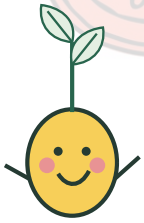
Seed to Supper

Tell the story of how a seed becomes something we can eat.



Little growers, big discoveries

10 MIN | PLANT LIFE AND FOOD | AGES 5+ WITH AN ADULT

Grab your kit

Paper, a pencil and colouring pencils. An adult can help write or draw.

Your discovery mission

1. Draw five small pictures: sowing a seed, a sprout, a growing plant, harvesting and preparing food.
2. Fold the paper between the pictures and separate it into five cards. Mix the cards.
3. Put them in the order you think they happen. Explain the story to someone, starting with “First we…”
4. Name what the plant needs along the way. Add notes or drawings for water, suitable light and growing space.

What did you discover?

My chosen vegetable: _____
Something it needs to grow: _____

Draw your discovery

Let’s wonder...

Which part of the story takes longest? Is every plant ready to harvest at the same time?

NEXT ADVENTURE

Add another card showing a flowering plant making seeds for the next growing season.

This is a drawing activity. An adult can prepare the cards for younger children.