

GROWING SUNFLOWERS

AND MEASURING THEIR GROWTH RATE



Name: _____ Date Started: _____



OBJECTIVE

To grow sunflowers from seed and measure their growth rate over time.



MATERIALS

- Sunflower seeds (any variety)
- Plant pot or container (with drainage holes)
- Potting soil
- Water
- Ruler (centimeters)
- Notebook or data sheet (this lab sheet)
- Sunny location (at least 6 hours of sunlight daily)



HYPOTHESIS

If I provide sunflower seeds with water, sunlight, and soil, then they will grow over time.

I think the plants will grow _____ cm per day (on average).



VARIABLES

Independent Variable: Time

Dependent Variable: Height of the sunflower (cm)

Controlled Variables: Type of seed, amount of soil, amount of water, sunlight, pot size, location



ANALYSIS

1. What was the total growth of your sunflower over the 14 days? _____ cm
2. What was the average growth rate per day? _____ cm per day
3. On which day did your sunflower grow the most? _____
4. What factors do you think helped your sunflower grow well?



CONCLUSION

Write 2–3 sentences explaining what you learned from this experiment.



PROCEDURE

1. Fill the pot with potting soil, leaving about 2 cm of space at the top.
2. Plant 1–2 sunflower seeds about 2–3 cm deep in the soil. Cover gently with soil.
3. Water the soil gently until it is moist.
4. Place the pot in a sunny location.
5. Water the plant daily (keep soil moist, not soggy).
6. Observe your plant each day.
7. Measure the height from the soil line to the top of the tallest part of the plant.
8. Record your data in the table below.
9. Continue for at least 14 days.



DATA TABLE

Day	Date	Height of Sunflower (cm)	Growth Since Last Day (cm)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
11			
12			
13			
14			