

TWO TRUTHS & A LIE: SUNFLOWERS



Sunflowers are native to North America.

Young sunflowers track the sun from east to west each day.

Sunflowers are a type of tree, not a flowering plant.

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A sunflower's center is made up of hundreds of tiny flowers called florets.

Sunflower seeds are arranged in spiral patterns in the center disk.

Each sunflower has only one floret in the center.



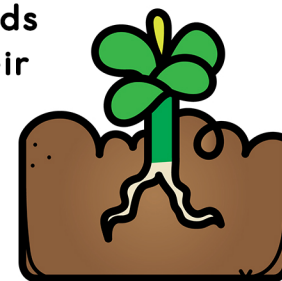
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A single sunflower head can hold between 1,000 and 2,000 seeds.

Sunflowers can only grow in tropical rainforest climates.

Birds and squirrels eat sunflower seeds as part of their diet.

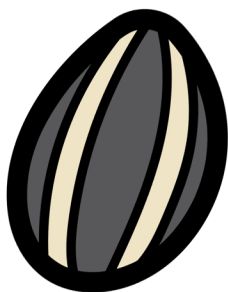


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Sunflower oil is made by pressing the seeds and is used for cooking.

All sunflowers are perennials — they grow back every year.



Sunflowers come in more than 70 varieties including red, burgundy, and white.

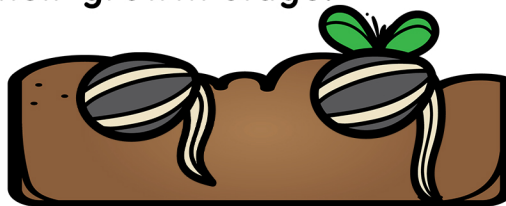
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Sunflowers grow best in complete shade with no direct sunlight.

The world's tallest sunflower grew to over 30 feet tall.

Sunflowers can grow up to one foot per week during their growth stage.



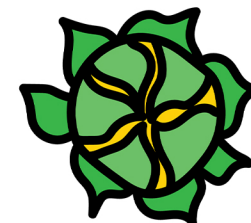
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Indigenous peoples in North America used sunflowers for food, oil, and medicine.

Sunflowers are the only plants that can perform heliotropism.

Bees rely on sunflower pollen and nectar as a food source.



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