Summary:
Students will learn about the nutritional value of pumpkins, how to select and clean pumpkins, discover where pumpkins grow commercially in our state and taste pumpkin.

Objectives:
- Youth learn how to choose pumpkins at the market
- Youth will show where specific produce is grown in Oregon
- Youth will identify important nutrients in the produce
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly (to prevent spread of bacteria that causes illness)
- Youth taste a food made with pumpkin
- Nutrients are examined

Suggestions for Facilitator:
- Before session, put up posters, prep food and supplies.
- Nutrition Message: Eat a Variety of Fruits and Vegetables every day. Pumpkins are a dark orange vegetable and are an Excellent source of fiber and vitamin A. All forms count: Pumpkin can be cooked from fresh but is also highly nutritious canned. 1 minute
- ONE MINUTE REVIEW (example): Last week lesson. Pears. Fiber. Varieties. Grows where?
- Introduce Pumpkins: Has anyone ever seen a pumpkin growing before? Ever picked one? What have you eaten that had pumpkin in it? Sometimes, ways that we eat pumpkin may have a lot of added fat or sugar added to it. We are going to sample a way to have pumpkin but without a lot of added fat or sugar. Pumpkin is highly nutritious. Let’s take a look....Show a pumpkin. 1 minute
- Together use Oregon’s Healthy Harvest – Winter Squash card to find buying/storing and food safety tips. Copy Nutrition Facts label for students from canned pumpkin - look for at least 5 grams of fiber to show that it is an excellent source. Also an excellent source (over 20%) of Vitamin A. Tell why Vitamin A and fiber are important (see Nutrients You Need). Clear tables. 5 minutes
- Demonstrate cleaning: At a sink under running, cool water or with an assistant slowly pouring a pitcher of water into dish tub in a demo area. Enlist an assistant from the youth to pour the water while cleaning fresh produce. 2 minutes
- Students wash hands using High Speed Hand Washing. Write the nutrition message on the Nutrition Message sheet. 5 minutes
- Students prepare a recipe made with pumpkin. Wash tables. 15 minutes

Food Activity: Pumpkin Smoothie in a Cup

Discussion questions during sampling:
- Can you name some of the areas where pumpkins grow in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties provided by Ag in the Classroom to color in locations.
- What adjectives can you use to describe the smoothie?
- What food group are pumpkins in?
- How many colors of veggies have you had today?
- Who can spell pumpkin aloud?
- How many cups of veggies should active boys and girls your age eat each day? (2 ½ cups)
- How many colors of fruit have you had today?
- Fruits & Veggies have lots of colors. Can you name a veggie from every color of the rainbow?
- Can you think of other ways to eat pumpkin?

Enjoying our Healthy Harvest
“Powerhouse Pumpkins”
An excellent source of vitamin A and fiber
Length of Session: 30 minutes

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Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. 1 minute
Summary Discussion Questions:
☆ What do I need to look for when shopping for pumpkins? (see OHH card)
☆ Why is it important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)

Materials Needed:
- Oregon’s Healthy Harvest Cards – Winter Squash
- MyPyramid poster
- Supplies for the preparation and serving of the sample
- Ingredients for the recipe/sampling – 8 oz cups & spoons
- Ag in the Classroom State Map & Teacher Materials
- Dish tub and water pitcher
- Cleaning Kit
- Student Handouts, if used: Kettle of Good Nutrition, Nutrition Messages

Parent Handouts:
- Oregon’s Healthy Harvest Cards – Winter Squash

Optional activities:
- Use the Oregon’s Healthy Harvest Cards to:
  - Read Buying/Storage and Food Safety aloud for another vegetable.
  - Note and write spelling words.
  - Look at the Tips, Money Saver, Time Saver and Kid’s Corner
  - Cut a recipe on the back of the card in half or double it.
- Ag in the Classroom: The ABC’s of Oregon Agriculture
- Leave a small pumpkin for the class for them to: name, write something about that pumpkin, explain why having pumpkin is healthy, and spell pumpkin
- Provide a copy of the receipt to the teacher so class can figure the price of the pumpkin with the weight or cost per pound.
- List adjectives to describe pumpkins. Write an appealing menu description for a pumpkin side dish.
- Write a 30-second commercial for pumpkin that could be used on TV or radio. Include a motto and a snappy jingle. Perform it for the class…or for the school PA system.
- Draw picture steps (story board) of the directions of the recipe showing the ingredients and equipment and the serving suggestion.
- Kettle of Good Nutrition: Students write a nutrition tip that they learned during the class on the supplied handout of an empty kettle (can be done at the end of the series). Use in bulletin board for the school.

Discussion:
☆ There are many ways to prepare pumpkin to eat. What are some of the ways you have enjoyed pumpkin? (This could also be a writing assignment.)
☆ Some of these ways may have high amounts of fat or sugar. How can you reduce fat or sugar? (Smaller portions, low fat or low sugar options in other ingredients.)

Other Support Materials:
- SP 50-876 Nutrients You Need, Revised April, 06
- “Benefits of fruits and vegetables depend on quality as well as quantity” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/pumpkin.htm#
- Pumpkin Smoothie in a Cup recipe: http://extension.oregonstate.edu/deschutes/enjoying-our-healthy-harvest