



PEPITAS

- Pumpkin seeds are also known as pepitas. Pepita means 'little seed of squash' in Spanish. In Mexico, pepitas are eaten as a snack or used to make salsas, soups, drinks, and sauces
- Most pumpkins, including jack-o-lantern pumpkins, make seeds with a white shell or hull. We often use the word pepita to refer specifically to a pumpkin seed that does not have an outer shell or hull - either because the shell has been removed, or because it is from a specific type of pumpkin that produces seeds that never develop a shell to begin with.
- Pepitas help your bones stay strong!



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MATH and ART: Estimation! Collages!

Pumpkin seeds offer fantastic, hands-on ways to practice math and art!

Math Activity: Estimation Challenge

Fill different-sized clear containers with pumpkin seeds. Have students predict how many seeds are in each container. Select students to be the counters and see who came the closest. Ask the winner(s) what their method was to guess. Fill another container and have students guess again using the new info they received from the past winner. After counting and determining who got closest or guessed it exactly, ask students what went differently this time. Were they closer than the first time? Can this method be used in other ways in their daily lives?

Art Activity: Seed Collages

Have students draw a picture onto cardstock paper or cardboard and then trace their drawing with glue. Have students glue pumpkin seeds and other dried beans or grains seeds onto drawing and voila! Students can name their art and present to others if they would like.



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