Granola Bars

Many years ago people survived by collecting seeds and fruits in the wild. Make your own granola bars. They are a healthy snack choice.

EXPLORE

Ingredients:

- 2 cups (475 mL) rolled oats
- 1/4 cup (60 mL) raw sunflower seeds
- 1/2 cup (120 mL) dried cranberries
- 1/4 cup (60 mL) wheat germ
- 1/2 cup (120 mL) sliced almonds (optional)

http://www.superhealthykids.com/grab-and-go-granola-bars/

- 1/4 tsp (1 mL) salt
- 1/2 cup (120 mL) peanut butter (or soy nut butter)
- 3/4 cup (175 mL) honey
- 1 tbsp (15 mL) cooking oil
- 3 tbsp (45 mL) brown sugar
- Mini chocolate chips (optional)

Directions:

1. Preheat oven to 350° F (175° C). Grease a ceramic or glass 9x13" baking dish.
2. Mix oats, sunflower seeds, cranberries, wheat germ, and almonds together in a bowl. Spread mixture on a sheet pan and toast in preheated oven for 8 minutes. Return mixture to a large bowl.
3. In a medium saucepan, combine salt, peanut butter, honey, cooking oil, and brown sugar.
4. Melt over medium heat. Remove from heat when melted. Pour over oats mixture and combine until dry ingredients are evenly coated. Stir in chocolate chips (optional).
5. Pour into baking dish. Press mixture down into pan.
6. Bake for 20 minutes
7. Let cool for at least 2 hours before serving.

What other seeds do you like to eat? _____

Germination Window

In this activity you will see how plants begin their growth below the ground.

Supplies

- Jar
- Wet Paper Towel
- Seeds (beans or peas work well)

Directions:

1. Squeeze excess moisture from paper towels. Place damp paper towels in the jar until it is nearly filled with loosely stuffed paper towels.
2. Place 4-6 seeds along the edges of the jar about halfway down.
3. If you are using multiple types of seeds, label the jars.
4. Keep a record of the date of planting.
5. Watch for plant growth. Record any growth or changes you notice.

A chart for record keeping is included on the following page.

http://teachingmama.org/wp-content/uploads/2015/03/planting.jpg

Record your observations of your Germination Window. Do you notice any new parts, changes in size, or changes in colour?

Date	Observations

Dig it!

Why is it important that the plant life cycle continues?

What part of the plant life cycle starts a new plant?

Did the root or the shoot grow more quickly in your Germination Window? Why?

What's next?

In Skill Builder 3 you will learn about the many things that plants require for growth.