



# BREWING UP SOME STEAM

## SUNFLOWER SEED SENSATION

What is an estimate? It's a rough guess about the value, amount, or size of an object. How good are you at estimating? Test your skills:

### Materials

#### You Will Need:

- at least a cup of unshelled sunflower seeds
- recording sheet
- 1/4 cup, 1/2 cup, and 1 cup measuring cups (not included)

### DIRECTIONS

1) Fill a one-fourth ( $\frac{1}{4}$ ) measuring cup with sunflower seeds.

2) Count the seeds and record on your sheet how many seeds are in one-fourth cup.

2) Using the information you recorded for step 1, estimate and then count the number of sunflower seeds it will take to completely fill a one-half ( $\frac{1}{2}$ ) cup and one cup measuring cup.

(*Hint: it takes 2 one-fourth measuring cups to make one-half and 4 one-fourth measuring cups to make one whole cup*)



## Take this further:

**How close were your estimates to the actual number of sunflower seeds needed in each step? Were you surprised by any of the results? Why or why not?**

**BONUS:** Now that you know how many sunflower seeds are in one cup, about how many do you think are in 2 cups? 3 cups?

### Try these ideas:

Try using a different item to estimate and measure with. Some ideas are:  
-dried beans -jelly beans or M&Ms or smaller candies

### Parent Connection:

Why teach estimating and measuring with capacity? This activity starts to give kids benchmarks for measuring and strengthens their ability to make logical estimations. Using something like seeds or beans is also a good tactile experience as well as a non-threatening way to get kids familiar with how to measure. Have them help make a recipe in the kitchen with you. Let your kids play in the tub or sink with measuring cups and water to strengthen the connection and give them more exposure to capacity.

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