Name: _____ Date: _____

Quinoa Seeds Wear a Bitter Coat

Circle group

Quinoa looks like tiny round beads. It is not a grain like wheat or rice. It is the seed of a plant. The plant is tall, and it has a bunch of seeds at the top. Quinoa has grown in the Andes for a very long time. The Andes are high mountains in South America. The plant can grow in cool, dry places.

Each seed has a bitter coat. It tastes like soap. So farmers wash the coat off before they sell the seeds. Many cooks rinse the seeds again at home.

Then the seeds cook in water. They get big and soft. Each one grows a tiny curl. People eat quinoa warm or cold.

Questions

1. Is quinoa a grain like wheat or rice?

_____

_____

2. Where has quinoa grown for a very long time?

_____

_____

3. Why do the seeds need to be washed?

_____

_____

4. What do many cooks do at home?

_____

_____

5. What happens when the seeds cook in water?

_____

_____

6. Why might quinoa be a good crop for the mountains?

_____

_____

Words to know

quinoa: a food made of tiny seeds, said KEEN-wah

bitter: having a sharp, unpleasant taste

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Quinoa Seeds Wear a Bitter Coat

Triangle group

Quinoa is a food that looks like tiny round beads. It is not a grain like wheat or rice. It is the seed of a plant that grows tall and holds a big, bright bunch of seeds at the top. Quinoa has grown for thousands of years in the Andes, a high mountain range in South America. The plant can grow in cool, dry places where many crops struggle.

Each seed has a bitter coat. The coat tastes soapy and would spoil a meal. So before quinoa is sold, farmers wash or rub the coat away. At home, many cooks rinse the seeds once more in a strainer.

Then the seeds are simmered in water. They swell up and turn soft. Each one grows a tiny curl, like a little tail. People eat quinoa warm like rice, or cold in a salad.

Questions

1. Is quinoa a grain like wheat or rice?

_____

_____

2. Where has quinoa grown for thousands of years?

_____

_____

3. Why does quinoa need to be washed?

_____

_____

4. What do many cooks do with the seeds at home?

_____

_____

5. What happens to the seeds when they are simmered?

_____

_____

6. Why might quinoa be a good crop for the mountains?

_____

Words to know

quinoa: a food made of tiny seeds, said KEEN-wah
bitter: having a sharp, unpleasant taste
strainer: a bowl with holes that lets water drain out
simmered: cooked gently in water that is barely bubbling
crops: plants that farmers grow for food

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Quinoa Seeds Wear a Bitter Coat

Square group

Quinoa resembles tiny round beads, but it is not a grain like wheat or rice. It is actually the seed of a tall plant that carries a large, colorful cluster of seeds at its top. For thousands of years, quinoa has been grown in the Andes, a high mountain range in South America, because the plant can thrive in cool, dry places where many other crops struggle.

Every seed is covered by a bitter coat that tastes soapy and would ruin a meal. For that reason, farmers wash or rub the coat away before the quinoa is sold, and many cooks rinse the seeds once more in a strainer at home.

After that, the seeds are simmered in water until they swell up and turn soft. Each seed grows a tiny curl that looks like a little tail. People enjoy quinoa warm, like rice, or cold in a salad.

Questions

1. How is quinoa different from a grain such as wheat or rice?

_____

_____

2. In which mountains has quinoa been grown for thousands of years?

_____

_____

3. Why must the coat be washed or rubbed off the seeds?

_____

_____

4. What do many cooks do with the seeds before cooking at home?

_____

_____

5. What changes happen to the seeds as they simmer in water?

_____

_____

6. What makes quinoa a sensible crop for high mountain farms?

_____

Words to know

quinoa: a food made of tiny seeds, said KEEN-wah
bitter: having a sharp, unpleasant taste
strainer: a bowl with holes that lets water drain out
simmered: cooked gently in water that is barely bubbling
crops: plants that farmers grow for food

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Quinoa Seeds Wear a Bitter Coat

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Quinoa Seeds Wear a Bitter Coat

Easier · 115 words · Flesch-Kincaid grade 1.2

1. No, it is the seed of a plant.
2. In the Andes mountains of South America.
3. They have a bitter coat that tastes like soap.
4. They rinse the seeds again.
5. They get big and soft and grow a tiny curl.
6. The plant can grow in cool, dry places.

Triangle: Quinoa Seeds Wear a Bitter Coat

This passage · 142 words · Flesch-Kincaid grade 2.7

1. No, it is the seed of a plant.
2. In the Andes mountains of South America.
3. Each seed has a bitter coat that tastes soapy.
4. They rinse the seeds in a strainer.
5. They swell up, turn soft, and grow a tiny curl.
6. The plant can grow in cool, dry places where many crops struggle.

Square: Quinoa Seeds Wear a Bitter Coat

Harder · 149 words · Flesch-Kincaid grade 7

1. It is the seed of a plant, not a grain.
2. The Andes, in South America.
3. It is bitter and soapy and would ruin a meal.
4. They rinse them once more in a strainer.
5. They swell up, turn soft, and grow a tiny curl.
6. The plant can thrive in cool, dry places where many other crops struggle.