

**Project FOCUS  
Best Lessons  
FIRST GRADE**

**Title of Lesson:** Seed Sort

**Theme:** Life Science

**Unit Number:** 7      **Unit Title:** All About Plants

**Performance Standard(s) Covered (enter code):**

S1CS2

S1L1

**Enduring Standards (objectives of activity):**

**Habits of Mind**

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

**Content (key terms and topics covered):**

Plant parts, seeds, plant growth and development, plant cycle

**Learning Activity (Description in Steps)**

**Abstract(limit 100 characters):** This activity gives the kids a deeper understanding of seeds.

**Details:** Give students background information on seeds: Seeds are different sizes and shapes.

Despite all the differences in seeds, they are alike in two ways. Every seed contains a little plant, called an embryo and all seeds contain food that helps the little plant grow. Seeds are cool in how they spread themselves in order to grow new plants. They can fall to the ground, can float on the water, and sometimes attach to animals' fur.

Once given background, pass out cups with "seeds" and construction paper and explain the activity. The kids are to sort the "seeds" by common characteristics. Students are to estimate how many "seeds" it will take to cover one of the lines on the back of the construction paper. Repeat facts and answer questions students may have about the activity and seeds. When finished with seed sort activity, give each student a soaked lima bean for each to open and see the little plant inside the seed.

**Materials Needed (Type and Quantity):**

3 oz. paper cups (1 per student)

Construction paper (per student)

Many different kinds of beans ("seeds")

Many pre-soaked lima beans

**Notes and Tips (suggested changes, alternative methods, cautions):**

**I found that purchasing the 15 bean soup package provided plenty of different types of “seeds.” Already have the “seeds” in the cups before working with students. On the back of each piece of construction paper draw a zigzag line and a wavy line. When finished with the “seeds,” make funnel out of construction paper, this just makes it easier to put the “seeds” back in the cups. Pre-soak plenty of lima beans, so they will be soft enough for the students to break open and see the embryo.**

**Be sure the students know they can not eat the “seeds” or the soaked lima beans.**

**Sources/References:**

- 1)
- 2)
- 3)