

Pumpkin Seeds

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Teachers often discover that traditions can be included in teaching plans especially seasonal activities. Using a pumpkin during the fall will provide activities to repeat each year.

Consider shopping for a small pumpkin as soon as they are available. Display the pumpkin in the classroom until you are ready to remove the seeds.



Supplies for Pumpkin Seeds Activity in Classroom:

- small pumpkin
- knife and spoon
- paper plate

Involve boys and girls in conversation about the pumpkin. Talk about the color, how it feels, and what is inside the pumpkin. Cut off the top of the pumpkin, using caution with the knife. Use the spoon to scoop out the seeds. Place the seeds on a paper plate. Explain that a teacher will take the seeds home to cook.



Instructions:

1. Bring the roasted pumpkin seeds to the classroom the next Sunday.
2. Encourage boys and girls to wash their hands before eating seeds.
3. Give each child a napkin. Use a spoon to place a few seeds on his napkin. Say: *Thank you God for food to eat, as you enjoy watching the children eat pumpkin seeds.*

Note and Recipe for Parents:

*In our class we cut off the top of a pumpkin. We looked inside and talked about seeds and God's plan for seeds to provide food for people. We explained that a teacher would take the seeds home and roast them and then bring the seeds back for us to taste. You may enjoy trying this at home. Remind your child that the Bible says **God gives food to us.** You can thank God for pumpkins and other food to eat.*

Recipe for Roasted Pumpkin Seeds

Preheat oven to 325 degrees. Wash pumpkin seeds. Put melted butter or oil on seeds; toss; spread on cookie sheet. Sprinkle with salt. Bake for about 30 minutes. Stir during baking time. Keep seeds in a single layer.