



## Sunflower Butter

**Grade Level:** Preschool

**Season:** Fall

**Larger IGS Unit:** Seeds, healthy eating

**Essential Question:** Where do seeds come from? How can we use seeds?

**Objective:** Students will understand where sunflower seeds come from. They will understand that we can eat sunflower seeds and use them to make food.

**Materials:** Shelled sunflower seeds (preferably unsalted)

Unshelled sunflower seeds

Olive or coconut oil

Honey

Salt (optional)

Pretzel sticks or some other food item to put the sunflower butter on

Food processor

¼ cup

½ and ¼ teaspoons

Rubber spatula

Two spoons for serving

Little cups

Paper plates

Extension cord

### **Recipe:**

2 cups sunflower seeds

2 tbs oil

A pinch of salt and honey

**Introduction:** Show the kids the unshelled seeds and ask them what they are. If you collected seeds from sunflowers last week, remind them and ask them to raise their hands if they've even eaten seeds before. Help them think of other seeds that we eat- peas, pumpkin, beans. Let them crack open the unshelled seeds and find the edible part inside. You can also pour some shelled seeds onto paper plates and let them taste the seeds.

### **Activity:**

1. Explain that we're going to turn sunflower seeds into sunflower butter, just like how peanuts get turned into peanut butter. Show them the ingredients- sunflower seeds, olive



oil, and honey. Tell them that our sunflower butter will look and feel almost like peanut butter.

2. Using a small measuring cup (like  $\frac{1}{4}$  cup) let each child put a scoop of sunflower seeds into the food processor.
3. Blend the sunflower seeds for the amount of time it takes to sing the first verse of “You are my sunshine” or “Mr. Sun”
4. Check on the sunflower butter. Does it look like peanut butter yet? (No, too dry). What do we need to add?
5. Using a small measuring spoon, ( $\frac{1}{2}$  to  $\frac{1}{4}$  tsp) let each child hold the spoon over the food processor while you pour oil into it, then let them pour it in. Add a little honey and salt- it’s such a small amount that it’s easiest to let the adult do this part. Ask the kids how they think the oil and honey will change the sunflower butter.
6. Blend it for another song verse, and check on the progress? Does it look like peanut butter yet? It usually takes 3-4 song verses. The kids can keep cracking open the unshelled sunflower seeds while they wait.
7. When the sunflower butter is all done, place a spoonful in each small cup, along with a few pretzels and let everyone taste.

**Wrap up/ Assessment:** Vote on who liked it (thumbs up), who didn’t care for it (thumbs down), and who felt so-so (thumbs sideways).

Extensions: