

ART-TERAPIA

EMBARÀS

POSTER MARKING

by Erika McMahon

Many plants and plant parts are eaten as food and around 2,000 plant species are cultivated for food. Many of these plant species have several distinct cultivars.

Seeds of plants are a good source of food for animals, including humans, because they contain the nutrients necessary for the plant's initial growth, including many healthful fats, such as Omega fats. In fact, the majority of food consumed by human beings are seed-based foods. Edible seeds include cereals (corn, wheat, rice, et cetera), legumes (beans, peas, lentils, et cetera), and nuts. Oilseeds are often pressed to produce rich oils - sunflower, flaxseed, rapeseed (including canola oil), sesame, et cetera.

Seeds are typically high in unsaturated fats and, in moderation, are considered a health food, although not all seeds are edible. Large seeds, such as those from a lemon, pose a choking hazard, while seeds from cherries and apples contain cyanide which could be poisonous only if consumed in large volumes.

Fruits are the ripened ovaries of plants, including the seeds within. Many plants and animals have coevolved such that the fruits of the former are an attractive food source to the latter, because animals that eat the fruits may excrete the seeds some distance away. Fruits, therefore, make up a significant part of the diets of most cultures.



BATTLE OF THE BANDS CLASSICS

by Ricalyn Millan

Most food has its origin in plants. Some food is obtained directly from plants; but even animals that are used as food sources are raised by feeding them food derived from plants. Cereal grain is a staple food that provides more food.



School Newsletter

September 2023

Classroom

Today's News

Monthly Recap

1st Grade Orientation

A brief description of the orientation for the 1st-grade students.

Date: 03 September, 2023

Time: 10:00am – 12:00pm

First Day of School

In the last year, students have learned a lot about addition and subtraction. Now, they are going to learn about multiplication and division.

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