

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.

Need	How the need is met
Water	
Food	
Soil	
Light	

The life cycle of a plant

First

Next



Last



Then

After that

Cut and glue in the correct order of a plant's life cycle.



The flowers produce seeds to make new plants.

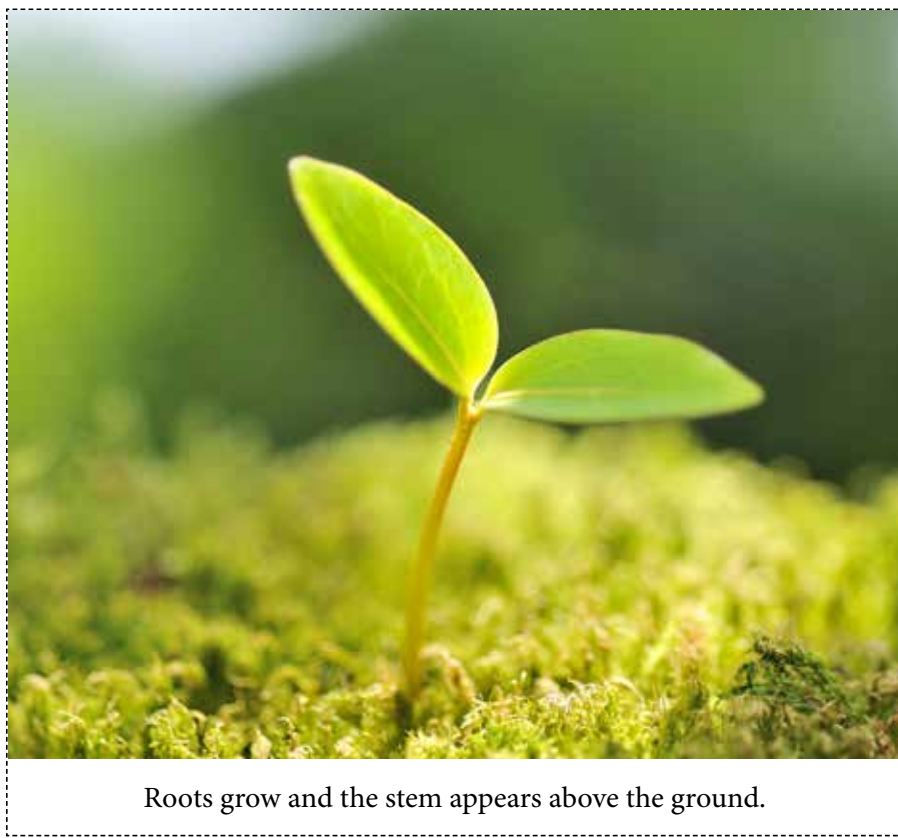


The seed



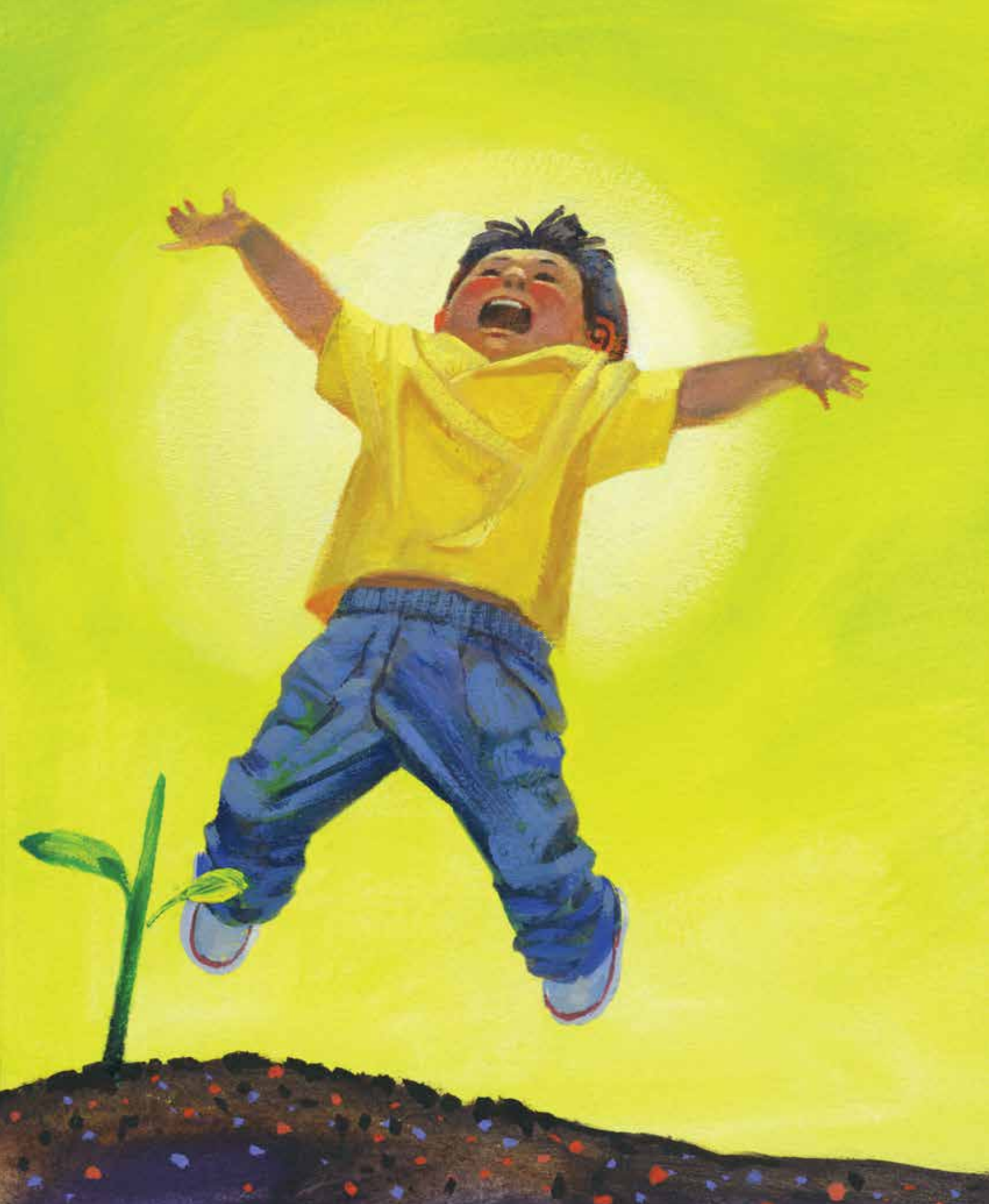
Leaves grow and flowers begin to bloom.











Let's see what grew!

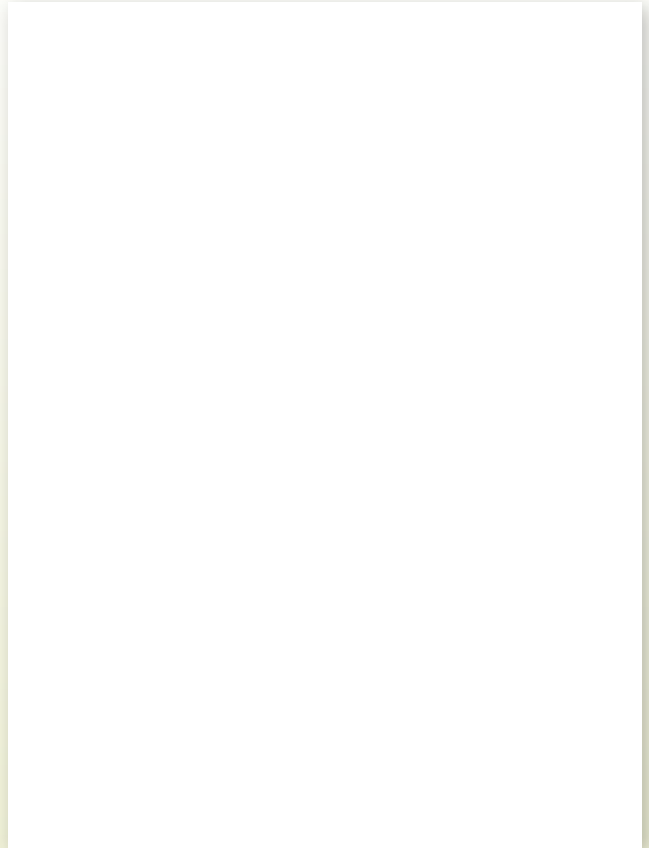
This is what my seeds grew into!

Draw and colour what your plants look like.

Plant 1



Plant 2



My plants are similar because_____

My plants are different because_____



Plants benefit us

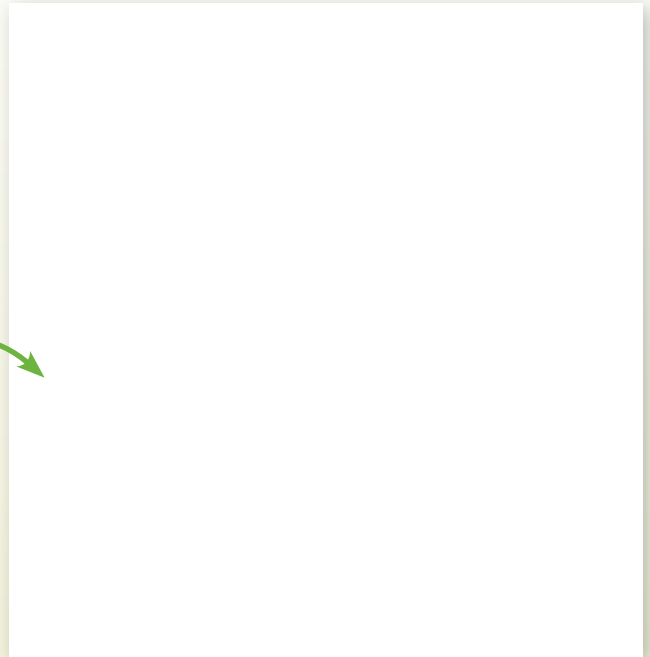
Plants are important to humans. We benefit from them in so many ways, such as being provided with nutritious food, beautiful surroundings, and medicines to help us when we are sick.

Research two other living things that benefit from plants.

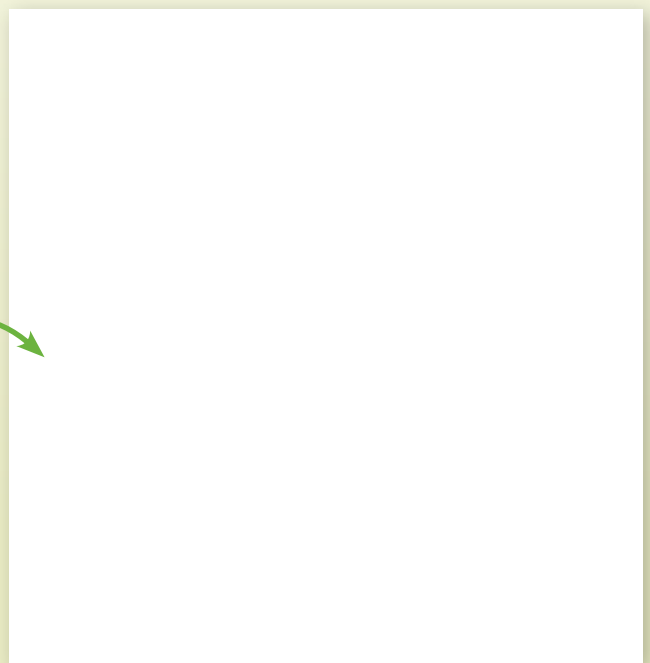
Draw and colour a living thing

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





To learn more about the foundation and how you can support their work, visit www.seewhatgrows.org

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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