

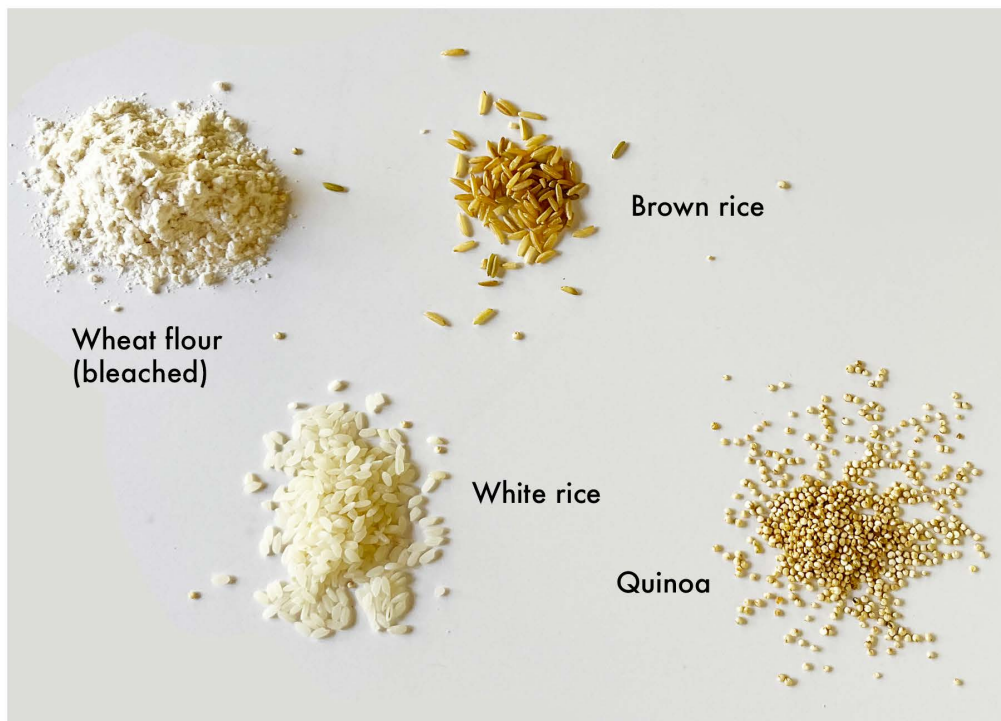
See, seeds are everywhere!

Seed are part of our lives in more ways than we may notice!

When you eat a chocolate chip cookie with walnuts, you are eating grass seeds and tree seeds all at once!

The flour that goes into cookies, bread, and crackers is made by grinding the seeds of different kinds of grasses called grains or cereal crops. Wheat flour is the base of most of the baked goods we eat: bread, crackers, cookies, etc.

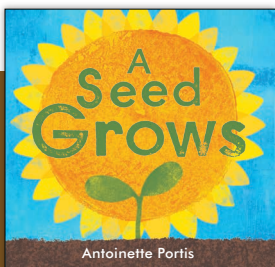
Here are some other familiar grains: oats, barley, corn, millet, buckwheat, and quinoa (quinoa seeds are from a bush, not a grass).



When you eat a bowl of rice, you are eating a bowl of seed!

Can you think of other ways we consume these grain seeds in disguise?

Hint: We have oatmeal for breakfast and granola (made from oats) bars as snacks. We eat popcorn in front of a movie. Tacos are wrapped in tortillas made from ground corn.



A Seed Grows
by Antoinette Portis
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See, seeds are everywhere!

Here are some nuts that many humans like to eat:



Almond
(shelled)



Walnut
(shelled)



Pecan
(shelled)



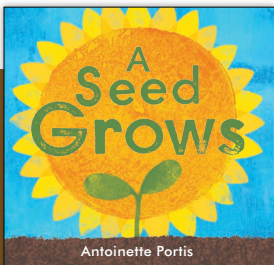
Pumpkin seed
(shelled)



Coconut
(the largest seed in the world!)

Can you think of some other examples of seeds you have eaten that are nuts?

Hint: Peanut butter. (Peanuts are seeds that grow in pods underground.)



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See, seeds are everywhere!

Seeds are also used in cooking to add flavor or texture.
Here are some seeds often found in a spice cabinet:

Cloves



Fennel seed



Peppercorns



Celery seed

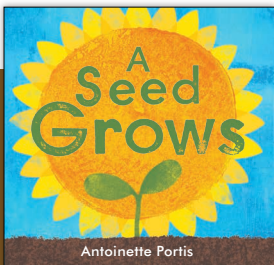


Mustard seed (ground into powder)



Can you think of some examples of seeds you have eaten as a spice or garnish?

Hint: Sesame seeds on a bagel, mustard on a hot dog, caraway seeds on the crust of rye bread, poppy seeds in a muffin, sour pickles flavored with dill seed.



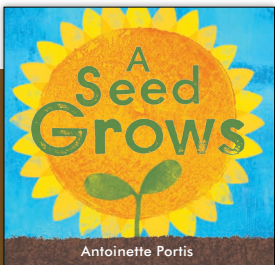
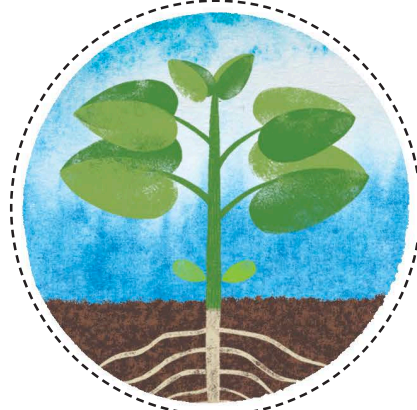
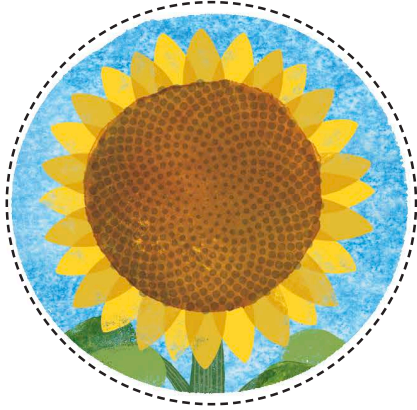
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Cut out the pictures and arrange them
in order on the next page
to show the life cycle of a sunflower plant:



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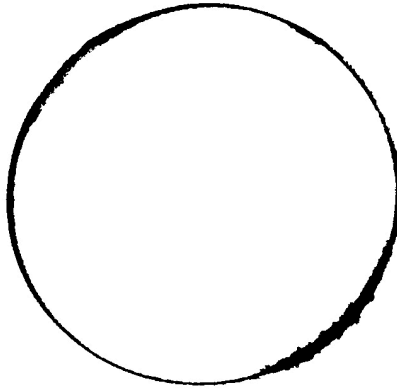
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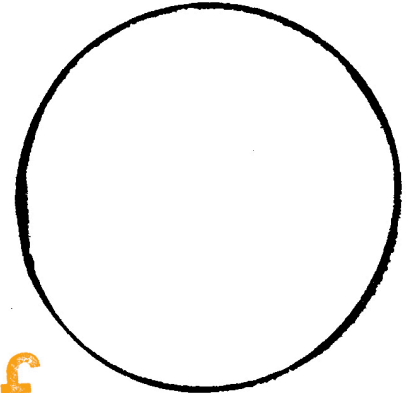
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Arrange the pictures in order inside the circles:

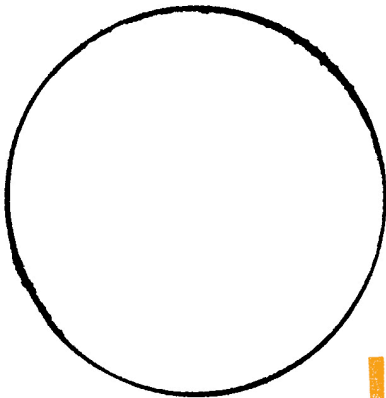
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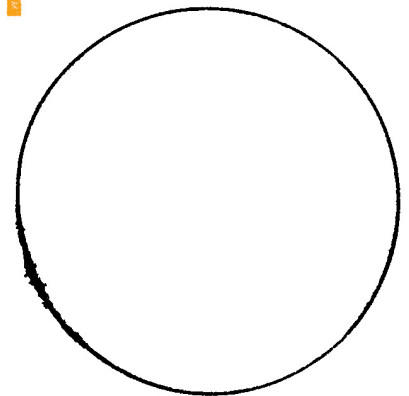


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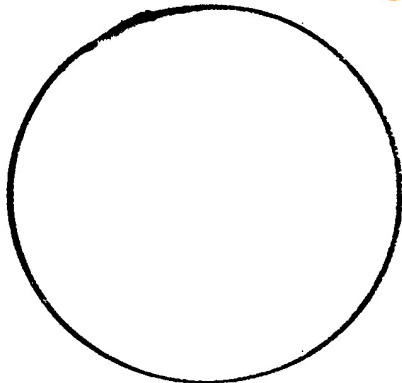


Life Cycle of a Sunflower Plant

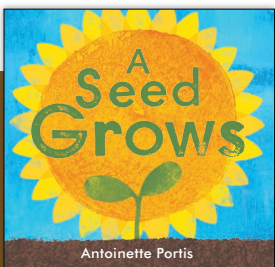
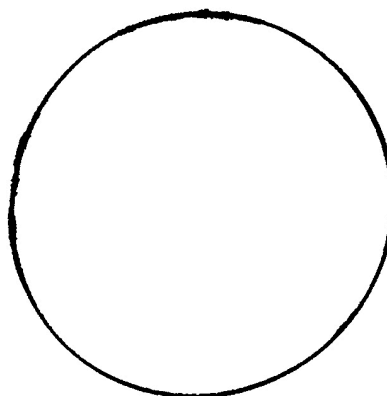
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Name that seed!

Draw a line to match the seed with its name.



Avocado pit



Acorn



Cherry pit



Orange seed



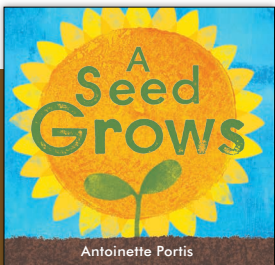
Peach pit



Sunflower seed



Lemon seed



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