



SESAME

EARLY CHILDHOOD

Sesame seeds grow in pods on a flowering plant. These plants grow all over the world. The seeds are tiny. They can be white, black, red, brown, or tan.

Sesame grows well in places that do not get much rain. Most sesame grows in Africa and Asia. Oklahoma farmers grow sesame, too. The southern and western part of Oklahoma does not get much rain. This is the best place to grow sesame.

Many people around the world eat sesame seeds. Sesame seeds are added to bread, bagels, and the tops of hamburger buns. Hummus is made from sesame seeds and other foods. Some Mexican sauces like mole have sesame seeds.

Sesame seeds are good to eat. They are a source of healthy fats, protein, B vitamins, minerals, and fiber.



SESAME WORD SEARCH

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

WORD BANK: sesame, tahini, oil, Asia, Africa, small, tiny

SESAME SEED WORD ACTIVITY

Use the letters in "sesame seeds" to make new words.

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FUN FACT!

In 1968, McDonald's first served the Big Mac. It had two all-beef patties. It was served on a sesame seed bun.



SPIDER ENERGY BALLS



INGREDIENTS:

- 1 cup oats
- 5 ¾ tablespoons sesame seeds
- ½ cup finely ground coconut
- 1 tablespoon chia seeds
- ½ cup dried apricots, quartered
- 1 cup dried mixed fruit
- 1 tablespoon honey (optional)

TO DECORATE:

- Pretzels
- Yogurt covered sunflower seeds OR white chocolate chips

ASK AN ADULT FOR HELP

DIRECTIONS:

1. Put your ingredients into a food processor or blender in the order shown above (driest ingredients first). Whizz up until everything is finely chopped and well combined. You may need to scrape down the sides a few times before everything is well mixed.
2. Tip the mixture into a bowl, then take handfuls of the mixture and roll into walnut-sized balls. You may need to rinse off your hands every now and again during this process as they can get a little sticky. You'll find it easier to roll smooth balls with slightly damp hands, too.
3. Pop the balls into an airtight container and place in the fridge until ready to eat.
4. To decorate, break the pretzels into pieces to form the legs (the two largest curved sides of each pretzel worked best) then add 8 'legs' to each energy ball - 4 on each side. Add yogurt covered sunflower seeds or white chocolate chips for the eyes and serve immediately.