

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Pumpkin Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Pumpkin Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Pumpkin Slides** as needed and project on screen (optional).

Print 1 copy of the **Pumpkin Handout** for each student (optional).

Prepare **pumpkin** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify pumpkin as a fruit.

Grade 3 - Grade 8

Describe the role of nutrients found in pumpkin.

Understand where/how pumpkins are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in pumpkin.

Plan healthy meals and snacks that incorporate pumpkin.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of pumpkin to consume during the lesson.

#2 Teach: Use the first page of the Pumpkin Handout to teach the students about pumpkin.

#3 Explore: Select one or more activities from the second page of the Pumpkin Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other cucurbitaceae fruits?
Example: cucumbers, gourds, melons, squashes, etc.
- Describe the steps you would take to grow pumpkin at home.
Example: 1. Choose your location; 2. Plant the seeds; 3. Water; 4. Thin the seedlings
- Why is eating pumpkin good for your health?
Example: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting pumpkin at the store?
Example: Look for deep orange color, hollow sound when knocked, firm stem, etc.
- Where do pumpkins grow?
Example: pumpkins grow on vines on the ground.