

## Seeds, fruits and nuts

Flowers make seeds in all shapes and sizes. They can be found in fruit and nuts.

Flowers make seeds. In most flowers the seeds form in a soft fruit. In a few flowers the seed forms in a hard woody case called a nut.

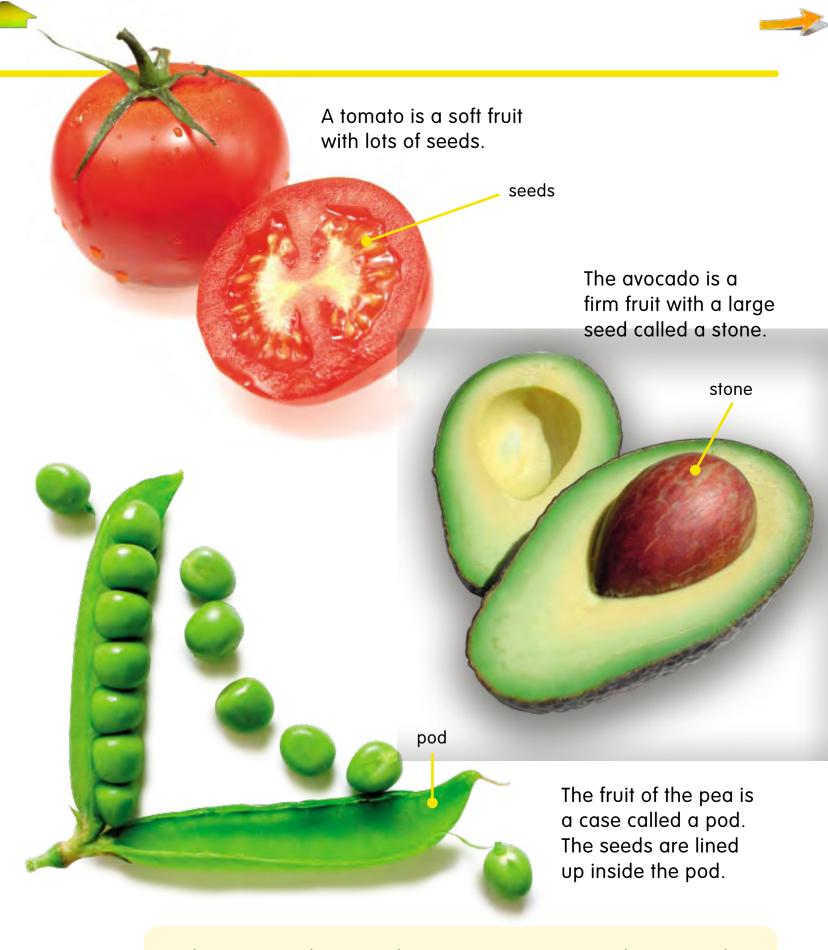
Some flowers, like grass, make small dry fruits. Their seeds are called grains. Others, like the sycamore, make larger seeds or fruits.

Wheat is a kind of grass. We eat its grains.



The sycamore fruit has a wing which helps the seed move through the air as it falls.

The acorn is a nut with one seed inside. It forms from the flowers of the oak tree.



Where are the seeds in an orange and an apple?