



SEEDS IN THE KITCHEN

Seeds are not just for planting. When we eat them, they provide our bodies with healthy fats, fiber, protein, and cancer-preventing nutrients. Here is a list of seeds that you may find in the kitchen. Try to match them with their common use. (Use each seed only once in your answers.)

Caraway Seeds • Chia Seeds • Flax Seeds • Pine Nuts
Pomegranate Seeds • Poppy Seeds • Pumpkin Seeds • Quinoa
Sesame Seeds • Sunflower Seeds • Watermelon Seeds • Wild Rice

1. Butter made from these seeds has found its way into sandwiches served in school cafeterias _____
2. Sometimes found in baked goods like muffins and hammentaschen _____
3. Used as a substitute for eggs in vegan recipes _____
4. You might find this seed lurking in Rye Bread _____
5. These seeds are ground into a paste called Tahini, often found in Middle Eastern foods _____
6. Also called “Pepitas,” these seeds are often used in Latin American cuisine _____
7. You may have used these seeds in a spitting contest, but you can eat them as well – after they are roasted _____
8. Make a healthy pudding out of these seeds _____
9. These seeds come from a grass plant that was cultivated by Native Americans _____
10. Getting to these seeds might turn your hands red _____
11. A South American seed that is often served in place of rice _____
12. A popular addition to Pesto _____



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