Toddler 18-36 Months
Pumpkins!

Nutrition Objective	This lesson helps children recognize pumpkin as part of the fruit group on MyPlate. Children make and taste a pumpkin parfait.

Materials and Ingredients

canned pumpkin	teacher knife and cutting board
yogurt	serving container
graham crackers	plastic cups
mini pumpkin	plastic knives



Food Preparation (according to CACFP guidelines)

Before preparing foods, show the whole foods to the children.

- Put pumpkin and yogurt into separate serving containers.
- Open graham crackers, separate, and put in a serving container.



Lesson Introduction

Read and Discuss: *Duck and Goose Find a Pumpkin* by Tad Hills.

- Give opportunities for children to name and identify animals, colors, and objects (duck, goose, pumpkin, log, tree, tree stump, orange, pumpkin patch).
- Ask children questions about pumpkins. Where did Duck and Goose find a pumpkin? What size is the pumpkin? What color is it?

TSGOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's Pumpkin Parfait recipe. Show children the mini pumpkin and canned pumpkin. Talk about how a big pumpkin can be cooked, mashed, and then eaten. Pass both around for children to observe: touch, feel, and smell.
- Tell children pumpkins are a "super fruit". Eating pumpkin can help them grow and be strong.
- Demonstrate adding 1 spoonful of pumpkin and yogurt into a cup. Use a graham cracker to scoop a small taste. Children try serving their own yogurt and pumpkin into a cup and then mixing it.
- Pass out the graham crackers. Children use crackers to dip into their yogurt/pumpkin mix or crumble them on top.
- Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

Pumpkin Art

Materials: cardboard toilet paper rolls, green and orange paint, white paper, paint brushes.

- Children dip cardboard rolls into orange paint and press it onto their papers.
- Using a paint brush or fingers help children add stems and leaves to their pumpkins.
- Help children identify the parts of their pumpkin (fruit, stem, leaves).

TSGOLD: 7a, 8a, 8b, 11a, 11b, 11d, 12a, 33, 37, 38

Physical Activity

Skill: jumping and stomping

Material: rings

- Place rings on the ground.
- Children practice jumping and/or stomping inside the rings or practice without the rings.
- Teachers can provide assistance by holding a child's hands while they jump with two feet.

TSGOLD: 4

School to Home

Do you use a platform to communicate with families? If so, share pictures of children making and tasting the Pumpkin Parfait. Encourage families to try the recipe at home to help build those connections from classroom to home.

For additional activities, songs and information, visit https://colosph.cuanschutz.edu/school-wellness

RMPRC
School Wellness Program

SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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