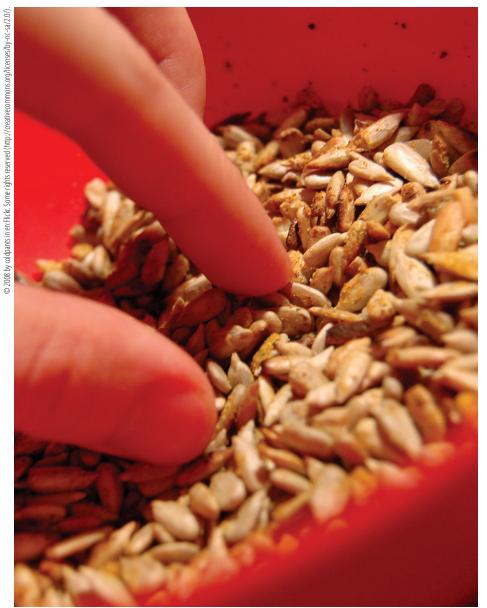


Seeds are not only for planting. Some seeds are for snacks, too. Yum!



Seeds We Can Eat





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Level 5 Book 3



Sunflowers can grow very tall. Sunflowers can grow to be five or six feet tall.



The seeds of the sunflower can be kept to plant next summer. But you can also bake the sunflower seeds. You can have the baked seeds for a snack.