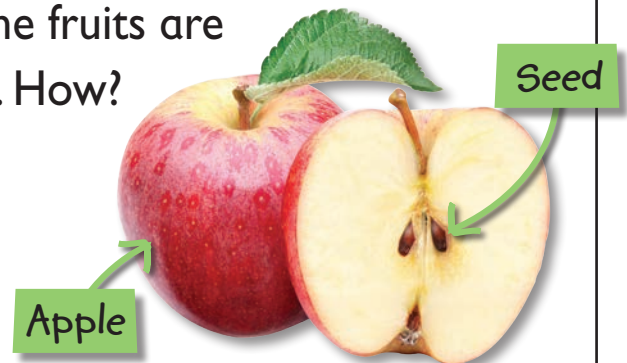
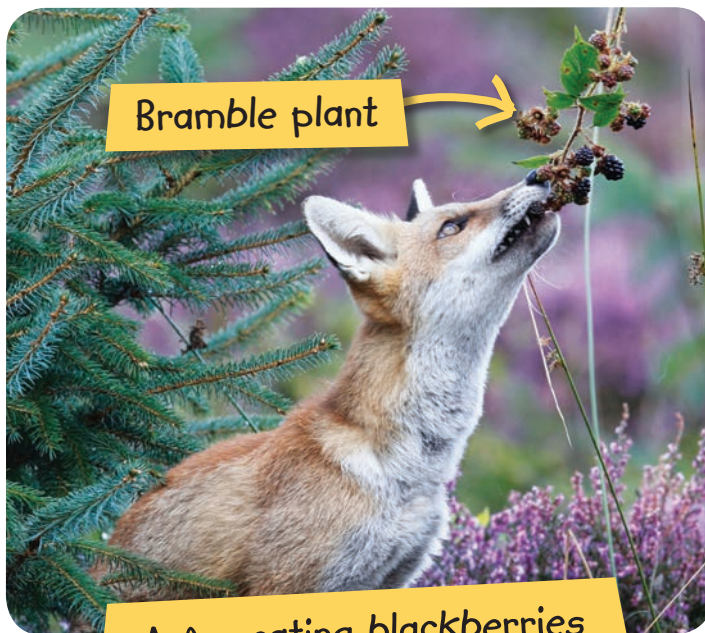




Fruits and Seeds

Some plants grow seeds inside fruits. The fruits are a way for the plant to spread its seeds. How?

An animal eats fruit and seeds.



The animal's body digests the soft fruit, but the hard seeds pass through.

The seeds leave the animal's body in its poo – often far from the parent plant!

Then the seeds grow in their new growing place.





Many of the foods that we eat are seeds, such as grains of rice, peas and sweetcorn.



Rice



Peas



Sweetcorn

We also eat fruits.



Grapes

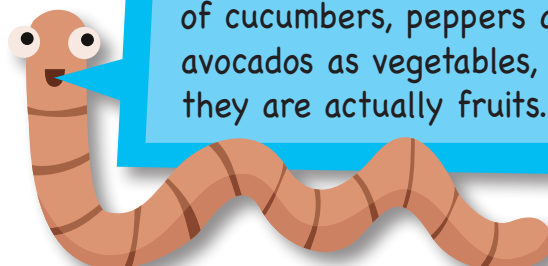


Tomatoes



Oranges

A fruit is any plant part that contains seeds. We might think of cucumbers, peppers and avocados as vegetables, but they are actually fruits.





Name Date

Let's discover how many seeds are in some of the fruits we eat!

Gather your equipment: A selection of fruits, for example:



An apple



A tomato



A slice of cucumber



A pepper

A peach



A pumpkin or squash

An adult helper with a chopping board and knife

A spoon

How Many Seeds?

	Name of fruit	Guess	Actual
Fruit 1			
Fruit 2			
Fruit 3			
Fruit 4			
Fruit 5			
Fruit 6			



Name Date

1. Place the first fruit on the chopping board.

How many seeds do you think will be inside?

Write your guess on your chart.

2. Ask your adult helper to cut open the fruit.

3. Use the spoon or your fingers to remove all the seeds and count them. Record the actual number on your chart.

4. Predict how many seeds will be in each of the other fruits, and then count them. Record all your results.

Which of your fruits had the most seeds?

Which had the largest seeds?

Which had the smallest?



Seeds



Look at this strawberry.

Its tiny yellow seeds are on the outside of the fruit.

Can you estimate how many seeds are on a strawberry?

(The answer is at the bottom of the page.)