



## SEAWEED

- Seaweeds are algae, not plants!
- Similar to plants, algae make oxygen through photosynthesis. In fact, algae produce up to 90% of the total oxygen on Earth!
- The smallest seaweeds are only a few inches in size, while the largest can reach over 150 feet. Some types of seaweed can grow around an inch an hour!
- Wild seaweeds are a traditional food of the Tolowa Dee-ni', Yurok, and Wiyot peoples of Del Norte and Humboldt Counties.
- Seaweed is full of important minerals like iron, which helps you build healthy muscles!



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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## ART: Crepe Paper Kelp Forest

### Background:

Kelp are large seaweeds that live in the ocean. They form underwater forests that provide food, shelter, and protection for many animals. The kelp forests off our coast are struggling to stay healthy, but many people including the Tolowa Dee-ni' Nation are working hard to restore them (learn more about those efforts and the Kelp Guardians by scanning the QR code).

### Supplies Needed:

- Crepe Paper
- Construction Paper
- Scissors
- Tape

### Directions:

Use crepe paper to create a magical underwater scene! Start by making your ocean backdrop on a wall...then add lots of the featured Harvest of the Month item...SEAWEED! Next, have students decide who lives in underwater forest and start making and adding in your creatures!

LEARN MORE HERE  
(15 minute video):



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