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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Pumpkin Teaching Tip**

**By Freda J. Glatt, M.A.**

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At this time of year, try using a REAL pumpkin when making your pies, bread, etc.  
Why?

1. Children will see what the inside of a pumpkin really looks like. Have them use adjectives to describe what they see, smell, and feel. Depending upon the age group, have children draw or write about the experience and mail it to a friend or relative.
2. Bake the seeds. If possible, compare them to seeds you buy at the grocery store. Which tastes better? Why do you think so? Which is cheaper? (NOTE: Remember the cost of the pumpkin for this answer!) Do these seeds remind you of any other seeds you can eat? Which ones?
3. By all means, let your children help you bake! They will be practicing measurement skills, reading, following directions, and sequencing, not to mention health and safety. Ask what would happen if they put in too much or too little of an ingredient. What would happen if they skipped a step or reversed the order? For instance, they put all the ingredients in a bowl without mixing them, pour this into the pie shell, and bake. What do they think the final result will look and taste like? By asking such questions, children practice critical thinking.
4. If possible, use real pumpkin meat for one of your recipes and canned pumpkin for another. Which is easier to use? Compare the look, taste, and texture of the final result. Which do you prefer? Why?
5. Read about pumpkins. What did you learn that surprised you? Compare them to other vegetables.
6. If possible, visit a pumpkin patch or watch a video, perhaps sent by Pen Pals or family members up north.

I hope you have found these tips useful. Have fun and remember that Reading is FUNdamental!!

## Pumpkin Teaching Tip

Freda J. Glatt retired from teaching after a 34-year career in early childhood and elementary education. Her focus, now, is to reach out and help others reinforce reading comprehension and develop a love for reading. Visit her site at <http://www.sandralreading.com>. Reading is FUNdamental!

### **Pumpkin Painting: A Halloween Activity For The Whole Family**

**By JoAnne Westcott**

A carved jack-o-lantern may very well be the most recognized symbol for the Halloween holiday. But using a sharp knife to carve them is not exactly an activity that everyone, especially the children who are the biggest fans of Halloween, can do.

And how many parents have stayed up late, the night before Halloween, carving their jack-o-lanterns, only to see that same pumpkin collapse just days after the big holiday?

During a field trip to a pumpkin farm, I discovered a Halloween craft activity that even the youngest members of the family can participate in. Pumpkin painting is a fun and safe way to celebrate autumn and Halloween.

This quick and easy craft is perfect for family activities, preschool or elementary school parties, Girl Scout gatherings or Halloween parties.

With just a few supplies: pumpkins of any size, craft paint, brushes, sealer and your imagination, anyone can transform a plain pumpkin into a whimsical, life-like character.

By tracing a pattern onto the pumpkin, young children can "paint by numbers" to create their own Halloween masterpiece.

With a bit of creative planning, scrap fabric, craft supplies, hats and jewelry can transform the painted pumpkin into a character worthy of name-giving.

The best feature of painted pumpkins is their lifespan. A pumpkin, once carved, will last three to five days at the most before it begins to collapse and rot. A painted pumpkin, when sealed properly, will last four weeks or longer!

Because of the extended lifespan, painted pumpkins make the perfect porch decoration, dining table centerpiece or gifts for teachers, friends and family.

And a great way to make your pumpkin work double-duty is to paint one side for Halloween. When Halloween is over, turn the pumpkin around, paint some autumn leaves and leave it on your porch for a beautiful Thanksgiving decoration!

JoAnne Westcott is the publisher of the full-color, step-by-step instructional e-guide

She is also the publisher of the e-guide Easy Face Painting.



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