



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried beans. The bottom picture shows beans in a pod growing on a bean plant.)

I wonder if we have eaten this before? (Suggested answer: Sometimes we can eat beans still inside their pods - like string beans - while other times we take the beans from their pods - like with broad beans. The beans in the top picture have been dried out so would need to be cooked or soaked before being eaten. Baked beans are grown in pods like the ones in the bottom picture.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried chia seeds.

The bottom picture shows a chia plant - the seeds are harvested from the flowers when the flowers and seeds have dried out.)

I wonder if we have eaten this before? (Suggested answer: You can eat these in all sorts of things, like in smoothies or yoghurt or in cakes and biscuits.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried chickpeas. The bottom picture shows chickpeas in a pod growing on a chickpea plant.)
I wonder if we have eaten this before? (Suggested answer: The chickpeas in the top picture are dried out and are too hard to eat like that - they need to be soaked or cooked. We often eat chickpeas in soups, curries or salads. We can also mash chickpeas to make humus.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried lentils. The bottom picture shows lentils in pods growing on a lentil plant.)

I wonder if we have eaten this before? (Suggested answer: The lentils in the top picture are dried out and are too hard to eat like that - they need to be soaked or cooked. We often eat chickpeas in soups, stews, curries and salads.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried poppy seeds falling out of dried seed pods. The bottom picture shows poppy flowers. The pods can be seen after the petals of the flower fall off.)

I wonder if we have eaten this before? (Suggested answer: We use poppy seeds in cakes and salads.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows quinoa. The bottom picture shows the flowers of the quinoa plant. Quinoa seeds come from the flowers of the plant.)

I wonder if we have eaten this before? (Suggested answer: Quinoa seeds need to be soaked before being eaten. You can eat them on their own, for breakfast, in salads or soups, or in bread.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows a range of different types of rice. Rice comes in different colours and textures. The bottom picture shows a rice plant.)

I wonder if we have eaten this before? (Suggested answer: We eat rice in lots of different meals. We can crush and grind rice to make flour and milk.)

I wonder what these seeds taste like?





PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows wheat. The bottom picture shows wheat grass growing in a field.)

I wonder if we have eaten this before? (Suggested answer: When wheat is dried out we can crush and grind it to make flour. We use this flour for things like bread, cake and pasta.)

I wonder what these seeds taste like?



PROVOCATIONS

I wonder what we can see in these pictures? (Suggested answers: The top picture shows dried sunflower seeds in their husks (shells). The bottom picture shows a sunflower. The sunflower seeds grow in the round central bit of the flower.)

I wonder if we have eaten this before? (Suggested answer: Sunflower seeds need to be removed from their husks before being eaten. You can then use them in muesli, bread, salads and as a snack.)

I wonder what these seeds taste like?