



VICTORY GARDENS

Lesson and Activity Suggestions for 3rd - 5th

The Great Plant Escape Case 3: Seeds

This lesson is brought to you from the University of Illinois Extension Office, which is the flagship outreach effort of the University of Illinois at Urbana-Champaign. It is a wonderful, online, interactive program called "The Great Plant Escape." made up of six cases or mysteries that teach all about plant life.

Parents may want to start at the Teacher's Guide, but kids can begin from the home page (<https://web.extension.illinois.edu/gpe/index.cfm>). Cases 1 and 2 offer a super review of the topics covered in earlier lessons we have provided (and probably some great new information). Case 3 covers the topic of seeds. Working through the mystery will teach the importance of seeds, what a seed needs to germinate, different types of seeds and their structures, and other useful information. It also provides an experiment for students to do in order to see that information come to life.



SEEDY ENERGY BITES

Seeds are a very nutritious providing varied proteins and heart-healthy monounsaturated and polyunsaturated fats. They are plant-based sources of essential amino acids and minerals, including calcium, zinc, copper and magnesium. And guess what? They taste great, too! Below is a very simple recipe that can be used with any type of seed. I'm going to use sunflower seeds in it, but you can exchange it for whatever seed you prefer or have available.

Why sunflower seeds? The Sunflower is the official state flower of Kansas, is grown by many farmers for its seeds and oil, and is one of the seeds we provided for you to grow. Four tablespoons of hulled sunflower seeds is a great source of vitamin E and folate.

Seedy Energy Bites Recipe

Total Time to Make: 5 min
Servings: 15 (1 bite each)

Ingredients

1 cup oats
1/4 cup honey
1/4 cup peanut butter (or other nut butter)
4 tablespoons sunflower seeds
1/4 teaspoons vanilla

Directions

Combine the ingredients together in a bowl until mixed well.
Refrigerate for 20 minutes.
Shape into palm-sized bites.

Option: Mix in additional ingredients if you want, like chocolate chips, M&Ms, dried fruit, etc. You may find that you also need to add more of the wet ingredients if these added items makes your mixture too dry to stick together.

These yummy and healthy treats can be eaten straight off the plate or wrapped in cellophane for an on-the-go snack.

