



Pumpkin Eater



I'm A Little Pumpkin

(Sung to "I'm a Little Teapot")

I'm a little pumpkin, short and stout,
Packed full of seeds that you can scrape out.
When you are all finished, then I'll be,
The cutest jack-o-lantern you ever did see.

▶ Parents are children's first teachers.

Making a jack-o-lantern? Sing this song while you're scooping out the seeds. Ask your child to choose a word to describe the jack-o-lantern face he or she is making. Change "cutest" to the word your child suggests.

Early Years Literacy



Ontario

Early Years



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Three Little Pumpkins

Three little pumpkins sitting very still
In a pumpkin patch high up on a hill.
(Hold up 3 fingers)

The first one said, "I'm very green,
But I'll be orange by Halloween." *(Wiggle 1st finger.)*

The second one said, "I'm on my way
To becoming a jack-o-lantern someday."
(Wiggle 2nd finger.)

The third one said, "Oh me, oh my,
Tomorrow I'll be a pumpkin pie!" *(Wiggle 3rd finger.)*

Roasted Pumpkin Seeds

- 2 cups pumpkin seeds
- 1 tsp. salt

Wash pumpkin seeds and dry them thoroughly. Add salt. Mix and spread in a shallow pan or cookie sheet. Bake at 250°C until golden brown (about 15 to 20 minutes).

Seeds may be a choking hazard for children under 3 years.

Nutrition Tip: Parents are role models for their children. Show your child that you enjoy healthy foods by eating a variety of whole grains, vegetables and fruit, milk products, and meat and alternatives.



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