

Dear Family,

In my class today, we learned about nuts and seeds that come from trees.

Did You Know?

- A tree is a plant. The parts of a tree are the roots, trunk, branches, leaves or needles, flowers, and fruit. Many trees grow flowers first, and then fruit. The seeds come from the flowers and fruit. A seed is a tiny plant inside a protective shell. They can grow into new plants. Seeds and nuts are different though. A tree nut is the dried fruit from the tree. It comes in a hard shell and there is only one seed inside. Most nuts come from trees and bushes. Most seeds come from fruits. A seed can free itself from the shell. A nut cannot free itself from the shell.
- Many seeds are edible. Cereals and legumes come from seeds. Most cooking oils come from seeds. Some medicines come from seeds. Nuts have healthy fats and nutrients. Nuts and seeds are used for food for people and animals.

Ask Your Child:

- Describe the seeds and nuts you found today at school.
- Tell me what you know about seeds. About nuts.
- What shape was the seed/nut? What color was it? How did it feel? Do you think it came from a tree or plant?
- Why did you put it in a bag with water?

Activities To Do With Your Child:

- Does your family eat any foods that are made out of nuts or that have nuts in them? Explore the kitchen with your child. Look in the refrigerator and the cupboards. Look at the pictures on the labels together, and read the ingredients. Maybe you have a recipe that uses one of these ingredients and you could make it with your child.
- Go outside and look around on the ground—can you find any nuts or seeds like we did at school? Put them in a plastic bag with a little water, and seal it tightly. We hung ours on the window, and we are checking them every day. Hang yours on a window, and check it every day. Do you see anything growing? Together, with your child, draw a picture of what you see, and send it to school to share it with us.

Vocabulary Words To Use With Your Child:

- **fall** – a season of the year between summer and winter; also called autumn.
- **nut** – a large seed that grows in a hard shell; people or animals can eat nuts.
- **seed**– the little part of a plant that grows into a new plant; seeds can have flowers.
- **acorn** – the nut found in oak trees.
- **oak** – a tree with strong, hard wood and flat leaves that change color and fall off in autumn. Oak trees produce small, round nuts called acorns.
- **shell** – the hard outer covering of a nut or seed.