

## Rice is a Seed that We Eat!

Did you know that rice is a seed? It really is! Rice grows on a rice plant and the part that we eat is the rice seed. Seeds can be used for both planting and eating.

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Many kinds of seeds are eaten all over the world. One of the most common edible seeds is rice. Some more examples of seeds we eat are **beans, peas, corn, wheat, peanuts, tree nuts like pecans and almonds, sunflower seeds, and pumpkin seeds.**

Families from all around the world cook and eat rice in their own special ways. Examples might be rice mixed with beans, in soup, with greens, fried with veggies and eggs, as a sweet pudding, or with chicken.

How does *your* family cook and eat rice?

**In the space below**, draw a picture of your family eating rice, and then write a couple of sentences about how your family eats rice:



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We would love to hear how your family enjoys rice! [Email us a photo](#) of this worksheet or tag us on Instagram [@foodprintsdc](#).