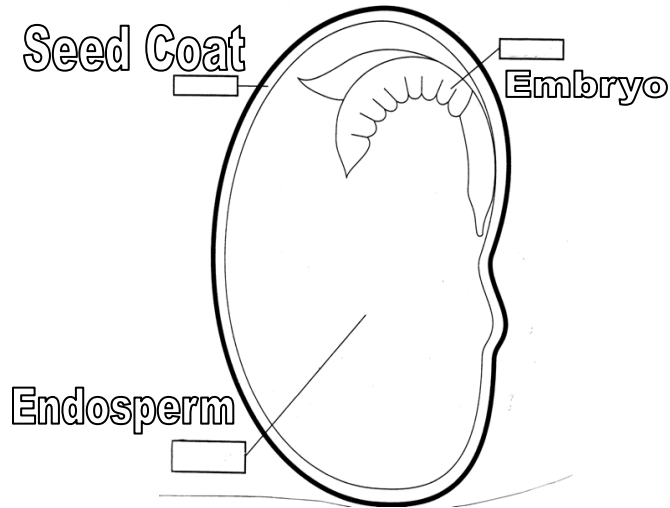


NEAT

It All Begins with a Seed - Fact Sheet

How does our food start?

- Most of the fruits and vegetables we eat start from seeds. Seeds can vary in size from tiny to quite large.
- The basic parts of a seed are the seed coat, the endosperm, and the embryo. The seed coat protects the inside of the seed from weather, bugs, and temperature changes. The endosperm can be found beneath the seed coat and provides food for the embryo part of the seed. The embryo is the part from which the new plant develops and it has three parts as well: the main root, the cotyledon, and the embryonic leaves.



- Three basic ways seeds can be dispersed include by wind, by water, and by animals.
- Some seeds are eaten as seeds before they grow into plants. Examples of foods that are seeds include beans, grains, some nuts, pumpkin seeds and sunflower seeds.
- Seeds are often high in many nutrients, especially protein.
- Most cooking oils are made from seeds. Many spices are made from seeds as well. Even chocolate is made from seeds!