



Resource List:

Seeds, Plant Parts, & Life Cycles

Understanding seeds, plant parts, and plant life cycles helps young children grasp the full story of how local foods grow and why they matter. When children see how a tiny seed becomes a sprout, then a mature plant that produces fruits or vegetables, they begin to appreciate the time, care, and natural processes behind every bite. This knowledge builds curiosity, strengthens connections to local farms, and encourages healthier eating habits by showing that food is part of a living system. Exploring these topics can help early learners understand and value the local foods they see in their community.

EDUCATIONAL HAND-OUTS & ACTIVITIES:

- [It Starts with a Seed](#)
- [Seed Exploration Activity](#)
- [Tops & Bottoms, the Parts of a Plant](#)
- [Lessons to Grow By](#)
- [Plant Parts Salad Activity](#)
- [Save Your Seeds Activity](#)
- [Plant Life Cycle: Pumpkins!](#)
- [How Plants Grow](#)
- [Complete a Flower Fill In](#)
- [Missing Letters: Parts of a Plant](#)
- [Seed Viewer Activity](#)
- [Seed Parts & Sprouting Starts](#)
- [Flower Parts](#)
- [What Plants Need](#)

BOOKS TO READ:

- [The Tiny Seed](#) - Eric Carle
- [The Carrot Seed](#) - Ruth Krauss
- [Seeds! Seeds! Seeds!](#) - Nancy Elizabeth Wallace
- [The Seed Song](#) - Judy Saksie
- [Seed, Sprout, Grow!](#) - National Geographic Kids
- [Seed to Plant](#) - National Geographic Kids
- [How Plants Grow](#) - Dona Herweck Rice

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