High Five for **Healthy Seeds!**

**What You Need**
- 1 food handling plastic glove
- 5 varieties of vegetable seeds
- 1 permanent marker
- 5 cotton balls
- 1 cup of water
- clear packing tape or other tape

**What To Do**
Using the permanent marker, put your name on a glove and label the fingers A, B, C, D, E as shown (Thumb is A).
- Soak a cotton ball in water and then pick up just 2 – 5 seeds from the container marked “A”. Put this cotton ball in the “A” spot of the glove.
- Repeat this process for the remaining 4 spots in the glove using the 4 different seed types.
- Seal the bag with tape.
- Hang the glove in a window that gets a good amount of light.

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**Continued on back**
**Observe...**

Observe the seeds for several days to several weeks.

**Investigate...**

*Dr. Haney & her class mixed up the seeds... can you help them figure out which seeds are which?*

- When the seeds sprout (germinate) the plants will begin to grow. Study the leaves and match the leaves to pictures you find in a book from the library or from an internet search (search “plant leaf clip art”).
- Make drawings of your leaves and record your results below!
- E-mail or mail Dr. Haney your results (jhaney@bgsu.edu or 126 LSC, BGSU, Bowling Green, OH 43403). I will write back to you to let you know we received your answers!
- Plant your seeds after they’ve germinated. Many plants can grow indoors during the off season. Share your harvest with family and friends! EAT! YUM!

**Draw & RECORD YOUR FINDINGS HERE...**

Put the name of the plant next to the letter that matches

A = ______________________________
B = ______________________________
C = ______________________________
D = ______________________________
E = ______________________________

For more on seed germination visit: [http://plants.pppst.com/seeds.html](http://plants.pppst.com/seeds.html) or [http://cuip.uchicago.edu/wit/99/teams/pizza/seeds.htm](http://cuip.uchicago.edu/wit/99/teams/pizza/seeds.htm)

*This activity is brought to you by the BGSU Middle Childhood Science Teachers (Dr. Jodi Haney, Professor)*