



SESAME

Elementary



Sesame is a flowering plant widely grown around the world. It is cultivated for its tiny, edible seeds which grow in pods. Sesame seed oil is thought to be the oldest oilseed crop. Sesame seeds are about 3-4mm long, 2mm wide, and 1mm thick.

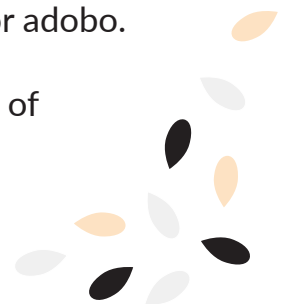


Sesame is thought to have originated in India and is tolerant to drought-like conditions. Tanzania, Myanmar, India, and Sudan lead the world in sesame production. The southern part of Oklahoma with its hot, dry climate is perfectly suited to grow sesame. Sesame is drought-tolerant because of its extensive root system.



Sesame has one of the highest oil contents of any seed. It has a rich, nutty flavor. Sesame seeds are a common ingredient in various cuisines around the world. Sesame seeds are often added to breads, including bagels and the tops of hamburger buns. Sesame is an essential ingredient in many Middle Eastern cuisines. Sesame seeds are made into a paste called tahini. Tahini is used in various ways, including hummus. Mexican chefs use sesame in sauces such as mole or adobo.

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



FACT OR OPINION?

Decide whether the following sentences are a fact or an opinion. Write an F in the blank if the statement is a fact or an O if it's an opinion.

- _____ Sesame seeds grow in warm dry climates.
- _____ Hummus makes the best snack.
- _____ Many hamburger buns have sesame seeds on top.
- _____ The sesame plant has beautiful purple flowers.

WORD SEARCH

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

WORD BANK

sesame, tahini, oil, Asia, Africa, small, tiny, drought, flavorful



OKLAHOMA SESAME SEEDS

Sesame seeds are used for flavoring in pastries, side dishes, and to top off the hamburger buns you find at your favorite fast-food restaurant. With a growing worldwide demand for sesame, Oklahoma farmers are finding the climate and soil perfect for growing this unusual crop.

THE ABC'S OF SESAME SEEDS

A ALI BABA
The magic formula "Open sesame!" is from the book *One Thousand and One Nights*, and specifically from the tale of Ali Baba and the 40 thieves. It refers to the actual sesame fruit. When the fruit is mature, many aromatic seeds come out of it.

B BLACK & WHITE
The widely used varieties are either black or white. Black sesame has an intense and oily taste. It's more popular in the Far East.

C CANTONESE
Cantonese cuisine uses a lot of sesame. Of the many sweet soups (tong sui), black sesame is the most popular. It's also believed to prevent graying of the hair.