



Investigative Prompt

On your next outing, find in a safe nature space, try to find some different seeds.

Did you find any of these type of seeds?

- A seed that can blow in the wind, like a dandelion?
- A seed that was moved by an animal, like a sticker or fruit seed?
- A seed that floats on water?
- A plant that has a seed pod that you think might explode?

Ask a parent's permission to investigate the kitchen. Are there any seeds or foods made with seeds in your kitchen? See if a family member can help you read ingredients to find hidden sources of seeds.

Do you have any of these foods that are seeds or use seeds?

- Coconut oil
- Beans (pinto, green, or any other kind)
- Corn
- Food with sunflower oil
- Food with peanut oil
- Fruit or vegetables
- Flour (which is typically made from wheat seeds)
- Coffee (from coffee beans)
- Oatmeal or whole grain cereal

