

What's Cookin' in the Classroom? Thanking the Pumpkin

Grades: Lower Elementary

Duration: 1 hour

Knowledge Objectives:

Students will:

- Understand the importance of Vitamin A.
- Name foods that contain Vitamin A.

Behavioral Objectives:

Students will:

- Prepare fun and easy food using vegetables and fruits.
- Eat at least one dark or orange vegetable each day.

Materials*:

Activity 1:

- 3 + ½ cups Whole wheat flour
- 1tbsp. Baking powder
- 1 tsp. Baking soda
- 1 tsp. Salt (Optional)
- ¼ cup Chopped walnuts (Optional)
- 1/2 cup Raisins
- 2 cups Pureed cooked or canned pumpkin
- 1 tsp. Fresh lemon juice
- 1/2 cup Applesauce
- 1/4 cup Safflower oil
- 1 cup Maple syrup
- 2 Eggs, separated
- 1/4 cup nonfat buttermilk or yogurt
- 9 x 5- inch loaf pans (2)
- 2 large bowls
- 1 Small bowl
- Measuring cups
- Measuring spoons
- Wooden spoon (to stir ingredients)
- Wire whisk (to beat egg whites)
- Hand sanitizer
- Oven (If oven is not available pumpkin bread may be pre-baked)

*Food amounts based on a class size of 20 students

Activity 2:

- Pumpkin Use a real pumpkin or the picture at the end of the lesson.

Activity 3:

- Pumpkins by Mary Lyn Ray
- The History of the Pumpkin
- World Map (if necessary)

Activity 4:

- Paper plates (one per student)
- Napkins (one per student)
- Knife (for cutting bread)

Activity 5:

- Take home activity (one per student)



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Background

Pumpkins were first grown by Native Americans nearly nine thousand years ago. They were grown in the dry climate of Northern Mexico. Native Americans taught the Pilgrims how to grow pumpkins. Pumpkins are still an important part of American life. They are often part of the holidays of Halloween and Thanksgiving.

Pumpkins are harvested from mid September to mid October and store well during the winter months. The pumpkin has many uses. It can be baked, made

into pancakes, and even pureed into soup. They can also be found decorated as jack-o-lanterns and baked in pies.

Pumpkins are fruits and are a type of squash. They are members of the cucurbitaceae family. Cucurbitaceae is the scientific name for pumpkins, squashes, melons, cucumbers and gourds.

The pumpkin is a tasty and nutritious food. Pumpkins are rich in carbohydrates and beta-carotene. The body turns carbohydrates into energy. We need energy to walk, run, play basketball, soccer, football, and just about everything we do, even sitting in a chair.

Pumpkin seeds are rich in protein. Protein builds up, keeps up and replaces tissues in our body. It is important for growth. Our muscles, organs and our hormones are made up of protein. Protein also helps heal scrapes and cuts and fight off infection.

Pumpkin is a great source of beta-carotene or vitamin A. Beta-carotene is a nutrient that changes into vitamin A in our bodies. This vitamin has many important jobs in our body. The biggest job is vision. Vitamin A helps us to see in the dark and to see different colors. Also, Vitamin A helps us to grow properly and to have healthy skin and hair. This vitamin is found in dark green and orange vegetables and some fruits. There are many other sources of vitamin A, such as milk products, eggs, liver and some fish oils. Other sources of beta-carotene are: apricots, nectarines, cantaloupe, guava, carrots and spinach.

References:

1. Hays, Wilma and R. Vernon. Food the Indians Gave Us. 1973 New York, NY: Ives Washburn, Inc. p 96-7.
2. Margen, Sheldon. The Wellness Encyclopedia of Food and Nutrition. Edited by the University of California at Berkeley Wellness Letter. New York, NY: Health Letter Associates 1992 p 29-30
3. Rupp, Rebecca. Blue Corn & Square Tomatoes: Unusual facts about common garden vegetables.

Activity 1: Pumpkin Bread

Note: If oven is not available, bake pumpkin bread before lesson. In class make the batter but serve the pre-baked bread. If oven is available prepare and bake bread with students.

If no oven is available at your office to make the bread ahead of time, you can use the alternative recipe for Pumpkin Pudding on the next page.

Directions:

1. Give each student hand sanitizer to wash hands.
2. Make sure each student can see you and all the ingredients.
3. Give each student a turn to help measure and add ingredients.
4. Preheat oven to 350 degrees.
5. Lightly grease and flour two 9 x 5-inch loaf pans.
6. In large bowl sift together 3+ $\frac{1}{2}$ cups whole-wheat flour, 1 Tbsp. baking powder, and 1 tsp. salt (optional.)
7. Stir in $\frac{1}{2}$ cup raisins and $\frac{1}{4}$ cup walnuts (optional)
8. In another bowl, add 2 cups pureed pumpkin, 1 Tbsp. lemon juice, $\frac{1}{4}$ cup safflower oil, 2 egg yolks, 1 cup of maple syrup, $\frac{1}{2}$ cup applesauce, and $\frac{1}{4}$ cup nonfat yogurt.
9. Combine the two bowls.
10. In a clean bowl, beat the egg whites to form soft peaks; fold into batter.
11. Pour $\frac{1}{2}$ of the batter into one loaf pan and the other $\frac{1}{2}$ into a second loaf pan.
12. Bake for 40-45 minutes or until lightly brown.
13. Cool.

While bread is baking, do Activity 2.

Alternative recipe

Quick Pumpkin Pudding

Serving Size: 2 tablespoons

Recipe Makes: 32 samples

Prep Time: 12 minutes

Cooking Time: n/a

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

5.1 oz Vanilla instant pudding mix

2 C cold low fat milk

15 oz can of pumpkin

1 tsp pumpkin pie spice



What to do:

1. Wash your hands.
2. Mix pudding and milk together.
3. Follow the directions on the package.
4. Refrigerate for 5 minutes.
5. Add pumpkin and pumpkin pie spice, and mix together.
6. Serve with cinnamon graham crackers and enjoy!

Nutrition Facts

Amount Per Serving

Calories Calories from Fat

%Daily Value*

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugar

Protein

*Percent Daily Values are based on a 2,000 calorie diet.

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Activity 2: Pumpkin Discussion

1. Ask students, "Do you think pumpkins are healthy?"
2. Explain to students that:
 - Pumpkins have beta-carotene. Beta-carotene is a nutrient that changes into vitamin A in our bodies.
 - Vitamin A is very important! It helps our vision, hair and skin stay healthy, and it helps us grow.
 - Other sources of vitamin A are: dairy products, eggs and liver.
 - Vegetables and fruits that contain beta-carotene are dark green or orange.
3. Can you think of some vegetables and fruits that are dark green or orange that contains beta-carotene?

A: Carrots, spinach, leafy greens, broccoli, sweet potatoes, papayas, mangoes, apricots, cantaloupe and pink grapefruit

Activity 3: Story Time

For students in Kindergarten through 3rd grade:

1. Read: Pumpkins by Mary Lyn Ray.
2. After the story ask the students the following questions:

Q: Why do you think the man wanted to buy the field?

A: He loved it and did not want anyone to build houses on it.

Q: Why do you think he did not replace the painting and his watch?

A: He had the field to look at and the sun and the stars to tell him when it was day and when it was night.

Q: How did he feel when the field was saved?

A: The man was very thankful for the field.
3. Ask each student to name one thing for which he/she is thankful.

For Students in grades 4th through 5th:

1. Read History of the Pumpkin: (found below)

Nearly 9,000 years ago, in the mountain of Mexico, Native Americans grew pumpkins. They planted the pumpkin with corn and beans. They called this group of plants the Three Sisters because they gave strength and life to each other. The pumpkin and the other two sisters never wanted to be separated. The Three Sisters gave the Native Americans lots of food and nutrients. They helped the Native Americans through long winters. Each sister had a different job. The pumpkin gave vitamin A for vision. The bean gave protein for growth. Corn gave carbohydrates for energy.

When the pilgrims came to America they did not have enough food for the long cold winters. The Native Americans showed them how to plant the Three Sisters. The Three sisters helped the pilgrims get through the long winters. The Native Americans and pilgrims gave thanks to Mother Earth for pumpkins and the Three sisters.

2. After the story, ask the students the following question:

Q: Where is Mexico located on the map?

Q: Do you know when pumpkins are harvested?

A: *Fall; from September to November*

Q: What holiday has a lot of pumpkins?

A: *Halloween and Thanksgiving*

Q: What do we do at Thanksgiving?

A: *We give thanks for all that we have*

Q: Why are we thankful for pumpkins?

A: *Pumpkins give us vitamin A. Vitamin A helps our vision and keeps our hair and skin healthy.*

Q: What are your favorite foods made with pumpkin?

Q: What Vitamin A foods will you try to eat at home?

Activity 4: Enjoy Pumpkin Bread

1. Give each student a plate and a napkin.
2. Cut each student a piece of Pumpkin Bread.
3. Enjoy!

Activity 5: Take Home Activity

1. Pass out the take home activity sheet to each student
2. Ask students to fill it out with the people at their home



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Take Home Activity

NAME: _____

We should eat **one dark green or orange vegetable or fruit each day**. It is important to get vitamin A.



(Some vitamin A rich foods include: carrots, spinach, leafy greens, broccoli, sweet potatoes, papayas, mangoes, apricots and cantaloupe.)

Write down which dark green or orange vegetable or fruit you will eat each day this week.

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____



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