



MEET-A-NEW-FOOD PLANNER · NUTRAPLANET

Pumpkin Week

One small move a day. The taste waits for Day 6, and nobody has to try it.

We start on: _____



Day 1

MEET IT

Thump a pumpkin. At the store or a pumpkin patch, let each person pick up a small pumpkin. Heavy or light? Smooth or bumpy? Give it a thump and listen.



Day 2

ITS STORY

Lil TJ's quest. Watch Lil TJ's pumpkin adventure together, a cartoon from our Adventures of Lil TJ series.

Watch: <https://www.youtube.com/watch?v=pdrLaz3NXjM>



Day 3

WATCH

Pumpkin news. Watch the NutraPlanet News episode on pumpkins, and the parts of a pumpkin that often get thrown away, our kids' news show about food.

Watch: <https://www.youtube.com/watch?v=hTbaD8Ng0kA>



Day 4

ITS SONG

Power Up song. Play "Power Up with Pumpkin," a NutraBeats pumpkin song, while you cook or in the car.

Play it: <https://thenutraplanet.com/new-food-planner/?food=pumpkins>



Day 5

A JOB

Scoop the seeds. Scoop the pumpkin: pull out the stringy middle, pick out the seeds, count them and save them in a bowl. Grown-ups handle the knife.



Day 6

THE MALL
SAMPLE

A pumpkin sample. Set a few cubes of roasted pumpkin next to a meal that's already complete, like a free sample at the mall. Nobody has to try it.



Day 7

ON THE
MENU

Pumpkin night. Put pumpkin on the menu: roast the seeds you saved, or stir canned pumpkin into a pancake or muffin batter your family already makes.

This is the order NutraPlanet ran in school cafeterias, reaching 160,000+ kids across 10 school districts in 6 states. The interactive week, with every song and video: thenutraplanet.com/new-food-planner

Who does what at the table

Little ones' lines are for reading aloud to them. Kids' lines are theirs to read. Teens and grown-ups run the show.

DAY	LITTLE ONES (1 TO 4)	KIDS (5 TO 12)	TEENS AND GROWN-UPS
Day 1 Thump a pumpkin	Can you find a little pumpkin? Give it a hug. Is it heavy? Knock, knock on it!	Mission: find the heaviest pumpkin you can lift. Thump it like a drum. Hollow or solid? Report back.	You're on pumpkin duty. Pick the one worth bringing home and make the case for it in one sentence.
Day 2 Lil TJ's quest	Snuggle up and watch Lil TJ. Say "pumpkin!" every time you see one.	Keep count of every pumpkin in the episode and announce your number at dinner.	Watch it with the family, then be the one who asks the table: what part surprised you?
Day 3 Pumpkin news	Watch the pumpkin news. Clap every time you see orange!	Be the reporter: write down one pumpkin fact and announce it at dinner like breaking news.	Watch for the parts people throw away. Your call: which one would you actually try?
Day 4 Power Up song	Dance to the pumpkin song! Stomp, stomp, and jump on "power up"!	Learn the chorus first and lead it at dinner. Bonus points for your own dance move.	You're the DJ tonight. Pick when it plays and what comes on after it.
Day 5 Scoop the seeds	Squish the slimy middle with your hands. Can you find a seed? Plop it in the bowl!	Seed count challenge: guess how many are inside, then count them in piles of ten. Closest guess wins.	You're on the knife and the scoop. Open it up, clear it out, and save the seeds for Day 7.
Day 6 A pumpkin sample	Look, a tiny orange cube! You can touch it, smell it or lick it. You choose!	Review it like a food critic: color, smell, softness. You can review it without eating it.	Try a cube if you're curious, and give the table your honest review.
Day 7 Pumpkin night	Help stir the batter! Round and round. Can you see the orange?	Name tonight's pumpkin dish and announce it at the table. Your name goes on the menu.	Run the recipe: the seeds or the pancakes, start to finish. It's your dish.

Looking counts. The American Academy of Pediatrics says it can take 13 or more exposures to a new food before kids accept it, and that seeing, touching and smelling it all count as trying (HealthyChildren.org, "Taste, Touch, Explore").

For little ones. For little ones, serve tastes soft and cut small: the CDC lists pieces of hard raw vegetables and whole beans among choking risks for babies and toddlers.

This explains how NutraPlanet ran new foods in school cafeterias; it isn't feeding advice. For advice about your family, talk to your pediatrician or a registered dietitian.

Pumpkins have their own NutraPlanet Gazette issue, with a comic, songs and games. **Read a free issue:** heyzine.com/flip-book/de7071f981.html

Photo: George Chernilevsky, Public domain, Wikimedia Commons. © NutraPlanet · thenutraplanet.com