



Canada Agriculture and Food Museum

Roasted pumpkin seeds

General activities for teachers

Pumpkin seeds are a delicious treat that we usually get only once a year. Try this simple recipe together in class.

Ingredients

- 8 ml or 1 ½ tsp vegetable oil
- 5 ml or 1 tsp salt
- 500 ml or 2 cups pumpkin seeds

Materials

- colander
- measuring cups and spoons
- mixing bowl and spoon
- cookie sheet

Preparation



1. Preheat oven to 120C (250F).
2. Place seeds in colander. Wash under warm water and pat dry.
3. Place cleaned seeds in bowl and mix together with oil and salt.
4. Spread seeds on cookie sheet.
5. Bake for 30 minutes, or until golden brown and crispy. Use a spoon to stir seeds from time to time while baking. Serve warm or cooled, or mix with other dried snack foods to make a trail mix.

This lesson plan was produced by the Canada Agriculture and Food Museum.

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