

Tips for Busy Early Childhood Professionals



W
*is for
Winter Squash*

- Winter squash can have different skin colors—green, yellow, orange or cream. Some varieties include pumpkin, butternut, acorn and banana squash.
- Winter squash has a thick skin. We can eat the inside pulp after removing the seeds.
- Squash is a very popular vegetable during Halloween.
- Winter squash is an excellent source of Vitamin A and C.

Roasted Pumpkin Seeds

Makes 25 tastes at 2 tablespoons each

INGREDIENTS:

- 1 small pumpkin
- 1½ lb shelled, roasted, unsalted pumpkin seeds

SUPPLIES:

- 1 knife
- 2 small bowls
- Several large spoons

PREPARATION:

1. Cut pumpkin in half and scoop out pulp and seeds.
2. Separate seeds from pulp. Spread out seeds on a dry paper towel.
3. Place roasted pumpkin seeds in a separate bowl.
4. Compare the differences between the fresh and roasted seeds.
5. Scoop each child 2 tablespoons of the roasted seeds to taste.

Recipe from:

University of California Cooperative Extension, Alameda County, NETA Program, <http://neta.ucdavis.edu>

Nutrition Information per

2 tablespoon serving:

Calories 146, Carbohydrate 4 g, Protein 9 g, Fat 12 g, Saturated Fat 2 mg, Cholesterol 0 mg, Sodium 5 mg, Fiber 1 g.



NOTE: The American Academy of Pediatrics recommends that children younger than 4 years should not be given seeds because of the choking hazard. All young children should be monitored while eating.

For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



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Cooking in the Preschool Classroom

provides many benefits to children

- Children can scrub vegetables.
- They can separate seeds from pulp.
- Children can help scoop the pumpkin seeds.
- They can spread out seeds on paper towels.

Food Safety and Sanitation

- Wash the pumpkin before cooking.
- Wash your hands before handling the pumpkin.
- Children should not taste the raw pumpkin seeds.

Create a child-friendly environment

Be a positive role model.

Activity:

Marching Band



Children will learn about the different types of instruments while marching to the different instrument sounds. A marching workout is just as effective as a walking or running workout.



MATERIALS

- CD player
- Marching band song (i.e. "The Victors" or "76 Trombones")
- Pictures of musical instruments
- Toy instruments (optional)

WHAT TO DO NEXT?

1. **Before the children arrive:** Designate an area for each instrument of the band. Have a picture of the instrument in each area.
2. **Show the pictures.** Children will pretend they are part of a marching band. Each group of children will play one type of instrument.
3. **Children select instruments.** Ask children to go to the area where their instrument is located.
4. **Go over the sounds of the instruments.** If toy instruments are available, make the sounds using the instrument. If not, mimic the instrument sound.

5. **Designate** some children to hold flags.
6. **March in place.** While they pretend to play the instruments they have selected ask the children to march in place. They will begin by marching in place fast, as if they were coming out onto a field.
7. **Start the music.** When the song begins, children will play their instruments or wave their flags while marching for approximately 3-5 minutes. Try replicating the marching beat of the song to increase counting and rhythmic skills.
8. **Sit on floor.** Make a big circle, breathing in and out. Applaud at the end of the activity.
9. **Cooking.** Have children wash their hands and get ready to prepare and taste the recipe from the front page.

Adapted from:

"Brain Breaks" - Michigan Department of Education,
www.emc.omich.edu



Connections to California Department of Education Child Desired Results: 3 years to Pre-K

Activity: DRDP1: SELF2, SOC5, REG10, LANG12;
DRDP2: COG21; DRDP3: MOT3, DRDP4: SH39

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39