

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/>. 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.

Psssst...You can find more tips, growing advice or submit your sunflower pictures on 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/>. 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!

