

# Sunflowers







Have you ever eaten a sunflower seed?

Did you know you are eating part of a flower?



Growing a sunflower starts with seeds that are planted in the ground.



The seed will begin to sprout into a little plant called a **seedling**.

With lots of water and sunlight the seedling will grow and grow.



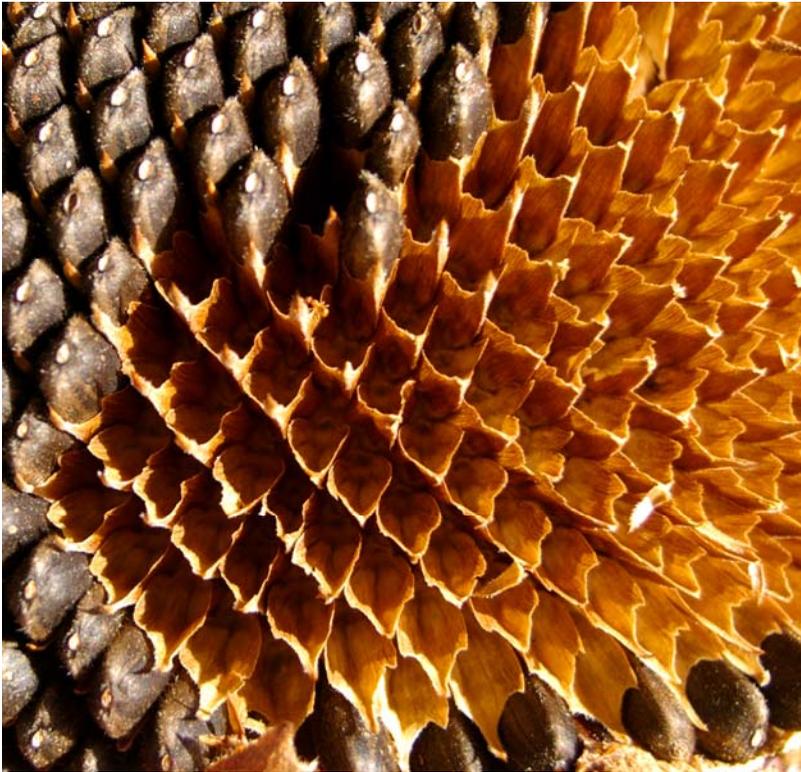
Soon, a **bud** grows on the little plant. A bud is where the flower will grow. As the bud gets bigger, it's getting ready for the flower to open.



Finally, the flower opens up. This is called **blooming**. The middle of the flower is where the seeds start to grow.



Behind each little yellow part of the flower, a sunflower seed is growing.



A giant sunflower can grow to over 12 feet tall.

A sunflower can have up to 2,000 seeds.

How many seeds do you see in this picture?



You can collect the seeds to grow more sunflowers or the seeds can be a yummy snack for you or a friend!

The Mustard Seed Books project uses an open-source, Wikipedia-type strategy, leveraging public expertise to create and refine a set of high-quality books that support early reading development. All of the books and pictures are covered by the Creative Commons License (<http://creativecommons.org/licenses/by-nc-sa/3.0/> ) and are free to print, distribute, and modify for personal or educational use. The books are available at [www.mustardseedbooks.org](http://www.mustardseedbooks.org). New titles appear on a regular basis. If you have any ideas for books or would like to leave us any feedback, contact [rick@mustardseedbooks.org](mailto:rick@mustardseedbooks.org) .

Photos for these books come primarily from Flickr ([www.flickr.com](http://www.flickr.com)) and the Morgue File ([www.morguefile.com](http://www.morguefile.com)). Both sites are great resources for high-quality publicly accessible photos and for aspiring photographers looking to share their work. All photographs are covered by the Creative Commons License (<http://creativecommons.org/licenses/by-nc-sa/3.0/> ).

**Text credits:** Elizabeth Kim

**Photo credits:** Cover: Vincent Van Der Pas; page 1: Rob Young; page 2: Daniel Greene; page 3: Rev Stan; page 4: Judy Malley, Richard Yuan, page 5: Vincent Van Der Pas; page 6: Wikipedia; page 7: Rae Allen; page 8: JB London

**Guided Reading: F**  
**Grade Level: 1.6**

## **BOOK LEVELS**

Set 2 - Mid 1st Grade

**Word Count: 167**  
**Reading Recovery: 9**

Our aim with this series of books is to weave together two significant goals in the design of early reading materials—that the books are both instructional and engaging. Books designed to develop reading skills often end up feeling like work to read, while books designed to be interesting are often too difficult for beginning readers.

These books for beginning readers support phonics-based classroom instruction by including a high concentration of phonetically regular words, as well as the most commonly used sight words. However, the books are written using pictures and stories that make sense and promote both language and conceptual development. The books encourage questions, conversations and thoughtful engagement, aiming towards the new common core standards. Our intent is to produce books that kids want to read, think about, talk about and read again.

## Mustard Seed Books - 2011

[www.mustardseedbooks.org](http://www.mustardseedbooks.org)

These books are covered by the  
Creative Commons License (by-nc-sa)

