

# Fruits and Seeds



## Fruits and Seeds

---

Fruits and seeds help plants reproduce.

Fruits and seeds grow from the flowers of plants.

A fruit grows from a part

near the base of the flower.

Inside the fruit are seeds.

# Fruits

---

**Fruits** protect **seeds** until they start to grow. Peaches are soft, fleshy **fruits**. Inside a peach's hard **pit** is a **seed**. Other **fruits** are hard and dry. Acorns are hard **fruits** with **seeds** inside. The **seeds** grow into oak trees.

# Spreading Seeds

---

The wind carries some **seeds** to new places. Other **seeds** float away on water.

Animals spread **seeds** too.

They eat **seeds** and drop them in their waste. Some **seeds** get stuck in animal fur and fall off later.

# Seeds Grow

---

New plants grow from **seeds**.

**Seeds** need **soil**, water, and warmth to grow.

**Seeds sprout** in **soil**.

**Roots** grow downward, and **stems** grow upward.

# Fruits and Seeds We Eat

---

We eat many **seeds** and **fruits**. Apples, pears, and oranges are **fruits**.

Peas are soft **seeds** that grow in pods. Sunflower **seeds** make crunchy snacks.

The flour in bread comes from the **seeds** of wheat.

# Glossary Terms

---

root - the part of the plant that is underground

stem - the long main part of a plant from which the leaves and flowers grow

sprout - just beginning to grow

reproduce - to make more of the same kind

seed - the part of a plant that can grow into another plant

flower - the colorful part of a plant that makes fruit and seeds

fruit - the fleshy, juicy part of a plant that contains seeds and usually can be eaten

soil - the upper layer of Earth in which plants grow

pit - the large, hard seed in the middle of some fruits, such as peaches and plums

**“Fruits and Seeds.” *Science*. Capstone, [www.pebblego.com](http://www.pebblego.com). Accessed 24 Apr. 2020.**