

# SMALL & MIGHTY SEED PROJECT

With your partner or small group, research the seed you've been randomly assigned using reliable health and nutrition information found on the internet. Use Adobe Spark to create a presentation on your seed that includes the following information:

- Name (2 pts.)
  - Picture (5 pts.)
  - History (5 pts.)
  - Nutrition & Health Benefits (5 pts.)
  - Ways to Eat or Incorporate into the Diet. (5 pts.)
  - Sources: 3 minimum (3 pts.)
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- Oral Presentation
  - Sample of seed for students taste test (optional)

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