

**Lesson Title:** Pumpkin Pizzazz**Time:** 45-50 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** 4th-5th

**Objective(s):** Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will read clues until they guess the fruit or vegetable of the day. Students will have the opportunity to work with a group to read and follow a recipe in order to create and then eat Pumpkin Pie in a Bag.

**Content Standards:**

1.5.1 Describe why it is important to participate in healthy behaviors. 5.5.5 Choose a healthy option when making a decision. 4.RI.10 By the end of the year read and comprehend a variety of informational texts. 5.RI.10 By the end of the year, read and comprehend informational text.

**Materials:** [Clues Slideshow 3](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Pumpkin Images](#), [Labels for assembly line](#), [Pumpkin Activity](#), [Pumpkin Pie in a Bag Recipe](#), (**recipe may need to be doubled or tripled depending on class size**), Instant vanilla pudding (2 or 3 boxes), canned pumpkin, skim milk, graham crackers, cinnamon, ginger, canned whipped topping, quart-sized freezer bags (1 per student), can opener, bowls and spoons for each student, measuring cups and measuring spoons, scissors, pencils, coloring utensils



**Online Resources:** [Clues Slideshow 3](#)

**Instructional Outline:** Students will be working individually to prepare a single serving of this dessert. Before beginning the lesson, set up an assembly line (2-sided) using [Labels for assembly line](#), where students can go through the line and add ingredients to their bags. To start, give every student a Ziploc bag with a graham cracker square inside. After crushing their graham crackers they can then proceed through the assembly line.

1. Share the [Clues Slideshow 3](#) with the students. Press the spacebar to advance slides. Stop after each slide to allow for guesses. When you get to the last slide, hit the spacebar to make the last question and answer appear on the screen.
2. Share the [Pumpkin Images](#) with the students and have students share what they know about pumpkin and any types of recipes they've tried. Share the [My Plate Poster](#) with the students and ask in which section pumpkin belongs and approximately what fraction of the plate is the fruit section.
3. Review the hand washing guidelines [How to Wash Your Hands Poster](#) and have all students wash their hands. Before beginning, show the students the video, [How Libby's Canned Pumpkin is Made](#) and talk about why most people used canned pumpkin instead of fresh.
4. Project the [Pumpkin Pie in a Bag Recipe](#), on the screen, or give a copy of the recipe to each group to look at. Read the recipe with the students and show them how the assembly line will work.
5. Give each student a graham cracker square and a quart sized freezer bag. Students will start by crushing their graham crackers and dumping them into a small bowl. They will then proceed through the assembly line.
6. Students will knead the bag with their hands for two minutes, then snip the corner of their bag with scissors and pour the contents into their bowl and add whipped topping, if desired. They can then enjoy their treat.
7. While enjoying their treat, students can work on the [Pumpkin Activity](#). When students are finished, have them assist with any clean-up still needed and turn in or take home their worksheets.

**Closing:** Have students share what they learned and/or their favorite part of the lesson. If time, share one or both of the enrichment videos.

**Enrichment:**

 PUMPKIN | How Does it Grow? ends at 3:34  Are PUMPKINS a Fruit? | Pumpkin Facts For Kids ends at 4:00