



This needs adult help!

### WASH YOUR HANDS BEFORE YOU START!

You need

- a pumpkin
- some A4 paper
- a felt-tip pen
- a sharp knife or pumpkin carving kit
- an ice-cream scoop or spoon
- a tea light



# Make a pumpkin lantern



Ask an adult to cut the top off the pumpkin then help them scoop out all the flesh and seeds - save this to cook later!



Draw some simple pumpkin faces on a piece of paper to see which one you like best.



Copy your favourite face on to the pumpkin.



Ask an adult to cut out the eyes and mouth.



Put a tea light inside the lantern and ask an adult to light it!



Instead of drawing a face you could try other designs like the letters GGC or a number 5 to remind you to eat 5 A DAY!



## Roast some seeds

Pumpkin seeds make a tasty snack when roasted - ask an adult to help.

**WARNING!** Very young children should not have seeds or nuts in case of choking.

- 1 Rinse the seeds well in cold water, taking off as much of the stringy pulp as you can.
- 2 Pat them dry with kitchen towel.
- 3 Put a little olive oil on a baking tray and scatter the seeds over it.

- 4 Bake the seeds in the oven at 150°C/300°F/ Gas Mark 2 for 30 minutes. Let them cool.
- 5 Roll up a piece of paper into a cone shape and stick it together with sticky tape.
- 6 Put the pumpkin seeds in the cone then offer them to your friends and family!



You can buy pumpkin seeds from supermarkets and health shops - they usually look like this.