



*Extending the Knowledge and Resources of the  
University System  
to the People of Waupaca County and Wisconsin*  
Waupaca County Courthouse,  
811 Harding Street, Waupaca, WI 54981  
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## Power Up With Pumpkin

Grades: K-5

Total Lesson Time: 30-45 minutes



### Lesson Overview

Students involved in the Farm to School AmeriCorp classrooms will learn about locally grown fruits and vegetables. Students will have a chance to prepare and sample a tasty pumpkin dip.

### Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skills and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

### Preparation

1. Students should wash and sanitize hands before tasting.
2. Assemble activity props, pictures and equipment for session.

### Procedures

#### Introduction

\*Read the story **The Pumpkin Patch**, by Margaret McNamara.

\*After story have students help put together the pumpkin sequence puzzle.

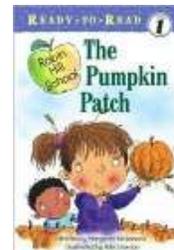
\*Share some interesting pumpkin facts with the students.

Pumpkin seeds can be roasted as a snack.

Pumpkins contain potassium and Vitamin A.

Pumpkin flowers are edible.

- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.



- Pumpkins originated in Central America.
- The largest pumpkin ever grown, weighed 1,689 pounds.
- Pumpkins are 90 percent water.
- Pumpkins are the fruit of the pumpkin plant.
- North American Indians used pumpkin seeds for food and medicine.

\*Explain to the students they will be making a pumpkin dip to taste. The class will be split into groups of 4. Each group will be making their own dip for their group.

\*Remember proper safety procedures. If you cough or sneeze do so away from the food and wash hands before touching. Do not put hands near face when touching food.

### Assembly

Split the class into 4 groups of 4 or 5 students. Explain they will be making a pumpkin dip to taste. Remember to follow correct sanitation procedures. If they make a mess, they need to clean it.

### Tasting Activity

Talk to the students about the many words we can use to describe foods and flavors. Ask the students to use all of their senses to describe the taste and flavor of the pumpkin dip. Discuss the look, smell, taste, and texture.

What other words can we use instead of yuck or yum?



#### **Pumpkin Fluff Dip** Serves 12

*A yummy fall dip for snacks or dessert. Serve with gingerbread, cookie dippers, graham crackers or apple slices. Or spread between two graham crackers, freeze and enjoy as an ice cream sandwich.*

<b>To Serve 12</b>	<b>To Serve 4</b>	<b>To Serve 1</b>
1 container (16 oz. size) frozen whipped topping, thawed	1 cup	¼ cup
1 box (5 oz. size) instant vanilla pudding mix	4 T.	1 T.
1 can (15 oz.) solid pack pumpkin	½ cup	2 T.
1 teaspoon pumpkin pie spice or cinnamon	¼ tsp.	Dash of spice

In bowl, mix together instant vanilla pudding mix, pumpkin and spice. Fold in the thawed frozen whipped topping. Chill in refrigerator until serving. Serve with regular or cinnamon graham crackers, animal crackers, apple slices or gingerbread.

# Pumpkin - Canned - (1 cup)

## Nutrition Facts

Serving Size 1 cup, cooked and mashed

### Amount Per Serving

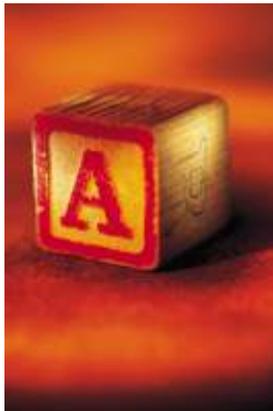
**Calories** 80 Calories from Fat 5

### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrates</b> 20g	<b>7%</b>
Dietary Fiber 7g	<b>30%</b>
<b>Protein</b> 3g	<b>6%</b>

Vitamin A 1080%	•	Vitamin C 15%
Calcium 6%	•	Iron 20%
Zinc 4%	•	Thiamin 4%
Riboflavin 8%	•	Niacin 4%
Vitamin B-6 8%	•	Folate 8%
Vitamin B-12 0%	•	Phosphorus 10%
Magnesium 15%	•	Vitamin D 0%

\* Percent Daily values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs



- Vitamin A helps your eyes adjust to light changes when you come in from outside.
- Vitamin A helps keep your eyes, skin and lining of the lungs and intestines “wet” so bacteria slide off and can’t hang around long enough to get into your body and make you sick.
- Vitamin A helps sweep out the “mess” inside your body caused when cells get hurt or worn out.
- Vitamin A keeps our immune system strong by helping to fight off infections.
- If you eat extra Vitamin A today, your body can store it for use tomorrow.



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