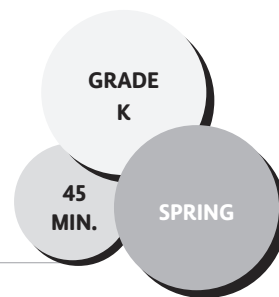


# Sunny Honey Seed Snacks

**THEME:** PREPARING HEALTHY FOOD



## ESSENTIAL QUESTION

*Why are seeds an important part of the foods we eat?*

## LEARNING OBJECTIVES

- ✓ Students will be able to explain that seeds are an important part of our diets.
- ✓ Students will be able to prepare a healthy snack rich in seeds.

## CONCEPTS

edible   nutritious   seed   snack

### *Engaging the Classroom Teacher*

- During Action Step 4, suggest that the teacher supervise the class independently sorting seeds, while you are working with one group at a time at the cooking station.
- During Action Step 5, suggest that the teacher help students clean up seed sorting.

## LESSON DESCRIPTION

In this lesson, students create a healthy seed snack and further explore seeds by sorting and grouping seeds.

## MATERIALS

- Bowl of sorting seeds for each group of 4–6 students (these can be expired seed packets, dried seeds saved from the garden, or inexpensive beans from bulk bins at the grocery store)
- ½ egg carton for each student (or a different container students can sort seeds into, for example, an ice cube tray)
- Seed-Sorting Mat (p. 124)
- Honey Seed Snack ingredients (see recipe below)
- At least 3 measuring tablespoons
- Measuring cup
- Plate for each student
- Optional: To show the sources of each ingredient, find a picture of or real example of each of the following: a sunflower, a sesame plant, a whole grain oat or stalk of oat grass, a honeycomb, and an almond
- Materials for cleanup
- Seeds We Eat Worksheet (p. 123; optional)

## PREPARATION

- › Set up a small table that students can easily gather around. On the table, place a bowl, your ingredients, and the measuring spoons and cups. If you collected images or objects to show the sources of each seed, display those at the table next to each ingredient (e.g., put the sunflower head next to the sunflower seeds).

## Honey Seed Snack Recipe

**Yield:** 30 servings, 1-inch balls

- 1 cup rolled oats
- 1 cup sesame seeds, divided  
(plus more for coating)
- 1 cup sunflower seeds
- 1 cup honey
- 1 cup nut butter (almond butter  
or sunflower butter; be sure to  
check the class's allergy list  
beforehand)
- 1 cup carob powder

• Mix oats, sunflower seeds, honey, nut butter, and half of the sesame seeds until it's incorporated and comes together as a ball. The powder should be completely hydrated.

• Scoop one level tablespoon of dough and form into a ball, approximately 1-inch or smaller. Roll the dough into 1-inch balls or smaller and then roll in sesame seeds.

### ACTION STEPS

**1. Seed Exploration:** Place a bowl of seeds in front of groups of students. Have students use their hands to explore the seeds, reminding them to keep the seeds inside the bowl. Ask them to describe what they feel and what they see. Say, *Do you know that inside each of these is a baby plant?! What are these called?* **(3 min.)**

**2. Seed Sorting:** Pass out a sorting tray (egg carton) to each student, and give them different prompts, depending on the types of seeds you've provided. You might have students sort based on color, shape, size, or texture. For example, say, *Find the smallest seeds, and put them in their own space. Now find the biggest*

*seeds, and put them in a different space, etc.* **(5 min.)**

**3. Explain the Activity:** Explain to students, *Many seeds are edible, which means we can eat them, and they're healthy for us too! Today we're going to be making a sweet snack with them.* Help students understand that seeds contain all the starting materials necessary to develop into complex plants. Say, *Inside of a seed is everything a plant needs to grow into a big plant. Because of this, they are really nutritious or good for our bodies.* Name the ingredients for students, and briefly describe how the snack is prepared. Then say, *As you're sorting your seeds in any way you'd like, I'll call you up in groups to help me make the dough.* **(2 min.)**

**4. Making the Dough:** Pass out Seed-Sorting Mats. While students are independently sorting seeds, call up students in groups of four to six and have them wash their hands. (Another adult might be able to help students who are the next group up.) Have each group focus on measuring one ingredient. Use measuring tablespoons to divide the work among more students, depending on your class size (note that one cup equals 16 tablespoons). Don't worry about amounts being so precise as long as they're all roughly even. **(15 min.)**

**5. Making the Snack:** Have students clean up from seed sorting. Give each student a plate, and provide groups with a small bowl of sesame seeds. Show students how to sprinkle a small amount of seeds onto their plate, and scoop a small amount of the prepared dough onto each plate. Demonstrate rolling a small piece of dough into a ball in your hands and rolling the ball around in the seeds. Circulate through the

room, guiding students who need support. At this point, you might want to pass out wipes or wet paper towels because students' hands and tables will be quite messy. Have them clean up their spaces while waiting to eat their snack.

**(10 min.)**

**6. Tasting:** Once they've cleaned up, have students count down from three aloud as a group to try the honey seed snacks all together. Ask students to describe the taste and texture of the snack. **(5 min.)**

## REFLECTION

Have students discuss the following questions in small groups, then share with the class: **(5 min.)**

### Social and emotional learning

- *How did you help make our snack?*  
*What were ways we shared while making our seed snacks?*

### Check for understanding

- *What were the ingredients in our seed snacks?*
- *Why are seeds a healthy food to eat?*
- *What other seeds or nuts could we add to the snack?*

## ADAPTATIONS

**Garden:** Take students on a guided walk through the garden to find and collect various seeds and pods.

**At Home:** Have students fill out the Seeds We Eat Worksheet (p. 123) with their caregivers.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Seeds We Eat Worksheet

**Directions:** Draw pictures of foods that contain seeds you eat at home.

