



Food Dissection

When eating a fruit or vegetable, how often do you think about or notice the seeds? Are there any seeds? What part of the plant is it? In this activity, you'll get the chance to explore these questions as you cut open and examine different fruits and vegetables.

What You Need:

- A variety of fruits and vegetables (whatever you have in your home);
- A knife for cutting the vegetables;
- A safe surface for cutting.

Get permission before touching sharp knives, or have a trusted older person help you out!

Fun fact: Depending on what vegetable it is, you could be eating the stem, leaves, or roots of a plant! A plant does not need to be pollinated before these parts grow, which is why many types of food only rely on pollinators for the seeds (aka the next generation).

What You Do:

1 Gather a few different types of fruits and vegetables. There is no need to go out and purchase any special varieties. We chose to use pepper, carrot, apple, cucumber, and spinach.



2 Cut open each food item and look inside for seeds. Seeds can be many different shapes and sizes, but they are usually distinguishable.



3 Record your discoveries. Did any of your food items not have seeds? Think about why that may be. What part(s) of a plant could those items be?



What's the difference between fruits and vegetables?



BONUS ACTIVITY: Seed Saving

