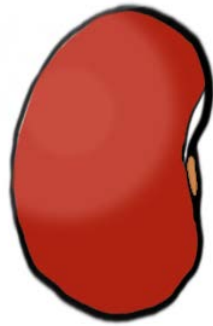


Find Seeds

What seeds can you find in your kitchen?

Look for fruits, vegetables, and nuts that have seeds in them. Do you have any beans or rice? What about jams that have fruit seeds?



Extender Activity:

Plant a bean seed inside and watch it grow! Learn how with this video:

<https://youtu.be/RTRW2Cf9U2U>

