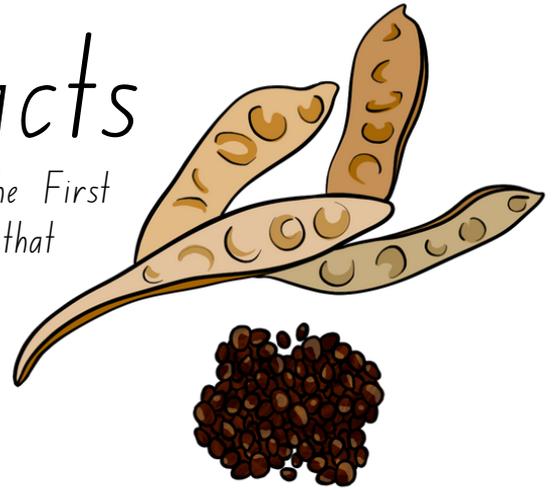


Name: _____

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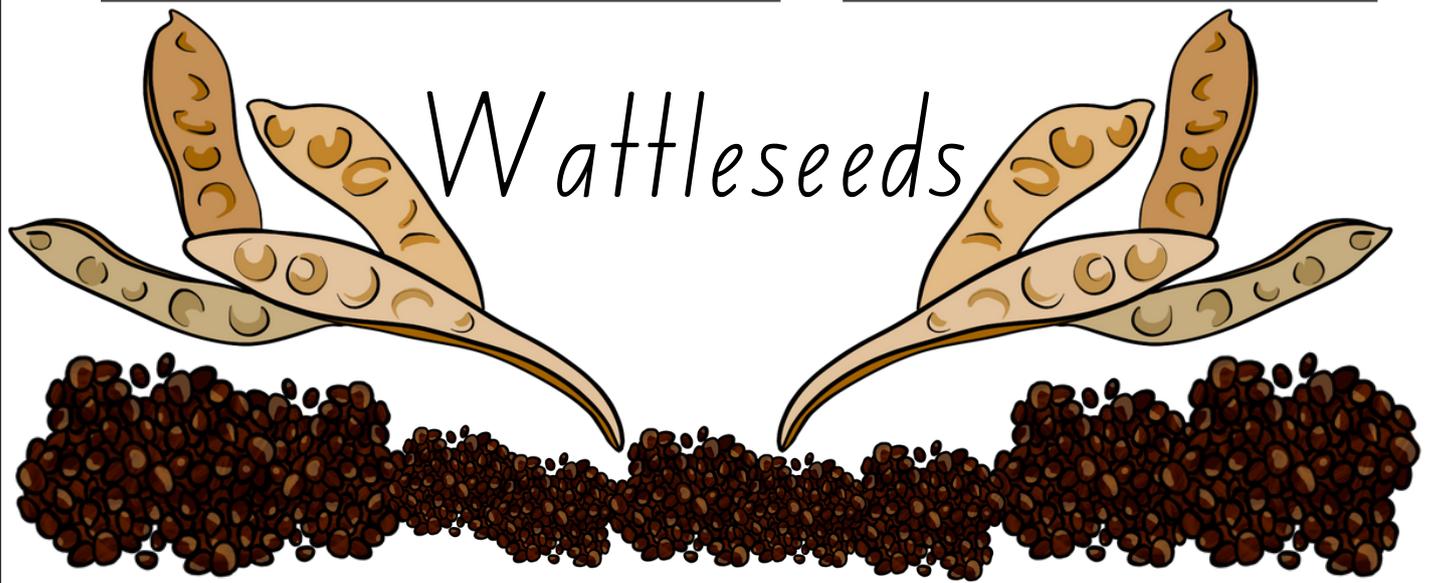
Wattleseed Facts

Research wattleseeds and create a fact sheet about the First Nation Bush food. You must have at least 7 facts that explain the superfood.



Name: _____

Date: _____



Wattleseeds

Wattleseeds have traditionally been eaten by First Nations people for generations. It provided a rich source of protein and was a resource that could be enjoyed in different ways.

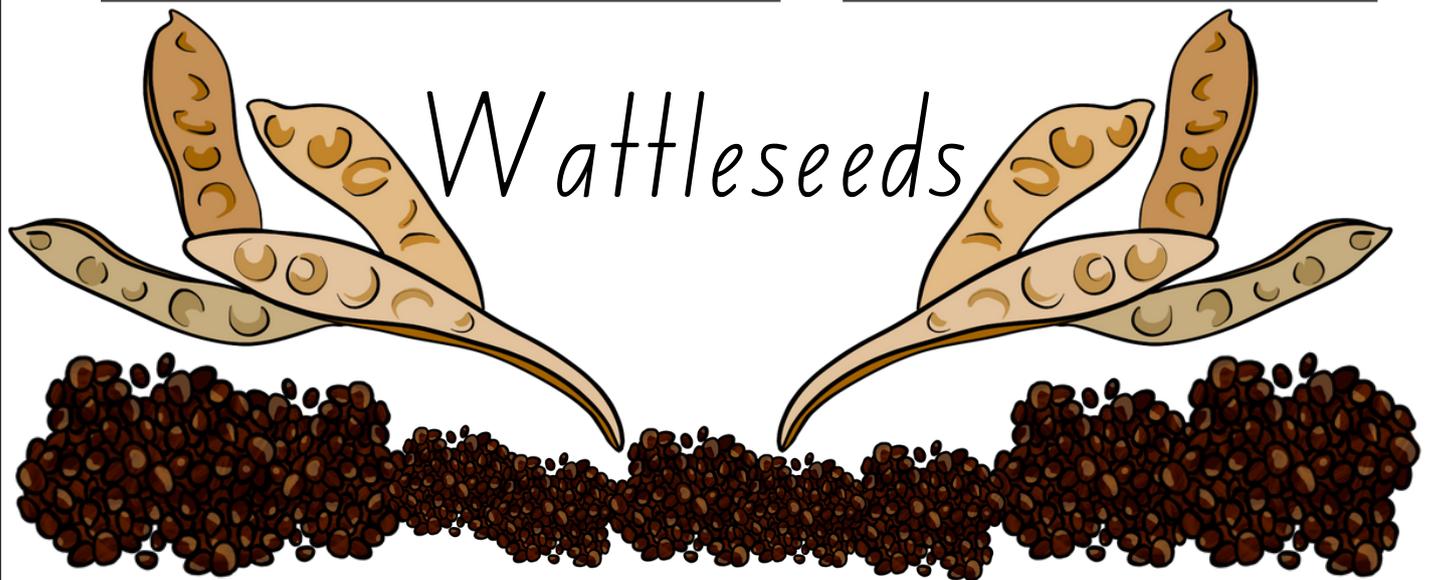
The wattleseeds could be eaten when green, or enjoyed as a bread when dried, crushed into a flour and combined with water over a fire or placed into a hole in the ground and covered with hot rocks and coals.

Even today, wattleseeds are being used in our foods, blending traditional food knowledge with current food knowledge. Other foods that wattleseeds could be added to includes cakes, biscuits, damper, sauces, curries, chocolate and ice cream.



Name: _____

Date: _____



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Name: _____

Date: _____

Wattleseeds



First Nations peoples ate a lot of bush tucker through many generations. Wattleseeds are a very good source of protein and is still eaten today by many people around the world. Wattle seeds can be added to many dishes like cakes, biscuits, damper, sauces, curries, chocolate and ice cream.

Draw a picture of a food that you would like try with wattleseeds.

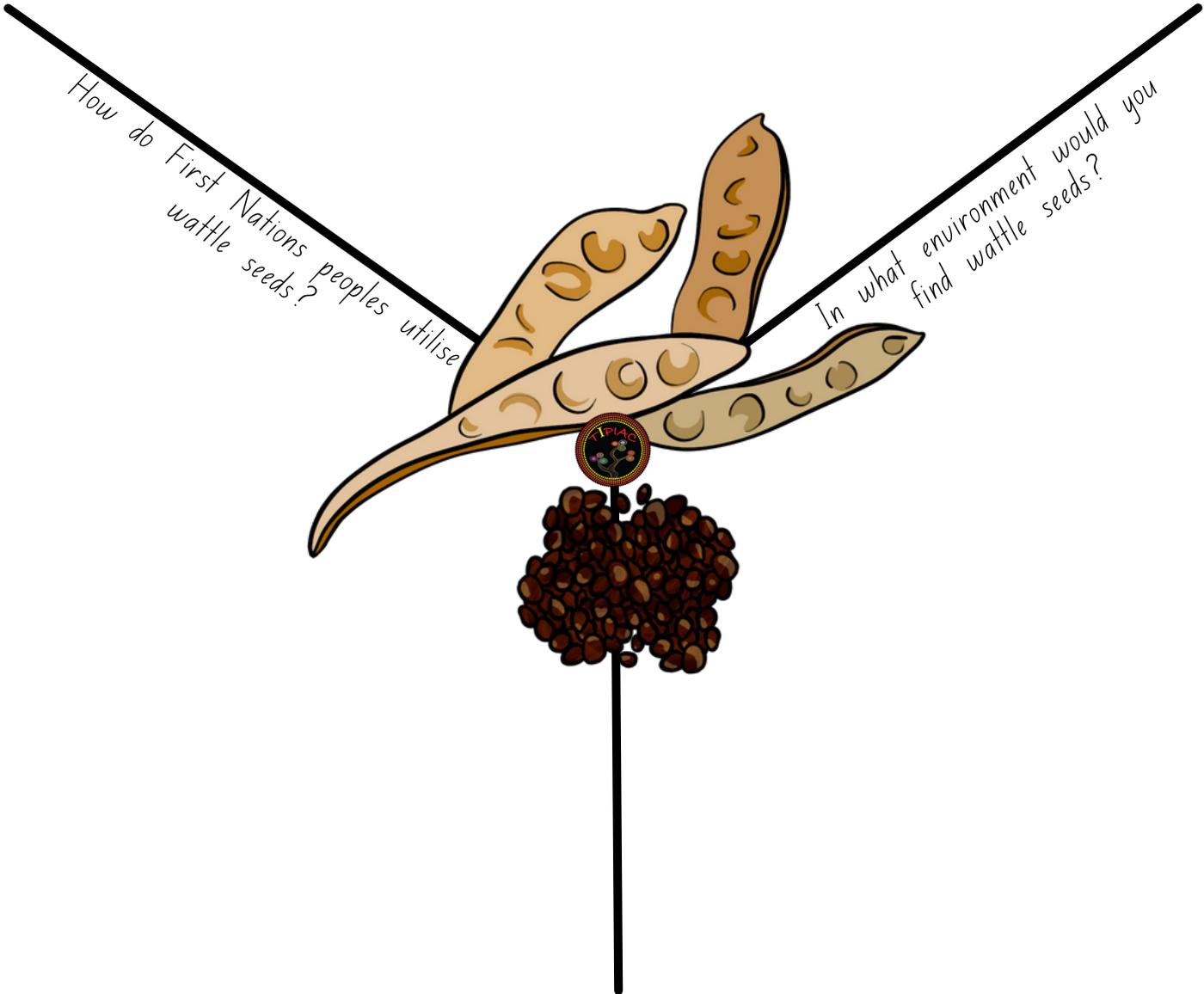


Name: _____

Date: _____

Bush Tucker – Wattle Seeds

What do you know about them?



List 5 facts about wattle seeds?