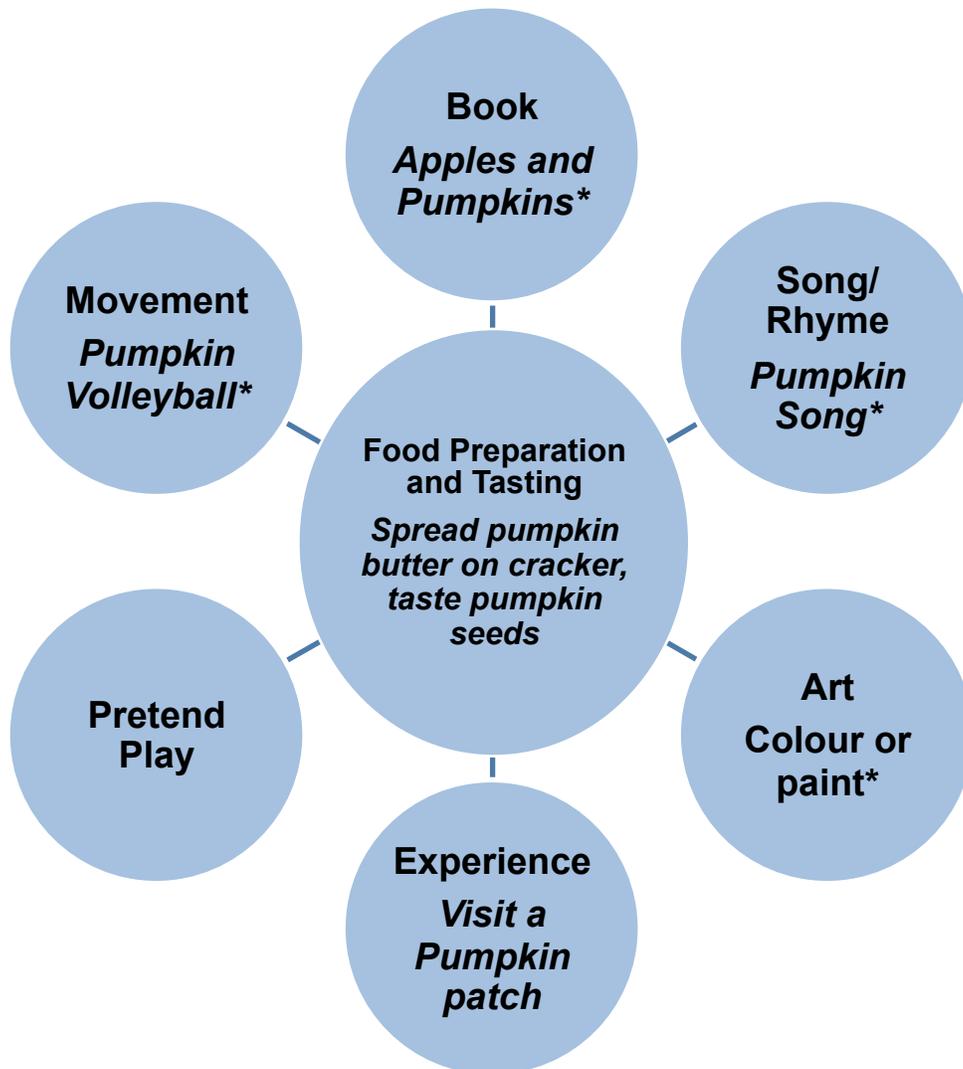


Bundle of Fun - Pumpkin Theme

Children follow the pumpkin from seed to pumpkin patch to table and maybe even to the compost bin. Try this activity with other vegetables and fruit such as apples, bananas, beans, peas and sunflowers.

Bundle of Fun Overview



Books

Your public library will have many books about pumpkins. Some examples are:

- It's Pumpkin Time by Zoe Hall and Shari Halpern
- From Seed to Pumpkin by Wendy Pfeffer
- Pumpkin Soup by Helen Cooper
- Pumpkins or Apples by Mollie Katzen
- It's Our Garden by George Acona
- A Book of Vegetables by Lynne Rikards

Song/Rhyme

Pumpkin Song (to the tune of I'm a Little Teapot)

I'm a little pumpkin
Orange and round
Here is my stem
There is the ground
When I get all grown up
Hear me shout
Open me up and scoop me out!

Food Preparation and Tasting

1. Roasting Pumpkin Seeds

There are lots of recipes and how-to videos online. Here is one:

<http://www.marthastewart.com/1086500/faster-way-roast-your-pumpkin-seeds>

or just show children the process and buy some ready-to-eat pumpkin seeds

2. Spreading and Tasting Pumpkin Butter on Crackers

Ingredients: pumpkin seed butter, whole grain crackers, plates and knives

Movement

Pumpkin Volleyball

What you need: Orange balloons (one per child) Knee-high nylons (one per balloon) How to: 1. Put each balloon inside a knee-high nylon. Inflate and knot the balloon. 2. Tie a knot in the knee-high so it forms a "balloon cover." Children try to keep all the balloons OFF the floor.

Art

Use the attached colouring sheet

