

Edible Seed Scavenger Hunt

Many of the foods we eat every day come from seeds, and some of them may surprise you! See how many of these seeds you can find in your kitchen - and don't worry if you can't find them all.

Can you name the seed ingredient in some of the foods below?

Example: the seed ingredient in bread is wheat!

Pasta



Seed Ingredient:

Black Pepper



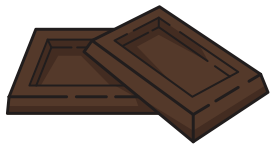
Seed Ingredient:

Mustard



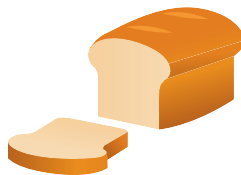
Seed Ingredient:

Chocolate



Seed Ingredient:

Bread



Seed Ingredient:

Vanilla Extract



Seed Ingredient:

Soy Sauce



Seed Ingredient:

Coffee



Seed Ingredient:

Peanut Butter



Seed Ingredient:

Three Seed Salsa



Ingredients:

- 1 can black beans
- 1 can pinto beans
- 1 cup fresh or frozen corn
- Juice from ½ a lime or lemon (or 1 teaspoon white vinegar)
- ½ teaspoon salt (or more to taste)
- Pinch of spices such as oregano or cumin (get creative with what you have!)
- Corn chips to eat salsa

Optional ingredients:

- 1 chopped jalapeno (if you like it spicy)
- ½ onion chopped

Ask an adult for help before using knives!



Mix beans, corn, lime or lemon juice, salt, spices, and optional ingredients. Taste and add more salt or spices as you like. Eat with corn chips, over rice, or in a burrito. Be creative and use any similar ingredients you have in your kitchen!