OBJECTIVE: YOUTH WILL UNDERSTAND WHAT SEEDS NEED TO GROW AND MATURE.

Vocabulary Words
- Dormant - sleeping
- Germinate - begin to grow into a seedling
- Nutrients - food
- Sprout - beginning of a young plant
- Seedling - new plant

Life Cycle of a Wheat Seed
Ask youth if they have ever seen Wheat growing in a Kansas field. Allow time for a short discussion.
- Display wheat seeds for inspection.
- Explain that in their current condition, these seeds are **dormant**. To grow they will need light and water. To mature they need soil that contains food for plants.
- 2-3 days after introducing the seeds to water and sun, the seeds will begin getting bigger.
- In 4-5 days, you will observe little **sprouts** coming from each healthy seed and then these sprouts grow into **seedlings**.
- Each seed contains enough energy to **germinate**. The seedling will have roots and then it will need soil. Soil provides **nutrients**, so the young plant can continue to grow into an adult plant.
- Reinforce that all seeds need light and water to grow. To mature, they need soil that contains food for plants.

Fun Facts About Wheat
- Wheat is a grass whose seed belongs to the cereal grains group.
- More wheat is grown in Kansas than any other crop.
- Kansas farmers export one-half of the wheat they grow.
- A bushel of wheat makes about 70 one-pound loaves of white bread, contains around one million kernels and weighs 60 pounds.

Assessments
- True or False? Seeds need peace and quiet to grow. False! They need light and water.
- **True** or False? Seeds need soil that contains plant food to mature into a **seedling**.
- True or False? Wheat is a type of tree. False, wheat is a type of grass.

Hands-on Activity
- Advise youth they are going to make their very own miniature wheat farm in a necklace.
- Open the plastic bag.
- Wet your cotton ball and place it in the bag.
- Place two or three seeds on the wet cotton ball (This is when **germination** begins!)
- Close the plastic bag.
- Wear your mini wheat farm necklace or hang in a sunny place at home.
- Keep the cotton ball moist, and watch your plant grow!

Suggested Materials
- Small plastic jewelers’ bag with pre-knotted yarn necklace attached.
- One cotton ball
- 2-3 wheat seeds
- Spray water bottles