

Edible Seed Scavenger Hunt

We eat a lot of seed! How many of these different kinds of edible seeds can you find in your kitchen cupboards, refrigerator, and/or freezer?



Beans (dried and canned)
<input type="checkbox"/> Black beans
<input type="checkbox"/> Green beans
<input type="checkbox"/> Black-eyed peas
<input type="checkbox"/> Kidney beans (chili beans)
<input type="checkbox"/> Garbanzo beans (chick peas)
<input type="checkbox"/> Great Northern beans
<input type="checkbox"/> Lima beans
<input type="checkbox"/> Lentils
<input type="checkbox"/> Navy beans (baked beans)
<input type="checkbox"/> Pinto beans
<input type="checkbox"/> Soy beans
<input type="checkbox"/> Other:
Nuts
<input type="checkbox"/> Peanuts
<input type="checkbox"/> Cashews
<input type="checkbox"/> Pistachios
<input type="checkbox"/> Walnuts
<input type="checkbox"/> Pecans
<input type="checkbox"/> Almond
<input type="checkbox"/> Chestnut
<input type="checkbox"/> Coconut
<input type="checkbox"/> Macadamia nuts
<input type="checkbox"/> Other
Grains and Cereal
<input type="checkbox"/> Rice
<input type="checkbox"/> Wheat
<input type="checkbox"/> Oats
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Corn
<input type="checkbox"/> Other

Snacks and Spices
<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Sesame seeds
<input type="checkbox"/> Popcorn
<input type="checkbox"/> Other:
Seeds inside Fruits and Vegetables
<input type="checkbox"/> Cucumber
<input type="checkbox"/> Green and red peppers
<input type="checkbox"/> Squash
<input type="checkbox"/> Peas
<input type="checkbox"/> Apple
<input type="checkbox"/> Orange
<input type="checkbox"/> Tomato
<input type="checkbox"/> Lemon
<input type="checkbox"/> Watermelon
<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Other:

What's your favorite?

Bean _____

Nut _____

Grain/Cereal _____

Snack/Spice _____

Fruit _____

Vegetable _____