

Chia Seeds

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Chapter 1: What are Chia Seeds?

Where do chia seeds come from?

Salvia Hispanica, or chia, is a species of a flowering plant in the mint family.



What do chia seeds look like?

Chia seeds are tiny black seeds.



Where do chia seeds originate?

Chia seeds were **native** to Mexico and Guatemala and were a very important food crop for the Aztec empire.



Chapter 2: Who first used Chia Seeds?

The first historical **documentation** of chia seeds being used dates back to the 3500 B.C. as it was one of the main sources of food within the Aztec empire.

Before official historical recordings, however, we can suggest other empires before the Aztecs, such as the Mayans, also valued and used chia seeds within their everyday lives. In fact, in Mayan “chia” means “strength.” We can **infer** that this has to do with the large amounts of energy chia seeds can provide.

Chapter 3: Ancient Benefits of Chia Seeds

Ancient warriors in battle:

Ancient warriors **attributed** their **stamina** to chia seeds. Chia seeds absorb thirty times their weight in water and can expand up to ten times their original size when soaked in water. This helps **regulate** body fluid levels and retain **electrolytes**-perfect for sustaining hydration and energy throughout battles!



Nowadays, tribes such as the Mexican Tarahumara are still benefiting from chia seed's ancient benefits as they are famous for their running **capabilities**. These runners are said to be able to run hundreds of miles after drinking a mixture called **Iskiate**, a combination of water, lemon, and chia seeds.



Iskiate



Mexican Tarahumara
tribe runner

Chapter 4: Healthy Chia Seed Recipes

Chocolate Chia Seed Pudding

Ingredients:

Serves One

1/4 cup of chia seeds

3/4 cup of almond milk

1 tbsp. cocoa powder

1 tsp. of sugar

Directions:

Combine chia seeds and almond milk. Stir in cocoa powder and sugar. Let sit for 30 minutes or until mixture has thickened. Stir and enjoy!



Blackberry Chia Jam

Ingredients:

Makes about 1 cup of jam

1 cup of blackberries

1 medium nectarine or peach, peeled, cored and cut into cubes

1 & 1/2 tablespoons of lemon juice

1- 2 tablespoons of honey

2 tablespoons of chia seeds

Directions:

In a small saucepan over medium heat combine the blackberries, cubed nectarine, and lemon juice. As the fruit heats up and the juices bubble and boil, smash the fruit using the back of a fork until they break down. This should take 3 to 5 minutes. Add 1 to 2 tablespoons of honey, or to your liking. Stir in chia seeds. Remove from the heat and let the jam set for about 5 minutes to thicken. Cool and transfer to an airtight container and refrigerate. This jam will keep for 2 weeks in the fridge.



Chia Seed Chips

Ingredients:

- 1 cup whole wheat flour
- ½ cup chia seeds
- 1 & ½ teaspoons seasoned salt
- 1 teaspoon sea salt
- ½ cup water
- 1 pinch seasoned salt

Directions:

Preheat oven to 350 degrees. Mix flour, chia seeds, 1½ teaspoons seasoned salt, and sea salt in a bowl; stir in water until dough is completely combined. Form dough into thin bite-size rounds and place on a baking sheet. Sprinkle rounds with seasoned salt. Bake for about 15 minutes or until crisp. Cool and store in an airtight container.



Glossary

Salvia Hispanica: flowering plant in the mint family, commonly known as chia.

Native: (of a plant or animal) of local origin or growth.

Documentation: material that provides official information or evidence or that serves as a record.

Infer: conclude (information) from evidence and reasoning rather than from explicit statements.

Attributed: regard something as being caused by (someone or something).

Stamina: the ability to sustain prolonged physical or mental effort.

Regulate: control or maintain.

Electrolytes: minerals that control fluid balance within the body.

Capabilities: the extent of someone's or something's ability

Iskiate: drink mixture of water, lemon, and chia seeds.

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Common Core State Standards

CCSS.ELA-LITERACY.RL.4.1 Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-LITERACY.RI.4.4 Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area.

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