



# SEEDS WE EAT

**GRADE LEVEL:** 2-3

**SUBJECT:** Language Arts

**NATIONAL STANDARD(S):**

(K-2) LA: 5.1-4, 6.1, 6.2, 7.1

(3-5) LA: 5.2, 5.3, 5.6, 5.8, 6.1, 7.1, 7.5, 7.7, 7.8

**THEME:** Plants, Food

**FOOD AND FIBER TOPIC:** I-D, II-C, D, III-B, V-B

**LEARNER OBJECTIVES:**

Students will identify seeds humans eat and do not eat.

**VOCABULARY**

*acorns*—The nut or seed of an oak tree.

*civilization*—The total culture of a particular person, group, or nation.

*cocoa*—A powder made from cacao seeds that have been roasted and ground, with some of that fat removed.

*continent*—Any of the main large areas of land mass on the planet Earth.

*Mayans*—Originating from the Central American Indian tribes.

*survive*—To remain alive or in existence.

*vanilla beans*—The long narrow seedpods of a kind of American orchid from a flavoring agent is extracted.

**BACKGROUND**

Seeds have been very important throughout many civilizations and over thousands of years. The Mayans of Mexico and Native Americans of North America used many seeds of plants to survive. The Mayans are best-known for their use of corn, but they also used peanuts, cocoa and vanilla beans. The Americans throughout the continent used acorns from oak trees, pecans and sunflower seeds.

All the seeds featured on the student worksheets are from plants we use. Some, like cucumber vines or apple trees, are planted and grown in gardens. Others, like wheat and oat plants, are most often found growing on large farms covering hundreds of acres. Grapefruit is a citrus fruit, like oranges and tangerines, and will only grow in warm climates. Most of the grapefruit you buy in stores grew in California, Florida or southern Texas.

**STEP-BY-STEP INSTRUCTIONS**

1. Read the informational paragraphs at the tops of the student worksheets with your students.
2. Have students complete the work by following the written directions on each worksheet. Have students make seed collections, using common kitchen foods like those listed on Student Worksheet B.

## RELATED ACTIVITIES

1. Hold a tasting party for another class. Have students display seeds from the foods they serve and discuss them with their guests.
2. Display seed collections for other students.

## RESOURCES

### *Student Books*

- Barden, H. (1990). Busy Little Gardener. Jelly Bean.
- Bourgoing, P. (1985). The Very Hungry Caterpillar. Harper Trophy.
- Brown, E. B. (1991). Vegetables. Prentice Hall.
- Coats, L. J. (1991). The Almond Orchard. Macmillan.
- Day, J. (1976) What Is Fruit? Golden/Western.

### *Teacher Resources*

- Color It Corn. Nebraska Corn Board, 301 Centennial Mall South, PO Box 95107, Lincoln, NE 68509 (23-page coloring book for grades one to four, free).
- National Peanut Council, 101 S. Peyton St., Ste. 301, Alexandria, VA 22314.

### *Related Internet Websites*

- Natural Resource Conservation Education: Website designed to help people of all ages understand and appreciate natural resources and learn how to conserve them.  
<http://www.fs.fed.us/outdoors/nrce/welcome.htm>
- Science Mini Lessons. <http://yn.la.ca.us/cec/cecsci/sci-elem.html>
- Science and Math Consortium for Northwest Schools. This site is for anyone interested in K-12 education in science and mathematics. <http://www.col-ed.org/ak/>
- Environmental Education website: Mission is to spread information and ideas that will help educators explore the environment and investigate current issues with students.  
<http://www.nceet.snre.umich.edu/>
- Bureau of Land Management Environmental Education.  
<http://www.blm.gov/education/education.html>

## EVALUATION

**Worksheet A**—Sentences one, three and four are true. The main idea is in sentence two, and the correct answers for “Word Fun” are 1) “corn,” 2) “wheat,” 3) “acorn” and 4) “peanuts.”

**Worksheet B**—The seeds people eat are corn, bean, oats, cucumber, sunflower, peanut and wheat.

## ACKNOWLEDGMENTS

This lesson was adapted from Oklahoma Ag In The Classroom, Department of Agricultural Education, Communications and 4-H Youth Development, Oklahoma State University, Stillwater, OK 74078.

# Seeds We Eat

Most plants produce seeds in the summer and fall. Many different kinds of plants produce seeds. Plants with flowers produce seeds. Seeds grow in vegetables and fruits. Even trees produce seeds. One plant will make many seeds.



Seeds come in many different shapes and sizes. Some, like avocado seeds, are large. Some, like grass seeds, are small.

Birds, animals and people eat many of the plants that produce seeds. Sometimes the only part of the plant we eat is the seed.

## Find the facts



Read these sentences. Draw lines around the sentences that are true.

1. Many plants produce seeds in the winter.
2. People eat some seeds.
3. All seeds are brown
4. Seeds grow in fruit, vegetables, grass and flowers.
5. All seeds are small.



## Find The Main Idea

Underline the sentence that tells the main idea.

1. Fall is one time to find seeds.
2. Many different kinds of plants have seeds.
3. Birds and animals eat seeds.



## Word Fun

1. 

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 Seeds used in bread.

2. 

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 Elephants eat these.

3. 

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 Seed of an oak tree.



# Seeds We Eat

Seeds usually grow as part of a flower or inside a protective shell. Some seeds are easy to see and others are hidden. Some seeds, like dandelion, have special parts to help them blow in the wind.


Animals from birds to bears eat many kinds of seeds. People eat seeds too. Some seeds we eat are sunflower seeds, sesame seeds and poppy seeds. When we eat beans or peas we are eating seeds. When we eat fruits like peaches or apples, we do not eat the seeds. Nuts, like pecans and peanuts, are seeds too.

Copy the names of these seeds into the correct list.



apple

avocado

bean 

corn

cucumber

dandelion

grape

lemon

peach

peanut



pecan



sunflower

tomato



wheat

zucchini 

**Seeds People Eat**

**Seeds People Do Not Eat**

Seeds People Eat	Seeds People Do Not Eat

