Plant a Seed & See What Grows

WORKBOOK
For ages 7–9 (Grade 2/3)
Plant some seeds

These are what my two seeds look like before I plant them.

Draw, colour, and write the name of your seed in each box.

Seed 1

Seed 2

The seeds are similar because ________________________________________________________________
_____________________________________________________________________________________________

The seeds are different because ________________________________________________________________
_____________________________________________________________________________________________
Let’s talk about plant parts!

Almost all plants have stems, leaves, flowers, and roots. There are only a few types of plants that do not produce flowers, such as mosses and ferns.

Circle the best answer below each plant part to make a true statement.

1. The roots
   (collect sunlight so the plant can make food)
   (collect water and nutrients from the ground, and hold the plant in place)

2. The stem
   (produces fruits and seeds)
   (carries water and nutrients to the rest of the plant)

3. The leaves
   (collect sunlight so the plant can make food)
   (collect water and nutrients from the ground, and hold the plant in place)

4. The flower
   (carries water and nutrients to the rest of the plant)
   (produces fruits and seeds)
What does a plant need?

All living things have needs that must be met for their survival. Plants need water, food, soil, and light to survive.

In each column, write how the needs of a plant are met.

<table>
<thead>
<tr>
<th>Need</th>
<th>How the need is met</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td></td>
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<tr>
<td>Food</td>
<td></td>
</tr>
<tr>
<td>Soil</td>
<td></td>
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<tr>
<td>Light</td>
<td></td>
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</tbody>
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The life cycle of a plant
Then

After that
Cut and glue in the correct order of a plant’s life cycle.

The flowers produce seeds to make new plants.

Leaves grow and flowers begin to bloom.
A seed is planted in the soil.

Roots grow and the stem appears above the ground.
Let’s see what grew!
This is what my seeds grew into!

Draw and colour what your plants look like.

My plants are similar because ____________________________________________________________
_____________________________________________________________________________________

My plants are different because __________________________________________________________
_____________________________________________________________________________________

Plant 1

Plant 2
Plants benefit us

Plants are important to humans. We benefit from them in so many ways, such as being provided with nutritious food, beautiful surroundings, and medicines to help us when we are sick.

Research two other living things that benefit from plants.

Draw and colour a living thing

Write how it benefits

1.

2.
From the garden to your table

Plants are harvested (process of gathering mature crops), in different ways so that we can enjoy their benefits. Visit a local farm, or research two different ways people harvest.

Method # 1


Method # 2


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A message for parents and educators

The future belongs to the young, and one of the world’s future geniuses could be living with you right now! But to achieve their full potential, children need to be encouraged and inspired. They need to be cultivated, like a garden that explodes into life when it gets what it needs. This book is about encouraging children to see what their future could be like, and to inspire them to respect and care for the earth while their minds are still open and receptive.

– Roland Gahler

100% of the proceeds from the sale of this book that inspired this workbook are donated to the Plant a Seed & See What Grows Foundation

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