

5 A DAY AND PUMPKINS

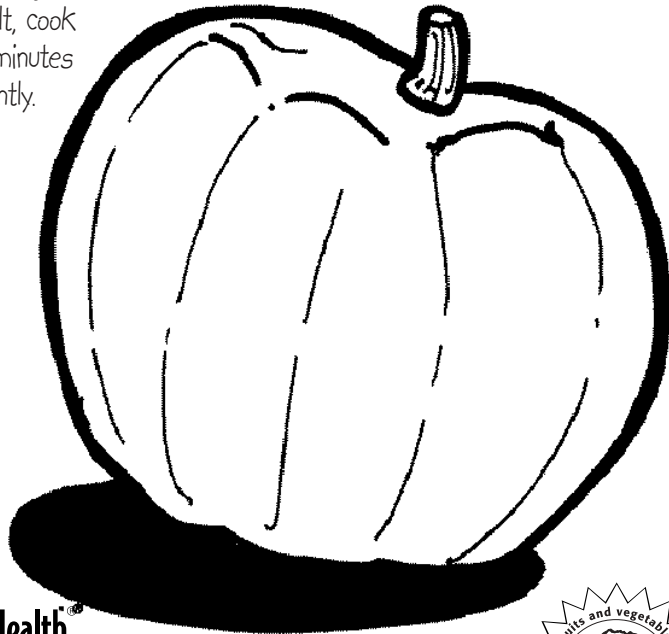
KIDS ACTIVITY SHEET

Try this fun & easy recipe **PUMPKIN BUTTER**

4 cups canned or fresh pumpkin, pureed
 1/2 cup honey
 1 tbsp. cinnamon, ground
 1/4 tsp. ginger, ground
 1/4 tsp. cloves, ground
 2 tbsps. lemon juice

In a large saucepan, combine pumpkin, honey, cinnamon, ginger, cloves, and lemon juice. With the help of an adult, cook on low for 45 minutes stirring frequently.

Pour into jars and cover tightly. Let cool and refrigerate. Store pumpkin butter in refrigerator for several weeks or freeze it for several months. Try it on toast. Makes 8 half-cup servings. This is an official 5 A Day recipe. Decorate jars and you have a nice gift.



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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

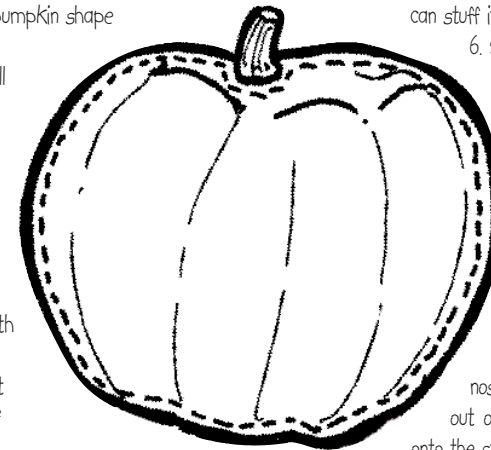
1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables ■ 1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

CREATE A **PUMPKIN PILLOW!**

You will need: adult supervisor; newspaper; scissors; 1 yard orange, 1/4 yard black, and 1/8 yard green polar fleece or felt; permanent marker; fabric glue; and fiberfill.

1. Begin by drawing a pumpkin shape on newspaper. Make pumpkin large, as it will seem smaller after stuffing.
2. With the help of an adult, cut out pumpkin.
3. Place it over orange fabric and trace around it with permanent marker. Repeat this step to get two matching pieces of fabric.



4. Cut out 2 pieces; place one directly on top of other, marked sides together.
5. Apply thin layer of fabric glue, a few inches at a time, 1/4 inch from edge to seal edges. Leave 4-inch section at top unglued so you

can stuff it. Let glue set overnight.

6. Stuff pillow with fiberfill and then glue opening closed.

7. To add a stem, cut it out of green fleece and place it between 2 pieces of orange before gluing them closed.

8. If you want to give your pumpkin eyes, a nose, and a mouth, cut them out of black fleece and glue them onto the stuffed pillow.

By using appropriate shapes and colors, you can make banana, apple, strawberry, carrot, or tomato pillows.

**Eat 5 or more servings of fruits and vegetables
a day for better health**

**FOR MORE FUN FOR KIDS,
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