



## PUMPKIN

- Pumpkins originated in Central America. Seeds from pumpkin relatives were found in Mexico that date back more than 7,000 years!
- Pumpkins were brought to North America by native peoples and became a staple food source for the Apaches, Hopi, Navajo, Pima and other tribes.
- Pumpkins are 90% water and an excellent source of vitamin A.
- In California, about 90% of pumpkins are grown specifically for Halloween.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



## PUMPKIN

- Pumpkins originated in Central America. Seeds from pumpkin relatives were found in Mexico that date back more than 7,000 years!
- Pumpkins were brought to North America by native peoples and became a staple food source for the Apaches, Hopi, Navajo, Pima and other tribes.
- Pumpkins are 90% water and an excellent source of vitamin A.
- In California, about 90% of pumpkins are grown specifically for Halloween.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



## MATH: Weighing Squash and Counting Seeds

### Supplies Needed:

- Varieties of winter squash—aim for small (delicata), medium (acorn, kuri) and large (butternut),
- A scale, dropcloths, and knives.

### Directions:

Have students estimate the weight of each variety of squash and the number of seeds each variety contains. Write estimates on the board. Weigh each variety and write the results next to the estimates. Cut the squashes in half for the students, as this task can be an unsafe task for students. Have students count the seeds of each variety and write the results next to the estimates. Compare and contrast the estimates with the results and make general comparisons between the varieties.



## MATH: Weighing Squash and Counting Seeds

### Supplies Needed:

- Varieties of winter squash—aim for small (delicata), medium (acorn, kuri) and large (butternut),
- A scale, dropcloths, and knives.

### Directions:

Have students estimate the weight of each variety of squash and the number of seeds each variety contains. Write estimates on the board. Weigh each variety and write the results next to the estimates. Cut the squashes in half for the students, as this task can be an unsafe task for students. Have students count the seeds of each variety and write the results next to the estimates. Compare and contrast the estimates with the results and make general comparisons between the varieties.