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

Questions? Email us your questions or send us a message on Instagram @foodprintsdc