



Materials

- Mixing bowl
- Spoon
- Measuring cups
- Snack baggies
- Pumpkin seeds
- Sunflower seeds
- Shredded coconut
- Dried cranberries
- Cheerios
- Semi-sweet chocolate chips



FIGURE 1 Students love to eat their own creations, especially if they have grown the seeds themselves!

SUPER SEEDY TRAIL MIX FRACTIONS

Activity by Quina Weber-Shirk (Agriculture Agent, Guilford County Cooperative Extension)

Recipes and cooking lessons don't have to be complicated or require a lot of extra equipment! In this lesson, students must work together to figure out how much of each ingredient they will need for their whole group to have trail mix.

Time Needed: 30 minutes

LET'S DO IT!

Recipe for ONE student

- 1/12 cup Pumpkin seeds
 - 1/12 cup Sunflower seeds
 - 1/16 cup Shredded coconut
 - 1/16 cup Dried Cranberry
 - 1/4 cup Cheerios
 - 1/24 cup Semi-sweet chocolate chips
1. Put students into small groups.
 2. Have them work together to determine the answers to the handout.

3. Once they have correctly figured out how much of each ingredient they need, let them gather their materials.
4. Students should measure their ingredients and put them into the bowl.
5. The students should take turns stirring the ingredients well.
6. Once mixed, students should measure an equal amount of mix into their own snack baggie.
7. Enjoy the super seedy trail mix!

TALK IT OVER

1. How did you work together as a group?
2. How did you communicate your ideas?
3. Why is learning this way fun?
4. How do you use fractions in your every day life?

VARIATIONS AND EXTENSIONS

Try growing sunflowers and pumpkins in your garden to harvest for this activity! Substitute the ingredients for other ingredients you might have on hand.

SUPER SEEDY TRAIL MIX FRACTIONS

Show your work in the boxes below.

How many students are in your group?	
How many total cups of pumpkin seeds will your group need?	
How many total cups of sunflower seeds will your group need?	
How many total cups of shredded coconut will your group need?	
How many total cups of dried cranberries will your group need?	
How many total cups of cheerios will your group need?	
How many total cups of semi-sweet chocolate chips will your group need?	

Recipe for ONE student

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