**OUR DAILY SEEDS**

**TIME REQUIRED:** 20 minutes

**OVERVIEW**

Although we may not think our diets are high in seeds, almost every bite of food we eat starts with the planting of seeds. In this activity, students will help create a class chart of foods eaten over a typical day. The teacher will review the list with students to help determine which foods are seeds.

**Example Class Edible Seeds Chart:**

|  |  |  |
| --- | --- | --- |
|  | **Foods Eaten** | **Seeds** |
| **Breakfast** | Granola cereal  Milk  Banana | Oats in granola, potentially others such as wheat, millet, corn, sunflower seeds, sesame seeds etc. |
| **Lunch** | Cheese and lettuce sandwich  Carrots  Celery | Wheat seed ground to make bread flour. Potentially others such as oats, corn, barley, millet etc. |
| **Snacks** | Apple  Hummus and crackers  Cookie | Hummus is made from ground beans and sesame seeds, both seeds.  Crackers and cookie could be made of wheat, oats, barley etc. |
| **Dinner** | Chicken  Broccoli  Rice | Rice is the seed of the rice plant. |
| **Desert** | Vanilla Ice Cream with strawberries | Strawberries are covered in small yellow seeds.  Vanilla comes from the seed of an orchid plant. |

**DISCUSSION**

If the food you ate wasn’t a seed, did it grow from a seed or benefit from a seed? Most vegetables are grown from seeds, chicken are often fed grain seeds. The cow that produced the milk and ice cream may have been fed seeds as part of its diet or grass that originally grew from a seed. Seeds are not just for the birds! They are a crucial first step in our food chain and directly or indirectly make up a large part of our diets.