

Growing Seeds Indoors: Seeds for Breakfast

Do you eat seeds for breakfast? _____

Go to your kitchen and look at the nutrition labels on the sides of cereal boxes you find in the cupboard.

What plants are used to make these cereals? _____

What part of the plant is used? _____

Are you surprised that your breakfast cereal is made from seeds? _____

How many different kinds of seeds can you find that are used to make breakfast cereal? _____

What about waffles and pancakes? _____

Oatmeal? _____ Grits? _____ Toast? _____

