

More About Seeds and a Plant Part Recipe



Sunflower



Mixed vegetable seeds







Coriander seeds



Sunflower seeds

A seed contains everything that is needed for a plant to grow except water, healthy soil, air and sunshine. Bees help make seeds. In return, seeds can grow into plants that make pollen to feed bees. Seeds are high in protein. Pumpkin and sunflower seeds are great as a snack or in a salad, cereal or yogurt topper!

Fun Seed Facts!

-  You can carve a pumpkin and roast and eat its seeds, or dry the seeds out and save them to plant.
-  Sunflowers are also a plant with seeds we can eat or dry out and plant.
-  Did you know that strawberries have their seeds on the outside? A strawberry flower is made of many tiny flowers fused into one big flower. The little dots on the surface of a strawberry are the seeds of each flower.
-  How big are seeds? Seeds come in all shapes and sizes. Avocados have one large seed.



Carrot seeds



Avocado seed



Recipe: Plant Part Funny Face Sandwich

1. Cover a slice of bread with a spread.
2. Design a face on top using plant parts.

Spread, such as nut or sunflower butter, hummus, or cream cheese

Leaves, such as lettuce, herbs, or even pesto

Roots such as shredded carrots, radish slices or jicama sticks

Flowers, such as broccoli or cauliflower florets or nasturtiums

Stems, such as celery or chard stems

Fruit, such as apple slices, berries or peppers








Seeds, such as roasted sunflower or pumpkin seeds



Draw your sandwich!



Recipe Planning - Read the recipe above. Below, write down the ingredient you would choose for each plant part if you made the recipe.

-  Flower _____
-  Fruit _____
-  Leaf _____
-  Root _____
-  Seed _____
-  Stem _____
-  Choose a spread: _____

Pumpkin seeds

