

See, seeds are everywhere!

Seeds 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.)



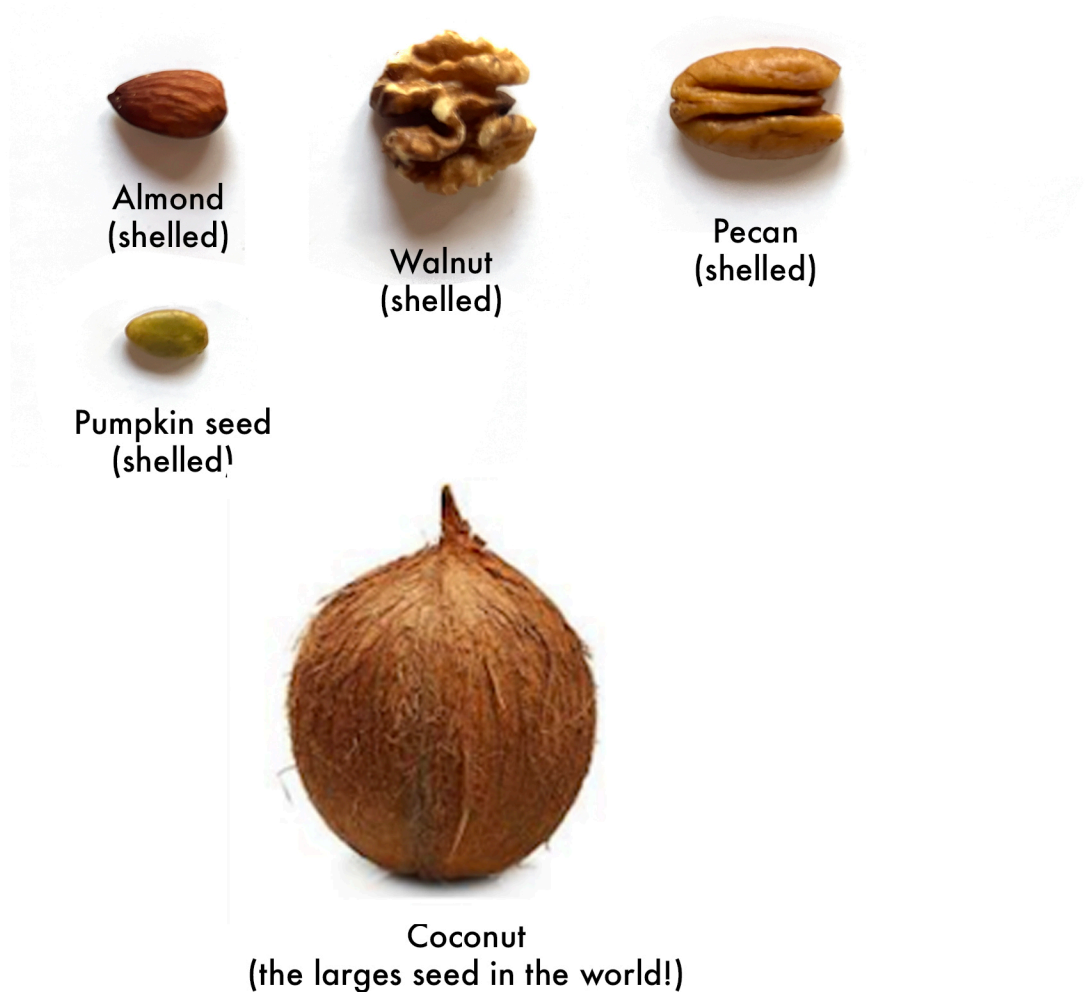
When you eat a bowl of rice, you are eating a bowl of seeds!

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.

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Here are some nuts that many humans like to eat:



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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Seeds are also used in cooking to add flavor or texture.

Here are some seeds often found in a spice cabinet:



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