

# Seed Survivor for Students

## Sunflower Microgreens



Discover what it takes for seeds to survive and grow into healthy plants to make healthy food for you and me to eat!

Get the following materials ready:

- One Seed Survivor cup or similar container (about 750 mL or 12oz in size)
- Soilless potting soil (enough to fill the cup about  $\frac{3}{4}$  full)
- Sunflower microgreen seeds (10)
- A tablespoon (if completing the activity at home)

1. Let's see what you already know about what it takes for a seed to survive. Complete the **pre-activity** sheet to find out what you know and what new things you will soon discover.
2. Go to this link <http://seedsurvivor.com/just-for-teachers/virtual-seed-survivor-presentation/> found under the Seed Survivor Virtual Presentation page under the Just for Teachers tab on the Seed Survivor website [www.SeedSurvivor.com](http://www.SeedSurvivor.com). Choose the option called, 'Sunflower Microgreens'.
3. Watch the video. At 4:10 in the video, it is planting time! Follow along with Brent and start and stop the video as needed to plant your seeds and answer these questions:

i. Why is it important to leave room around each seed? \_\_\_\_\_

\_\_\_\_\_

ii. Plants need water.

a. How often should you water your sunflowers? \_\_\_\_\_

\_\_\_\_\_

b. How much water should you use each time? \_\_\_\_\_

c. What might happen if you use too much water? \_\_\_\_\_

\_\_\_\_\_

d. What should your soil feel like? \_\_\_\_\_

iii. Where should you put your cup at home? \_\_\_\_\_

iv. About how long before your microgreens are ready to be harvested or picked? \_\_\_\_\_

v. How will you know when your microgreens are ready to be harvested? \_\_\_\_\_

\_\_\_\_\_



4. Watch the rest of the video.

Pssst...You can find more tips, growing advice or submit your sunflower pictures on [www.SeedSurvivor.com](http://www.SeedSurvivor.com)

5. Let's test your Seed Survivor knowledge. Complete the **Seed Survivor crossword**.

6. Let's play. Try out the games at <http://seedsurvivor.com/just-for-kids/games/> under the Just for Kids tab on the Seed Survivor website [www.SeedSurvivor.com](http://www.SeedSurvivor.com). Record your scores below.

Game	Your Top Score
Nutrients for Life	Yield /5 Economic /5 Environment /5
Career Match	/6
Farm-to-Fork	Number of puzzles completed:
Survivor Soak	
Pick-a-Food	
The Oxygenator	
A-Maze-ing Underground	Your Score: Ideal Score:
SoilTris Game	Final Score:
Survive with Light	/10
Photosynthesis	No score. Describe one thing you learned instead:
Watershed Explorer	Did you find all the hidden specimens (plants, animals, insects)? Yes No If so, how many were there?
Watershed Detective	How many samples did you find a solution for?

7. Let's see what you know now that you are a Seed Survivor Expert. Complete the **post-activity** sheet.

We hope you had fun learning more about growing healthy plants and the importance of agriculture with Seed Survivor. Have fun watching your sunflowers grow!

