

No Bake Seed Cookies

Objective: Students cook and eat a nutritious snack that they have created using organic ingredients.

Background Information:

This is a relatively simple cooking recipe that is excellent for a celebration. For example, this could be used on the last day of class. The activity itself takes between 20 and 30 minutes. Make the recipe with the students right away, and then refrigerate the cookies while you perform another activity, like a scavenger hunt. The honey and peanut butter can get messy, so be sure to work with a sink nearby. Also, be sure to ask before you make this recipe if students are allergic to the ingredients. This lesson plan was revised from an activity found in "Earth Child 2000".

Try to use mainly organic ingredients for this recipe. Organic food is grown by farmers who use sustainable resources and conservation methods. Meat is not given any antibiotics or growth hormones. Organic vegetables, grains, and fruits are grown without using most pesticides, fertilizers made with synthetic ingredients, sewage sludge, bioengineering, or ionizing radiation. By supporting organic food production, one reduces the amount of fertilizer and pesticide runoff that goes in our watersheds. Furthermore, some pesticides and fertilizers have been shown to cause health problems in humans and animals. More information can be found at this website:
<http://www.ams.usda.gov/nop/Consumers/brochure.html>

To make sure that everyone has a job, the teacher may want to set up several workstations. Each workstation should contain the ingredients to make the cookies.

Materials:

Sunflower seeds
Honey
Peanut butter
Cocoa powder
Sesame seeds
Bowls
Spoons
Plates
Cups
Measuring cups

Preparation:

1. Buy the ingredients listed in the materials section. Make sure they are organic.
2. Locate an area to work with a sink nearby. Also, locate a refrigerator where you can store the cookies for about half an hour.
3. Cover the surface of each work station with newspaper. Put a large bowl and a large spoon at each work station along with the necessary ingredients.

Procedure:

1. Tell the students that they are going to make some food today by using organic ingredients. What does it mean to be organic? (See background section)
2. Ask “Why would anyone want to buy organic food?”
3. Select one person for each of the following jobs:
 - Measure one cup of sunflower seeds
 - Measure one cup of honey
 - Measure one cup of peanut butter
 - Measure one cup of cocoa powder
4. Combine the ingredients into a large bowl.
5. Stir till thoroughly mixed. Allow each student to have a turn at stirring.
6. Roll dough into one inch balls. Put on plates.
7. Have a student spread 1 cup of sesame seeds on another plate.
8. Roll each cookie in sesame seeds.
9. Chill before serving.

Sources:

Sheehan, Kathryn and Mary Waidner. Earth Child 2000. Tulsa: Council Oak Books, 1998.

<http://www.ams.usda.gov/nop/Consumers/brochure.html>