

Pumpkin Seeds

Here is a fun recipe for toasted pumpkin seeds. Have an adult help you with the oven.

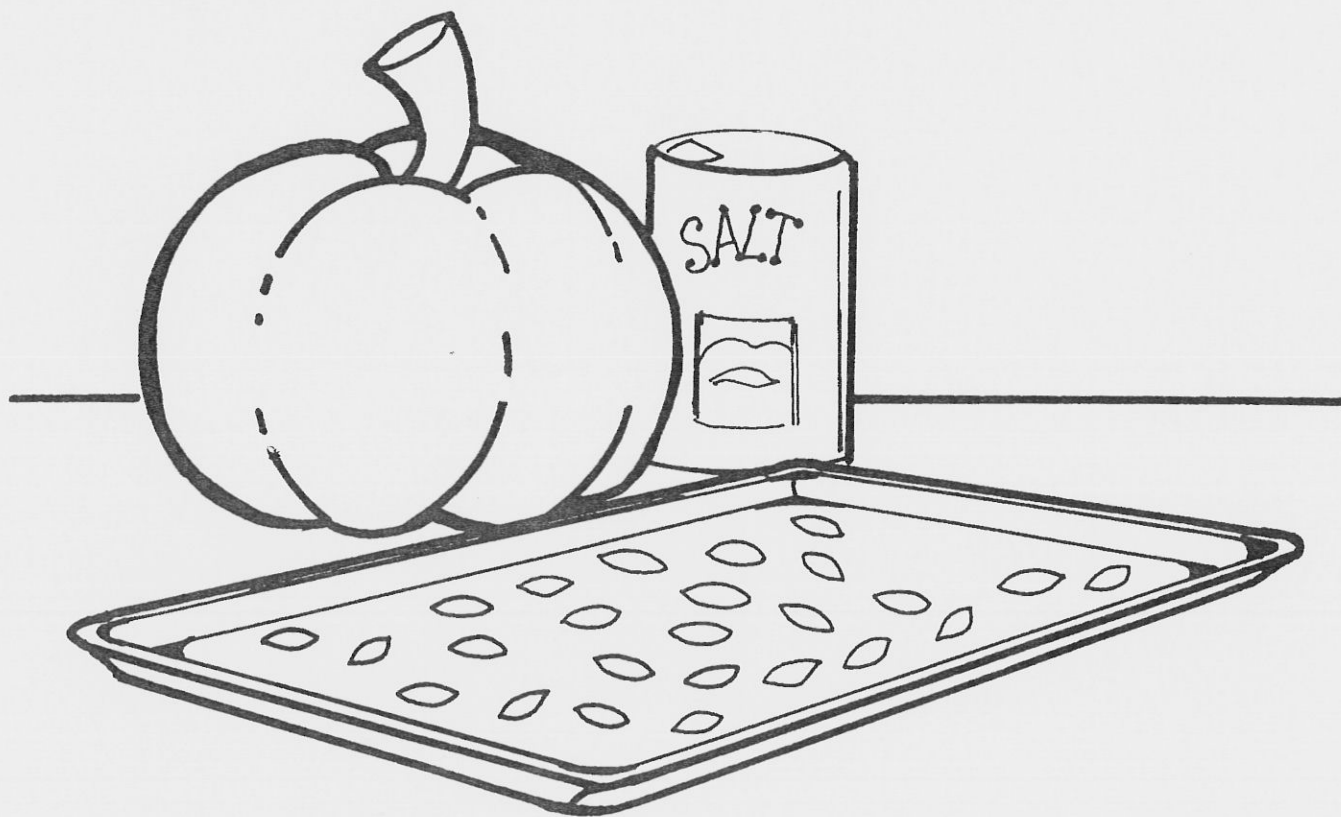
You need:

one large pumpkin

one teaspoon salt

Scoop the seeds out of the pumpkin. Separate the seeds from the pulp (you may need to pick some out by hand). Rinse the seeds. Spread the seeds on a cookie sheet. Sprinkle them with the salt.

Toast the seeds at 350°F. After a few minutes, turn the seeds over. When they are just golden, take them out. They are good to eat warm or cold.



Pumpkin Seeds *(cont.)*

Reading Comprehension Questions

After reading the story answer the questions. Circle the correct answer

1. You could probably find this recipe in a
 - a. storybook.
 - b. cookbook about desserts.
 - c. book of poems.
 - d. cookbook about snacks.

2. You should take the seeds out of the oven
 - a. to sprinkle them with salt.
 - b. before you rinse them.
 - c. before they turn golden.
 - d. when they are golden.

3. The seeds should toast
 - a. for 350 minutes.
 - b. until they are warm.
 - c. for one hour.
 - d. for a few minutes.

4. Why should you ask an adult to help you with the oven?
 - a. Ovens can be dangerous.
 - b. It is easy to burn pumpkin seeds.
 - c. It is hard to set an oven to the correct temperature.
 - d. You should use a toaster instead of an oven.

5. The word *separate* means
 - a. turn over.
 - b. move apart.
 - c. mix together.
 - d. sprinkle.