

**Six Seed Trail Mix**  
*Adapted from Life Lab*

**Grade Level:** K

**Season:** Winter

**Larger IGS Unit:** Seeds

**Essential Question:** Where do seeds come from? Why are seeds important?  
What seeds do we eat?

**Objective:**

In this activity, children get to think about six different foods that are seeds or contain seeds. Students will understand the importance of eating seeds, which are rich in protein, and which help our bodies grow and repair. Students will also make the connection between the seeds that animals eat, and the seeds that humans eat.

**Materials:**

Nut/seed pictures  
Mixed nuts in shells (peanuts, almonds, walnuts, etc)  
Walnuts  
Almonds  
Sunflower Seeds  
Peanuts (check for allergies)  
Pumpkin Seeds  
Chocolate Chips (optional)  
Spoons (one per seed type)  
Bowls (one per seed type)  
Hammer/Nutcracker  
Small baggies  
Sharpie

**Introduction:**

Review the types of food students have noticed animals eating in winter: birdfeeder ingredients, chicken feed from *Animals in Winter*, etc. Explain that during the winter, it is important for people to eat some similar types of food because they have lots of protein, which helps keep us warm and healthy in the winter!

Hand out different nuts in shells, one per student. Ask students to try and figure out what kinds of food each seed is. Demonstrate cracking open one seed (carefully use hammer for hard shells).

Ask students where they think these nuts come from?

Ask students what they think would happen if you planted one of those nuts?

Explain the connection between nuts and seeds.

**Activity:**

Hand out pictures of different seeds, one per group of 2-4 students. Lay out the different types of seeds/nuts in bowls in the center of the rug. Ask students to carefully choose which seed belongs to their picture.

Students present their nut/seed to the rest of the class, and describe (based on the picture) where it comes from.

Students return to their desks, and write their names on small plastic bags.

Explain the "recipe" for Seed Trail Mix.

Note: 3 spoonfuls of each type of seed works well for this size baggie. For a greater challenge, write the recipe on the board and use different numbers of spoonfuls for each type of seed.

Students follow the directions to make their "Seed Trail Mix"

**Wrap Up/Assessment:**

Ask students to look into their baggies and find one seed that comes from a tree; one seed that grows underground; one seed that comes from a flower; one seed that comes from a vegetable; etc.

**Extensions:**

Students may bring the baggie home, and ask their families which are their favorite seeds. Students report back next class.