



Lesson 6

Power Panther Eats Pumpkin

Key Messages:

EAT SMART: I am learning that pumpkins are a popular pick.

PLAY HARD: I am learning how to move my body while standing in one place and I am learning how to balance while moving.

Suggested book for this lesson:

*Pumpkin Pumpkin**

Jeanne Titherington

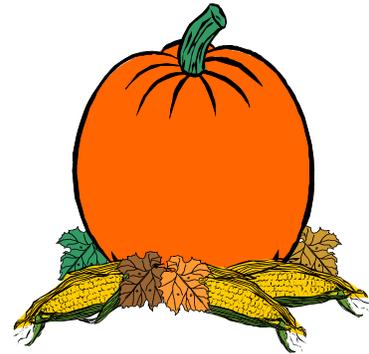
Other suggested books:

I Like Pumpkins, Jerry Smath

Picking Apples & Pumpkins,

Amy and Richard Hutchings

It's Pumpkin Time, Zoe Hall



*book included in tote bag

CACFP snack ideas:



Pumpkin muffin, milk



Perfect Pumpkin Pancakes (recipe on page 54), warm applesauce



Pumpkin seeds, apple juice



EAT SMART Activities

I am learning that pumpkins are a popular pick.

Introducing Pumpkin at Circle Time

Getting ready:

Purchase a fresh pumpkin, a can of pumpkin and a package of pumpkin seeds.

Procedure:

Tell the children you brought something today that is bright orange, big and round. Ask them to guess what it is. Tell them that pumpkins can help us see better. When we eat pumpkin, our body gets vitamin A, and that helps keep our eyes healthy. Read the book, *Pumpkin Pumpkin*. We can eat two parts of the pumpkin---the inside flesh and the seeds. After the inside of the pumpkin is cooked, it looks like the canned pumpkin. Show and taste the pumpkin seeds. What part of the pumpkin don't we eat? (*outside called the shell and the stringy part around the seeds.*)

EAT SMART Stretcher Activities

- Make orange thumbprint "pumpkin" pictures.
- Visit a pumpkin patch or farmer's market.
- Finger paint pumpkin shapes and cut out for a pumpkin patch bulletin board.
- Toast pumpkin seeds and eat as part of a CACFP snack.
- Cut pictures of pumpkins from magazines, grocery inserts or seed catalogs and make a collage.
- Make pumpkin pudding by mixing 1 cup canned pumpkin ($\frac{1}{2}$ of a 15 oz can) and $\frac{1}{2}$ teaspoon pumpkin pie spice. Slowly stir in $1\frac{1}{2}$ cup milk. Add a 3.5 oz package of instant vanilla pudding and stir slowly for about a minute or until it thickens. Chill before serving.



PLAY HARD Activities

I am learning how to move my body while standing in one place and I am learning how to balance while moving.

PLAY HARD - Pumpkin Seeds

Materials needed:

Paw prints (see page 11)
Book - *Pumpkin Pumpkin*



Procedure:

Place paw prints in a large circle on the floor. Prints should be far enough apart for each child to have his own space to move (swing arms, etc.). Instruct children to sit or stand on a print. Read the book *Pumpkin Pumpkin* to the children. Read the book a second time instructing the children to act out the book. Examples: while standing, bend down to pick up the seed, pretend to shovel a hole, twist down from standing to squatting, like a seed going into the ground, jump up like a plant sprout, stretch high like a flower, sway like a flower in the wind, spread legs and arms wider and wider as the pumpkin grows. Finally have the children roll to the middle of the circle like a pumpkin.

PLAY HARD - Pumpkin Walk

Materials needed:

Large pumpkin with Power Panther stickers on it

Procedure:

Do various activities with the pumpkin:

- Discuss with the children how they think this pumpkin might get from one place to another (being carried, rolled, etc).
- Experiment, to find out how many children it takes to lift the pumpkin.
- Ask a child to gently roll the pumpkin so the class can see it.
- Invite the children to pretend to be giant pumpkins by rolling side to side or somersaulting from the pretend pumpkin patch.
- Think of other ways to walk in a pumpkin patch. For example, the child could walk heel-to-toe as if on a tight rope, and pretend he is walking on a pumpkin vine. The child could walk and jump, pretending to jump over pumpkins as he goes through the patch.
- To further emphasize stability skills the teacher could model standing on one leg, hopping on one foot or running in place. Ask children to practice these skills.

Enhancement Activities

EAT SMART - Perfect Pumpkin Pancakes

Ingredients:

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 ¼ teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
½ cup canned pumpkin
1 ¾ cups milk
2 tablespoons vegetable oil

Materials needed:

Measuring cups
Measuring spoons
Large mixing bowl
Medium mixing bowl
Large spoon
Griddle or electric skillet
Metal spatula



Procedure:

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil and mix well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy.
4. Lightly coat the griddle or skillet with cooking spray and heat on medium. Pour small amount of batter on the griddle for each pancake. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Top with warm applesauce.

Math or Science Activity- Measuring the Pumpkin

Use a string to measure around the middle of the pumpkin. Measure other objects or parts of the body with string. Is the pumpkin bigger or smaller than each of them? For an added challenge, measure the length of the string with a ruler or yardstick.

Singing and Dancing

Song: Pumpkin Pumpkin on the Ground (tune: Twinkle, Twinkle, Little Star)

Pumpkin, pumpkin on the ground,
How'd you get so big and round?
You started as a seed so small,
Now you are a great round ball.
Pumpkin, pumpkin on the ground,
How'd you get so big and round?



Pumpkin

