LEARN ABOUT SEEDS AND PULSES with Searcher

Seeds

Some seeds can be eaten, like pumpkin, sesame, sunflower and hemp seeds. Eat them as a snack or try adding them to salads and breakfast cereals.

- Pumpkin seeds
- Poppy seeds
- Sesame seeds
- Sunflower seeds
- Hemp seeds

Seeds and pulses are good for us because they give us protein and fibre. Protein helps our bodies grow and repair, and fibre helps us go to the toilet regularly.

Pulses

Pulses, like beans and lentils, can be bought dried or canned. Canned pulses are ready to eat straightaway. Dried pulses need to be prepared before eating. Most need to be soaked in water before being cooked.

- Red lentils
- Kidney beans
- Pinto beans
- Black lentils
- White kidney beans
- Green lentils
- Black-eyed peas
- Yellow peas
- Adzuki beans
- Chick peas

Try adding pulses to pasta sauces or salads to make them more filling.

Always check the instructions on the packet before cooking with dried pulses.

MAKE A SEED PICTURE...

You will need: • various dried seeds and pulses • black card • white chalk • PVA glue or gluestick

Draw a picture on the card with chalk.

Glue the seeds and pulses onto the picture and let the glue dry.

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