

Nutrition Objective

This lesson helps children recognize pumpkins as part of the fruit group on MyPlate. Children prepare a dish with pumpkin seeds to taste.

Materials and Ingredients

mini sweet peppers	paper plates
hummus	teacher knife
pepitas (hulless pumpkin seeds)	cutting board
tongs or spoons	serving containers
mini pumpkin for exploration	plastic knives



Food Preparation

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

- Open and stir hummus.
- Rinse peppers, cut in half, remove seeds, and place in a serving container.
- Pour pepitas into a serving container.



Lesson Introduction

Question of the Day: What do you know about pumpkins?

Read and discuss: *Watch a Pumpkin Grow* by Kirsten Chang

- Pass the mini pumpkin around so all children can observe, touch, smell, etc.
- What are the stages of a pumpkin's life cycle? (review text)
- What does the book say you can make with pumpkin?
- What else can you make with pumpkin?
- If we cut open a pumpkin, what do you think we would find?
- What can you do with pumpkin seeds? (eat them, plant them)
- Why is it important to eat fruits and vegetables? (they are full of vitamins and minerals, (they help our bodies grow strong and healthy, they help clean our bodies of waste, they protect us from disease, etc.)

TSGOLD: 8, 9, 10, 11a, d, 12

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for the Pepita Pepper Bites.
- Model filling $\frac{1}{2}$ a mini pepper with hummus.
- Model sprinkling pepitas on top and tasting.
- Describe the taste: "It's crunchy, a little sweet, and creamy!"
- Children serve themselves peppers.
- The teacher gives children a spoonful each of hummus and pepitas.
- Children use plastic knives to fill the peppers with hummus.
- Children sprinkle the hummus with pepitas.
- Eat together and give children time to taste and comment on the flavors and textures. TSGOLD: 1b, c, 7a, 8, 9, 10

Share your Story

- Children share how they felt about making their own snack today.
- Children share what they know and like about pumpkins.
- Children share what other foods would taste good with pepitas.

TSGOLD: 8, 9, 10, 11a, b, d

Lesson Extensions

Art: Puffy Paint Pumpkin

Materials: white glue, shaving cream, orange paint, paint brushes, paper plates, green construction paper, scissors

Preparation: Mix equal parts white glue and shaving cream. Add orange paint.

- Children use paint mixture to cover paper plates. Allow to dry.
- Children cut green paper into stem shapes and glue them to the tops of their pumpkins.
- Share with friends the fun pumpkins that were created.

TSGOLD: 7a, b, 11a, 28, 33

Science: Grow Pumpkin Seeds

Materials: cups, pumpkin seeds (unroasted!), and soil

- Discuss how today's recipe was made with pepitas (roasted pumpkin seeds).
- Ask children what they think will happen when they plant pumpkin seeds.
- Children fill small cups with soil.
- Children use their fingers to press 2-3 pumpkin seeds into the soil. Cover with soil.
- Place in a sunny window, water, and observe daily.

TSGOLD: 8, 9, 10, 12b, 24, 25, 26

Physical Activity

Music and Movement

- Find song #2 "Shake, Mix, Pound, Roll" on the Happy and Healthy CD or access it using the RMPRC QR code at the bottom of this page.
- Children spread out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along while staying in our own circle of fun while moving!
- Start the music and join the children by modeling the different moves and directions!

TSGOLD: 34, 35

Physical Activity: Movement Stations

Materials: Music

- Teacher plays music for children and calls out for children to hop, skip, or tiptoe as they move around a gross motor area.
- Teacher stops music and the children freeze.
- When teacher plays the music again, children continue to hop, skip, or tiptoe.

***If children struggle with any of the activities:**

Hop: To help children with hopping, model for them to begin by swinging their arms back and then forward as they perform jumps or hops.

Skip: Hold child's hands. Model hopping on one foot twice and then the other foot twice.

Tiptoes: Holding onto one hand, walk side-by-side with the child, modeling walking on tiptoes as you walk together.

TSGOLD: 1, 2, 4, 5



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



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