

The Seeds We Eat



Approximate Instructional Time: 45 minutes

Lesson Overview: Students will be exposed to a variety of edible seeds while making yogurt banana splits.

Learning Outcomes:

- Students will be able to identify 3 types of seeds we eat (e.g. pumpkin seeds, sunflower seeds, flax seeds, chia seeds, poppy seeds, sesame seeds and hemp seeds)
- Students will be able to explain that plants have seed.
- Students will be able to explain that some but not all parts of a seed are edible (sunflower seeds)
- Students will make a healthy snack for themselves

Materials:

- Labeled seed samples
- Whiteboard or flipchart and markers
- Book about seeds (*The Tiny Seeds* by Eric Carle, *A Seed is Sleepy* by Dianna Aston)
- Yogurt banana split recipe

Preparation & Set-Up:

- Label and fill small jars, containers or bags with various seeds: pumpkin seeds (with and without husk), sunflower seeds (with and without husk), flax seeds, chia seeds, poppy seeds, sesame seeds (white and black) and hemp seeds.
- Cut bananas in half cross-wise and portion out to children
- Put berries and seeds in bowls

LESSON

Discussion: Ask the group to name types of seeds we eat. Write them down on whiteboard or flip chart. Ask where they come from.

Learning Plan: Read a book about seeds. Some suggestions: *The Tiny Seeds* by Eric Carle; *A Seed is Sleepy* by Dianna Aston. Make Yogurt Banana Splits.

Appendices:

Yogurt Banana Split recipe