Sunflower Life Cycle Worksheet

Name: _____ Date: _____

1. Put the stages in order

Write 1, 2, 3... in the boxes to show the order of the sunflower life cycle.

☐	**Mature plant** – The stem grows very tall and the bud turns to follow the sun.
☐	**Flowering and pollination** – The big yellow head opens and bees carry pollen between tiny flowers.
☐	**Germination** – The seed takes in water, and a root and shoot appear.
☐	**Seed** – A striped sunflower seed is planted in warm spring soil.
☐	**Seedling** – Two small leaves open and the young stem reaches for sunlight.
☐	**Seeds** – The head dries and fills with hundreds of new seeds.

2. Match the word to its meaning

Write the letter next to each word.

1. germinate	A. when a seed starts to sprout and grow
2. pollination	B. moving pollen so a flower can make seeds
3. nectar	C. sweet liquid inside flowers that insects drink

3. Draw and label

Draw your favourite stage of the sunflower life cycle and label it.

4. Explain

What happens between the first and last stage?

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Answer key

Correct order

Seed → Germination → Seedling → Mature plant → Flowering and pollination → Seeds

Word match

1–A, 2–B, 3–C

Try this activity

Plant sunflower seeds in cups and measure the seedlings with a ruler each week. Record heights on a class graph and compare which spot, sunny or shady, helps them grow taller.

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