

What you need:

Sunflower head

Tweezers

Oven (if you would like to toast the seeds)

Step one

Using the tweezers, pull of each seed from the sunflower head.

Step two

Toast your sunflower seeds for a healthy snack:

- Add a dash of oil to a frying pan and heat
- Add sunflower seeds and begin to lightly toast
- Stir the seeds as you go to evenly cook them
- Cook until crisp or until they have darkened in colour

Activity credit: www.carrotsareorange.com & <http://ittybittylove.blogspot.co.nz>



Don't forget to send us a photo of your children working on the activity!
Upload it via our website or email it to sunflowers@daltons.co.nz