



Elephant Toothpaste and Jack O'Lanterns! ADULT SUPERVISION REQUIRED



Remember to save the seeds, the top and pumpkin flesh for activities provided later in the sheet!

Activity and photo adapted from <https://www.hellowonderful.co/post/pumpkin-elephant-toothpaste-experiment/>

Materials

- 1 cup of hydrogen peroxide
- 2 packets of dry yeast (~1/4 oz.)
- 6 tablespoons of warm water
- Yellow food coloring (or whatever color is preferable)
- A cylinder, glass flask, pyrex measuring cup or heat safe bowl
- 2 tablespoons of dish soap
- A pumpkin carved into a Jack O'Lantern
- A funnel
- Safety goggles

Steps

1. Carve your pumpkin into a Jack O'Lantern. Try to stick to a simple face so that the foam can come out easily. Adults should do the carving.
2. Have an adult pour the hydrogen peroxide into the cylinder, flask, measuring cup or bowl.
3. Add the cylinder inside of the pumpkin. Have the child add the dish soap into the cylinder at this time.
4. Add several drops of food coloring into the cylinder.
5. Empty the yeast into a bowl and add the warm water. Mix the combination well with a fork.
6. Pour the yeast into the cylinder and watch the foam explode!

*****NOTE: DO NOT TOUCH THE FOAM because the exothermic reaction makes it HOT! The foam is fine to touch after a few minutes of cooling down.*****

Yummy Pumpkin Smoothies!



Ingredients

- 1 Cup of milk
- 1/2 Cup of pumpkin puree
- 1 Tablespoon of honey
- 1/4 teaspoon of pumpkin spice or cinnamon
- 1/4 teaspoon vanilla
- 1 frozen banana

Steps

For the puree:

1. Once you've carved your jack-o'-lantern gather the sections that you removed from the walls of the pumpkin.
2. Peel the orange outer skin and the inner, stringy orange pulp from the flesh and discard.
3. Roast the remaining pieces of flesh in the oven at 375 degrees for 30 minutes until soft and golden brown. Roasting makes the pumpkin flesh soft and sweet.
4. Puree in a food processor or blender to make pumpkin puree. You can use this puree for other pumpkin recipes as well!

For the smoothie: Combine the pumpkin puree, milk, yogurt, honey, spice, vanilla and banana in a blender and blend until all of the ingredients are combined.

Recipe and photo borrowed from <https://www.foodnetwork.com/recipes/katie-lee/pumpkin-smoothie-2656615>

Pumpkin Seed Mosaic



Materials

- Food coloring
- Pumpkin seeds (you can use the ones from the Pumpkin Elephant Toothpaste Activity or Butternut Squash Mac and Cheese)
- Cardboard or paper
- Glue



Steps

1. Begin by drying out the seeds by placing them on a baking sheet in the oven at a low temperature for a few minutes.
2. Soak the seeds in the dye. The longer you the soak the seeds, the stronger the color will be. Once you are content with the color, let them dry.
3. Draw an outline of your picture on your cardboard or paper.
4. Glue the seeds on and enjoy your beautiful picture!

Activity and photo adapted from <https://greeningsamandavery.typepad.com/greening-sam-and-avery/crafts/page/2/>

Pumpkin Stamping Activity



Steps

1. Carve the top from your pumpkin.
2. Trim the bottom of the lid to remove any seeds or pulp that are attached to the lid. This will make the lid flat and smooth.
3. Pour the orange paint into the plate, dip the pumpkin top and transfer to paper.
4. When the paint is dry, draw features like a stem, leaves and a vine onto your picture to make it look like a pumpkin!

Materials

- Top of a pumpkin (you can use the one from your jack o' lantern)
- Knife (for adult use)
- Orange paint
- Plate for paint
- White construction paper
- Black marker

Activity and photo created by <https://myboredtoddler.com/painting-with-pumpkins-toddler-activity/>

Recipe for Butternut Squash Mac and Cheese!



Ingredients

- 1 Medium butternut squash
- 2 Cups of macaroni pasta
- 7 oz. of whole milk
- 1 Cup of graded cheese
- 1 Tablespoon of butter
- Salt and pepper, to taste

Steps

1. Preheat the oven to 390 degrees.
2. Cut the butternut squash in half, length ways. Scoop out the seeds and place the two halves of squash flesh side up on a baking tray. Bake in the oven for 30 minutes or until the squash is soft and has fully cooked through.
3. Meanwhile, cook the pasta using the package instructions.
4. Once the squash has cooked, spoon out the flesh and put it straight into a blender or food processor. Add the milk, cheese and butter, and blend all of the ingredients until it has a saucy consistency.
5. Season with salt and pepper, if desired.
6. Drain the pasta and mix it in with the squash cheese sauce.
7. Enjoy your Butternut Squash Mac and Cheese!

Activity and photo created by <https://www.myfussy eater.com/butternut-squash-mac-and-cheese-kids-toddlers/>

Pumpkin Facts

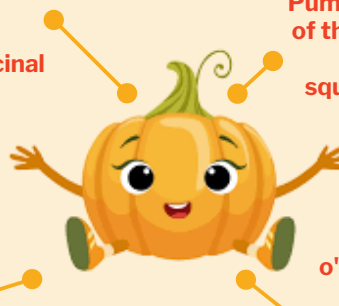
Native Americans used pumpkin for decorations, medicinal purposes and celebratory foods.

Over 1.5 billion pounds of pumpkin are produced every year in the United States.

Pumpkins are members of the Cucurbita family, which also includes squash and cucumber.

Each pumpkin has 500 seeds!

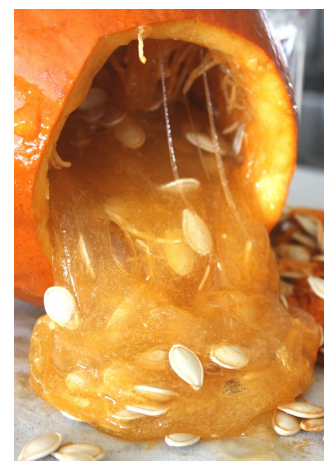
The original jack o'lanterns were made with turnips and potatoes by the Irish.



Create Pumpkin Slime!

Materials

- Pumpkin flesh and seeds
- 1/4 Cup of liquid starch (found in laundry detergent aisle)
- 1/2 Cup of clear washable school glue
- 1/2 Cup of water
- Spoon
- Knife



Steps

1. Separate the pumpkin flesh and the seeds.
2. Mix the water and the glue in a separate bowl. Stir to fully incorporate all of the materials.
3. Add the liquid starch, glue and water to the bowl.
4. Use your hands to mix the ingredients well and have fun with your slime!

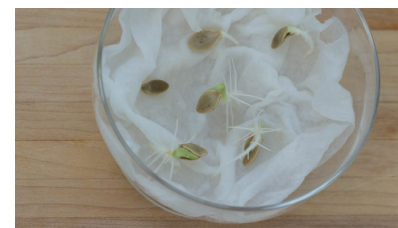
Directions and photo from <https://littlebinsforlittlehands.com/how-to-make-pumpkin-slime-with-real-pumpkin/>

Zucchini Seed Germination



Materials

- Seeds from a Zucchini
- Glass
- Wet paper towel



Steps

1. Scoop the seeds out of a zucchini
2. Soak the paper towel in water and place the seeds in it. Place the combination in the glass.
3. Place the seeds in a bright place and monitor them daily. Make sure that the paper towel is consistently wet.
4. When the roots have started to sprout, plant the seeds and watch your zucchini plant grow!

Seed growing activity and photos from <https://www.gardenzeus.com/germinating-zucchini-seeds-indoors-using-a-glass-dish/>