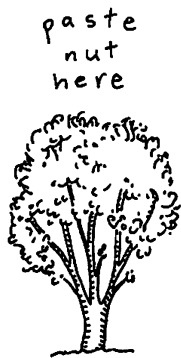


Sumptuous Seeds



Almonds

Some people make nut butter from me. I have lots of calcium so I'm good for bones and teeth. You can buy me roasted, slivered and blanched.



Sesame Seeds

I'm made into oil and used to season foods. You can get me at McDonald's. A lot of vegetarians make sure they eat me so they will get protein and calcium.



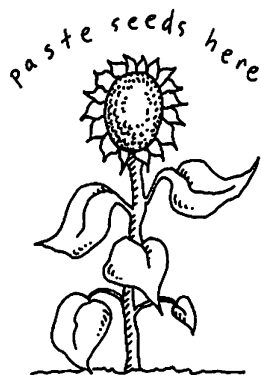
Pumpkin Seeds

I'm often eaten around Halloween time. I've got lots of calcium in me. You can roast and eat me sometime!



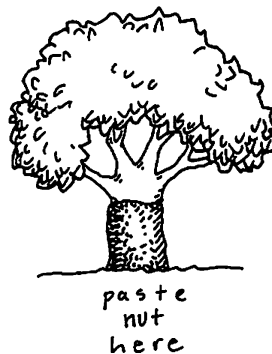
Filbert

You can call me Hazel. I grow on trees that sometimes look like bushes! Sometimes I'm ground up and used to flavor coffee.



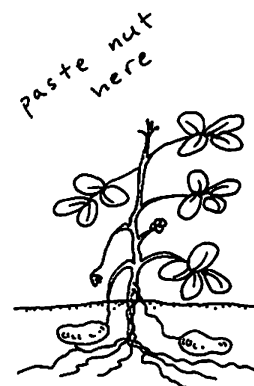
Sunflower Seeds

I'm very nutritious. My plant has a sunny outlook on the world. Birds like me as much as people.



Walnuts

There are lots of my kind of tree growing on roadsides. Some might call me a builders - nut. I am the most commonly used nut for baking.



Peanuts

I grow underground. I love baseball. I'm good spread on celery.