

# LEARN ABOUT SEEDS AND PULSES

## with Searcher

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.



## 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

## 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.

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.



Kidney beans



Pinto beans



Red lentils

## 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.