

Seaweed Scavenger Hunt



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Time for a scavenger hunt! Did you know that SEAWEED is an important food source for humans, as well as for many creatures of the sea? You may have eaten sushi or nori as a snack before, but chances are seaweed has been in diet even if you didn't know it! Seaweed is used as an ingredient in many foods to create a creamy texture. Can you find seaweed in your kitchen?

Directions:

1. First, brush up on the seaweed species found along the rocky coast of New Hampshire, then practice spying words by trying out this [Seaweed Word Search](#).
2. Take a look at our [Rocky Shore Plants](#) guide to learn more about seaweed's role in our lives.
3. Now, head to your kitchen and search ingredient lists for the word CARRAGEENAN. Paste a picture of the ingredients in the box below. If you can't find any carrageenan in your kitchen, search online to research what types of products include this ingredient.

Seaweed Word Search

K H D J C O T T L E U Y M D S
Y N Q P C H A S C I C Q D E E
I B O E H T W O A M W K M E A
D O A T I L S A N F Q X U W L
B N T B T Y P L E K D Q T A E
D V A Q S E H Z I H C L R E T
Z H G T M S D M I U M P O S T
B Y E I D E E W K C O R I H U
L M B U B B L E R S Q R M R M C
F Q L T W S E T H A F U I T E
A G O Q A X N F A X C G S S G
S L K O I W G C Q F V K H A M
M S G X D C R G P J D H N X T
Y G O A V C B R K A S Z H I W
I W Y M E M H P A Q A D N Y Y

bubble gum algae	rocky shore	ecosystem
knotted wrack	holdfast	habitat
sea lettuce	seaweed	algae
rockweed	irish moss	kelp

