



Investigating Pumpkins – Week 4

This week we are going to have an introduction to a farm and investigate pumpkins. We will talk to a farmer and find out about what s/he does. We will see how pumpkins grow, and will learn about different kinds of pumpkins. Then we will do some cooking with pumpkins and pumpkin seeds.

Our goals are to work on important concepts of farm to table (where does food come from), learning about farmers and what they do, and learning about and comparing varieties of pumpkins.

CT Standards of Learning

C.48.1 Explore and investigate a variety of experiences and topics using different materials	C.60.1 Investigate ways to make something happen
C.48.2 Maintain interest in exploring specific topics over time	C.60.2 Express interest in learning about a specific topic over time
	C.60.3 Engage in preferred and some non-preferred activities for longer periods of time. Remain with some high interest activities

	15 minutes or longer
C.48.7 Identify similarities and differences in objects, people, events, sounds based on one attribute (e.g., same or different colors, loud or soft sound)	C.60.8 Compare relative attributes of objects, people, events, sounds (e.g., louder, more, less)
SE.48.12 Communicate with familiar adults and accept or request guidance	
PH.48.6 Use smaller objects with precision (e.g., put small pegs in light board, use large needle to sew, use scissors to cut on curved line, etc.)	PH.60.3 Use coordinated movements to manipulate materials, including cutting and drawing with control and using appropriate hand position to manipulate objects (e.g., thumb up position while using scissors)
PH.48.9 Understand basic safety rules at home and in familiar settings (e.g., school, library and playground). Generally follow rules and bring other children's rule-breaking to the attention of adults	PH.60.7 Understand the reason for most basic safety rules at home, in familiar settings and in the community
L.48.11 Answer simple who, what, where and why questions	L.60.10 Use language to share ideas and gain information
M.48.1 Say or sign the number sequence up to at least 10	M.60.1 Say or sign the number sequence up to at least 20
M.48.2 Count up to at least five objects using one-to-one correspondence, using the number	M.60.2 Count up to 10 objects using one-to-one correspondence, regardless of

name of the last object counted to represent the total number of objects in a set	configuration, using the number name of the last object counted to represent the total number of objects in a set
M.48.3 Count out a set of objects up to four	M.60.3 Count out a set of objects up to five
M.48.4 Recognize written numerals up to at least five	M.60.4 Recognize written numerals up to at least 10
	M.60.6 Compare sets of up to 10 objects using a visual matching or counting strategy and describing the comparison as more, less than or the same
M.48.8 Recognize measurable attribute of an object such as length, weight or capacity	
	M.60.9 Compare the measurable attributes of two or more objects (e.g., length, weight and capacity) and describe the comparison using appropriate vocabulary (e.g., longer, shorter, same length, heavier, lighter, same weight, holds more, holds less, holds the same amount)
M.48.10 Sort and classify objects by one attribute into two or more groups (e.g., color, size, shape)	M.60.10 Begin to use strategies to determine measurable attributes (e.g., length or capacity of objects). May use comparison, standard or non-standard measurement tools
	M. 60.11 Represent data using a

concrete object or picture graph according to one attribute
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Week 4 Invitation

-Today we will visit a pumpkin farm to help us learn more about pumpkins. We will find answers to questions like: How do pumpkins grow? Might there be different kinds of pumpkins? What else can we do with pumpkins besides making jack-o-lanterns? When we get home we will do some baking with pumpkin seeds and pumpkins.

-Ideally you want to go to a farm where pumpkins are actually growing on the vine, not a field where pumpkins, already picked, are put on the ground.

You will need:

1. mask; hat, long sleeves and pants, sun screen, insect repellent and, if raining, rain gear
2. camera
3. clip board, pencil and paper (or phone for photos and to jot notes or record)
4. snack and water

In the car: You may want to play the songs from our farm section on our YouTube. channel.

Guidelines for All Visits:

Parents/caregivers are responsible for supervising their children at all times. *You* are the teachers, *not* the Farmers.

Children are never too young to learn to respect their environment.

Be sure to read and follow rules, if any are posted.

Please remember that your children are learning about their place as community members so we are asking you to follow safe Covid-19 guidelines to respect the farmers and other community members you encounter. Wear masks, and maintain distance.

Do not leave any trash.

Check for ticks.

Facts:

This section is only for background information for parents and

caregivers. As you ask children the guided inquiry questions, they will be able to uncover these facts on their own which will make their learning experience more meaningful. Be prepared to watch them make their own wonderful observations as they describe the parts of a forest!

There are two main categories of pumpkins – carving pumpkins and sugar pumpkins. Varieties of sugar pumpkins have wonderful names, such as: Autumn Gold, Winter Luxury, Cinderella, Fairy Tale, Baby Pam, Baby Bear, New England Pumpkin Pie and Lumina. These sugar pumpkins are sweeter, smaller and, with less fiber, are very good for cooking and eating. They belong to the winter squash family which also includes butternut and acorn squash.

Introduction to a Vegetable Farm

There are 2 ways to do this. If you have signed up for a session and the farmer will be working with you, you can follow the farmer's presentation and/or you can do this excursion with your child/ren on your own.

-The first thing to do when you arrive at the Farm is to allow children a couple of minutes to explore on their own – within reason of course. Children need to feel their new surroundings on their own first in order to be more engaged.

This activity should take about 15-30 minutes (depending on age and attention of child/ren), to be followed by letting children explore and play on their own (with supervision).

Parents will want to ask inquiry questions (give kids time to answer) and, for documentation and possible follow up activities at home, jot down children's observations, write farm words and terms for their word bank, take photos, audio memos and/or videos.

Inquiry/Thinking Routines – **KWL** What do I **Know**? What do I **Want to Know**? What did I **Learn**?

-First, would you tell me everything you already **know** about a farm (include pumpkins, too)?

Give time for responses

It will help to jot down responses

-You already know a lot, don't you? Now will you tell us what more you **want to know** about a farm, particularly pumpkins?

Give time for responses

It will help to jot down responses so that, at the end, you can make sure you have addressed all the children want to know

-Let's find some pumpkins

Can you tell me everything you see about how they are growing?

Is there anything else you want to know?

-Before we walk back, can you tell us something you **learned** today about farming, and pumpkins?

Adults may want to jot answers.



Roasted Pumpkin Seeds

You will need a sugar pumpkin 2 – 4 pounds.

Let your child do as much as they can.

Cut the sugar pumpkin in half.

Scoop out the fiber and the seeds with a strong metal spoon.

Rinse the seeds under cold water to remove the “strings”. Using a colander helps.

Dry the seeds for a day by placing them on a baking sheet.*

Next day Preheat oven to 400

Toss the seeds in olive oil and put back on baking sheet.

Sprinkle the seeds with (let your child choose and then sprinkle!) salt, pepper, paprika, cinamon, nutmeg or anything else.

*Roasting the pumpkin

While you are drying the pumpkin seeds you can roast the sugar pumpkin by putting the 2 halves on a baking sheet and roasting in the oven for 30 – 45 minutes. It is ready when you check with a knife and the flesh is soft.

Baking with Pumpkin

Decide with your child what you want to make with the cooked pumpkin.

Pumpkin bread

Pumpkin cookies

Pumpkin pie

Pumpkin oatmeal

The list is endless!

Choose your favorite recipe. Your child will enjoy baking with you and will learn important sequencing skills and following directions. In addition, your child is learning where food comes from and how to make, eat and share healthy snacks and foods.

Count the Seeds and Match with the Numbers*

Count the pumpkin seeds by placing one seed in each box. Children who recognize the numbers can say them.

*Counting Pumpkin Seeds Chart

1	2	3	4	5	6	7	8	9	10
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DOCUMENTATION

For all the activities, parents will want to *Make Learning Visible* through photos and examples of child/ren's work. You may want to create a digital (such as Evernote) and a hard copy folder/portfolio. This will help you and future teachers know what your child has done.

Books, poems, songs, movement and games –