

Dear Family:

In my class today, we cooked a pumpkin and made pumpkin pudding.

Did You Know?

- There are different types of pumpkins. They can be orange, green, yellow, or white. Pumpkins are a winter squash. Winter squash is different from summer squash. Winter squash have thick, hard skin. Winter squash can be stored to use in the winter. Summer squash does not keep well. You can eat most parts of the pumpkin. These parts are the shell, stem, seeds, and even the flowers! Pumpkins are very good for you. They are low in calories. They have lots of protein, many vitamins, and nutrients.
- Pumpkins ripen in the fall. They can be boiled, baked, steamed, or roasted. The pumpkin meat gets mashed after it is cooked. We use pumpkins to make things like pies, breads, and muffins. Other cultures around the world eat different parts of the pumpkin.

Ask Your Child:

- Tell me what you learned about pumpkins today.
- Describe what is inside a pumpkin.
- Explain how you made the pudding. What ingredients did you use?
- Tell me how you cooked the pumpkin.
- Describe how the pudding tasted.

Activities To Do With Your Child:

- Tell your child about the way that you cook with pumpkin and where the recipe came from.
- Sit with your child, and draw a picture of the food that is made from the recipe.
- Send the picture and a copy of the recipe to school, and we will add it to our recipe box in our dramatic play area.
- Make a thumbprint picture with your child. Put orange paint on a paper plate. Take turns dipping your thumbs in the paint and pressing on white construction paper. When the paint is dry, using a green marker, help your child to add vines, stems, and leaves to the picture. Send the picture to school to share with our class.

Vocabulary Words To Use With Your Child:

- **pumpkin** – a fruit that is big, orange, and round, with thick pulp inside that can be eaten. Pumpkins grow on vines.
- **scrape** – rubbing with something sharp or rough to remove something from a surface.
- **cook** – using heat to make food for eating.
- **mash** – crushing something to make it into a soft mass.
- **puree** – reducing food into a pulpy, uniform consistency; straining is a type of puree.
- **seeds** – the little part of a plant that grows into a new plant; seeds can have flowers.