

ECE How Do Pumpkins Grow?

Nutrition Objective

Children explore how pumpkins grow and learn about the benefits of eating fruits and vegetables. Children prepare a dish with pumpkin seeds to taste.

Materials & Ingredients

mini sweet peppers
hummus
pepitas (hullless pumpkin seeds)
tongs or spoons
plastic knives
*mini pumpkin for exploration

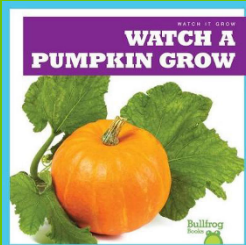
paper plates
teacher knife
cutting board
serving containers



Food Preparation

- 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

School to Home

- Send home family letters to share the fun activities children did in the classroom.

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: Let's Get Moving Activity Mats: hop, skip, tiptoe

- Set out the three activity mats in different "stations".
- Have children take turns at each station and model the physical activity, encouraging them to try it with you.

Tip: Try this activity in three groups or have the children participate in this activity as a "follow the leader" game.

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

Hop: Hold child's hands, standing to face them. Encourage them to hop into space with one foot and land on the same foot.

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

Physical Education: Hopping

- Hopping is a difficult skill to master as it requires strength and balance.
- Children should begin with swinging their arms back and then forward as they perform jumps or hops.
- See pages 120-121 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on hopping.

TSGOLD Objective 4 Demonstrates Traveling Skills

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



How Do Pumpkins Grow?

ECE Family Letter

Tasting Pumpkins



Pumpkin is a nutritious food that can be used in many recipes or eaten plain. Roasted pumpkin seeds are delicious and add a tasty crunch. Try this simple recipe below. Small children can help by rinsing the peppers and stirring the hummus. Children who help with food preparation are more likely to try new foods.

Find other delicious and nutritious pumpkin recipes by scanning the QR code or using the link:
bit.ly/429cJ6G



Pumpkin Bites ingredients:

- mini sweet peppers
- hummus
- pepitas (hulless pumpkin seeds)

Tip: try different flavors of hummus to find out which one your family prefers.

*Feel free to adjust ingredients depending on allergies, preferences, and what you have at home.

Directions:

1. Everyone washes their hands.
2. Rinse peppers.
3. Open and stir hummus.
4. Cut peppers in half.
5. Child uses a plastic or butter knife to fill the pepper half with hummus.
6. Child sprinkles pepitas on top.
7. Eat and enjoy!



Physical Activity

Physical activity is important to mental and physical health. Preschoolers should be active throughout the day. Older children need to be physically active for at least 60 minutes per day.

Try this fun video to get your bodies moving and your hearts pumping. See if your whole family will participate!

Use this link or scan the QR code:

https://www.youtube.com/watch?v=rTcmx_T-Row



The Shop Simple with MyPlate App can help you plan budget friendly, nutritious meals. After entering your ZIP Code, you will be directed to stores that accept SNAP EBT near you. Download the app using the link or QR code:

<https://www.myplate.gov/app/shopsimple>



¿Cómo Crecen las Calabazas?

ECE Carta Familiar

Probando calabazas



La calabaza es nutritiva y se puede usar en muchas recetas, o comer sola. Las semillas de calabaza tostadas son deliciosas y agregan una textura crujiente. Pruebe esta sencilla receta a continuación. Los niños pequeños pueden ayudar enjuagando los pimientos y mezclando el humus. Los niños que ayudan a preparar las comidas se inclinan más a probar alimentos nuevos.

Encuentre otras deliciosas y nutritivas recetas de calabaza escaneando el código QR o usando este enlace:

bit.ly/3q53yql



Bocadillos de Calabaza

Ingredientes:

- mini pimientos dulces
- humus
- pepitas

Idea: Prueben diferentes sabores de humus para encontrar cual le gusta más a su familia.

*Ajuste los ingredientes dependiendo en sus preferencias, alergias y lo que ya tengan en casa.

Instrucciones:

1. Todos se lavan las manos.
2. Enjuagen los mini pimientos
3. Abran y mezclen el humus.
4. Corten los mini pimientos a la mitad.
5. Su niño(a) usa un cuchillo de plástico para llenar la mitad del mini pimiento con humus.
6. Su niño(a) agrega pepitas encima.
7. ¡Coman y disfruten!

Actividad Física



La actividad física es importante para la salud mental y física. Los niños deben estar activos durante el día. Los niños mayores necesitan estar físicamente activos durante al menos 60 minutos al día.

Pruebe este video divertido para mover sus cuerpos y hacer que sus corazones latan. ¡Vea si toda su familia participará! Utilice este enlace o escanea el código QR:

https://www.youtube.com/watch?v=rTcmx_T-Row



La aplicación "Shop Simple" (sitio en inglés) con MiPlato puede ayudarle a planear comidas nutritivas y económicas. Después de introducir su código postal, le indicará que tiendas aceptan SNAP EBT que estén cerca de usted. Descargue la aplicación utilizando el enlace o el código QR:

<https://www.myplate.gov/app/shopsimple>

