

Print double sided. Cut on the red lines. Fold on the dotted lines.



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Pumpkins

by Gwen Nicodemus



This book belongs to:

What do you like about pumpkins?

Pumpkins are:

- Squash
- Fruit
- Gourds



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Pumpkins grow on vines.



Pumpkin pies have several ingredients in them:

- Pumpkin
- Sugar
- Milk
- Eggs
- Ginger
- Nutmeg
- Cinnamon

The pilgrims made pumpkin pies inside of the pumpkin shell instead of in a pie crust.



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People like to grow large pumpkins and have contests to see who can grow the largest pumpkin.

The largest pumpkin on record was 1,502 pounds.

Some pumpkins are so big that people have cut them in half, hollowed them out, and made boats out of the half shells!

Look at a pumpkin boat!

http://www.bbc.co.uk/hampshire/content/image_galleries/cin_gallery.shtml?36



10

Pumpkins are native to North America.



3

Pumpkins are used at Halloween time to make Jack-o-Lanterns.



8

Pumpkins are orange because they have a lot of lutein, alpha-carotene, and beta-carotene in them.

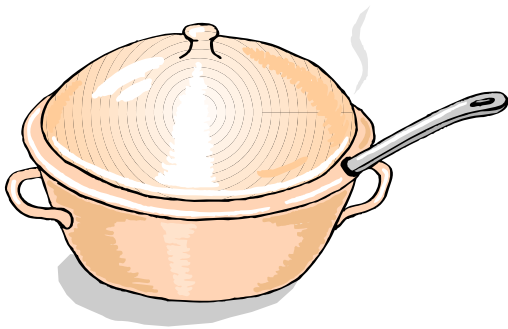
Lutein, alpha-carotene, and beta-carotene turn into Vitamin A when inside the body.



5

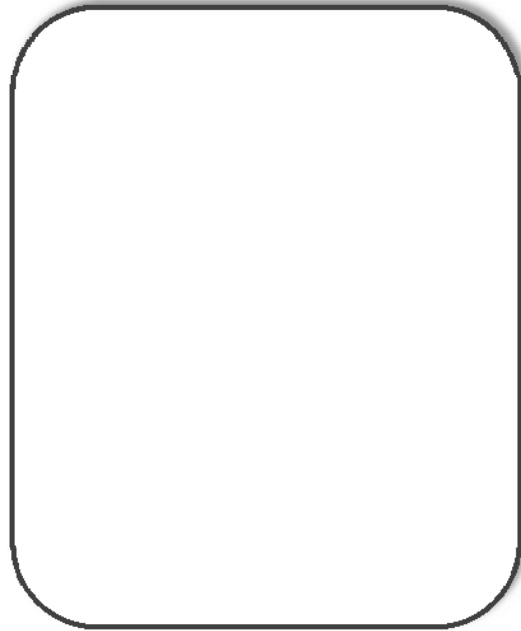
People eat many parts of the pumpkin:

- The seeds are roasted and eaten as a snack.
- The inside of the pumpkin is often used to make pumpkin pies.
- Some people make pumpkin soup from the inside of the pumpkin.



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Draw a Jack-o-Lantern below.



9

Pumpkin seeds can be roasted and eaten as a snack.

Pumpkin seeds can be mashed and pumpkin seed oil can be extracted.

Pumpkin seeds have a lot of good vitamins and essential fatty acids in them.



6

Many dogs like to eat pumpkin.



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