

Name: _____

Date: _____



TasteWiseKids

The Seeds We Eat

Did you know that you can eat different parts of different plants from the seed to the root to the stem, and even leaves and flowers! On the image below draw a line between the word and the food that matches:

ROOTS

LAS RAICES

STEMS

LOS TOLLOS

FLOWERS

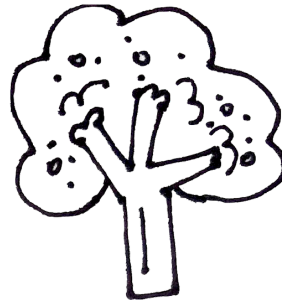
LAS FLORES

SEEDS

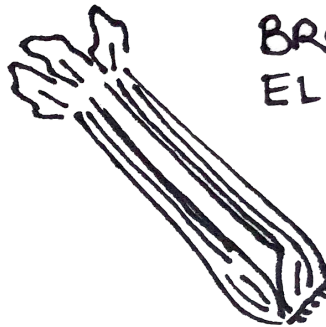
LAS SEMILLAS

LEAVES

LAS HOJAS



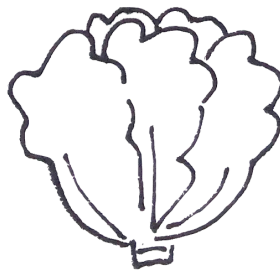
BROCCOLI
EL BRÓCOLI



CELERY
EL APIO



CARROT
LA ZANAHORIA



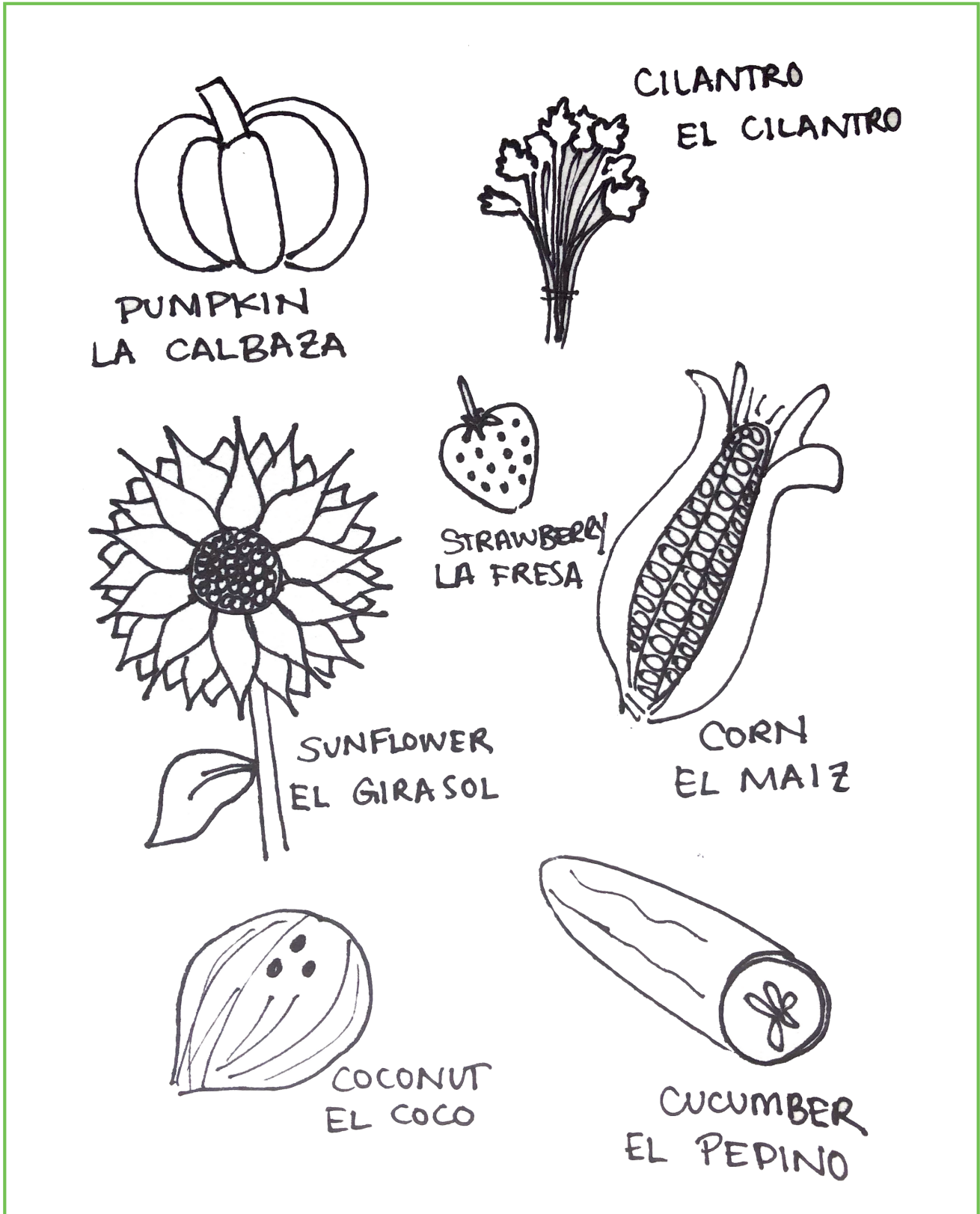
LETTUCE
LA LECHUGA



PEANUT
EL MANÍ

Now that we know we can eat seeds, can you think of any seeds that you eat?
List them in the space below:

In the image below circle all the foods where we DO eat the seed:



If you circled all of them, you are CORRECT! While we don't eat all seeds (for example, peach pits) we do eat a lot of seeds! Here is a list of seeds we DO eat:

WE EAT SEEDS

CORN



EL MAIZ

PUMPKIN



LA CALBAZA

CILANTRO
(CORIANDER)



EL CILANTRO

PEANUT



EL MANÍ

SUNFLOWER



EL GIRASOL

MUSTARD



LA MOSTRZA

SESAME



EL SÉSAMO

FLAX



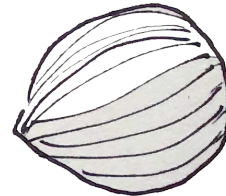
EL LINO

POPPY



LA
AMAPOLA

COCONUT



EL COCO

NOSOTROS COMEMOS SEMILLAS



This is a picture of a seed tasting alongside seeds for planting. Seeds are delicious on top of a salad, in a smoothie, or as a snack!

Fun facts about seeds:

- A coconut is a seed, a nut, and a fruit all in one!
- Some plants, like ferns, don't produce seeds.
- Edible seeds are full of vitamins and minerals.
- Some seeds grow on the outside of plants (like strawberries), where as others grow on the inside (like cucumbers).

Debrief/Key Points:

- We eat lots of different types of seeds.
- We can eat different parts of plants from the root to the flower.
- Seeds are a nutritious part of plants.



Stove-top Seedy Popcorn:

A delicious snack and a fun way to eat a whole lot of seeds at once, is by making this homemade popcorn recipe.

- **Ingredients:** 2 tbsp. oil, 1/2 cup popcorn kernels, 1 tbsp honey, a mix of your favorite seeds (flax, poppy, sesame, sunflower, pumpkin!), salt to taste
- **Equipment:** Stove, pot, lid, bowl
- **Directions:**
 - Place your pot on the stove over medium heat.
 - Add your oil.
 - Start with two popcorn kernels in your pot. Once those two test kernels pop your oil is hot enough to put the rest of your 1/2 cup of kernels in the pot.
 - Allow for your kernels to pop, shaking the pot every once and a while to make sure kernels are in the hot oil.
 - Once you've popped your kernels, remove popcorn from the heat and put it in a bowl.
 - Drizzle honey over popcorn first.
 - Add your favorite seeds, and a sprinkle of salt and shake bowl so that everything mixes. Enjoy!