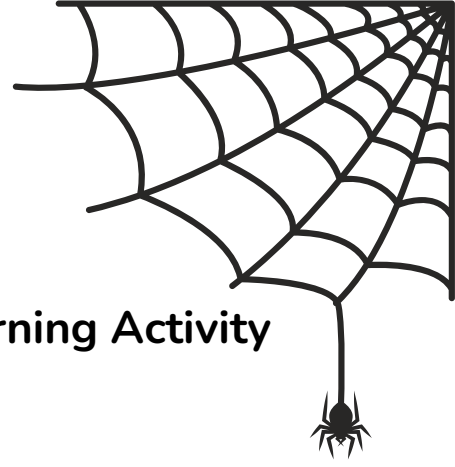




Pumpkin Guts Lab - Halloween Cooking & Learning Activity

Part 1 · Make Your Predictions (before the lid comes off)

How many seeds do you think are inside the pumpkin?

What do you think the inside will feel like?

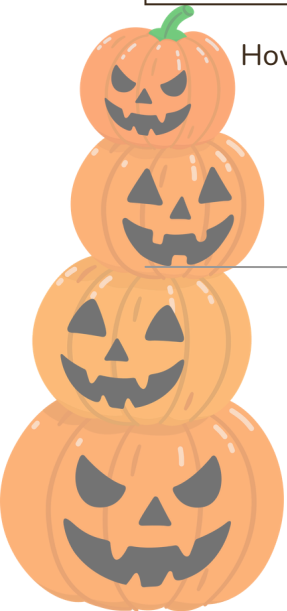
Which flavor do you think will win: salty, sweet, or spicy? Why?

Part 2 · Count It Up

Sort the seeds into piles of ten. Count the piles, then add the leftovers.

Lines (ribs) on the outside	My guess	Piles of 10	Leftover seeds	Real total

How close was my guess? Who in my family got closest?





Part 3 · Observe Each Flavor

Taste a raw seed first, then each roasted flavor. Write or draw what you notice.

	Color	Crunch	Taste
Raw seed			
Salty			
Sweet			
Spicy			

Part 4 · Taste Test Awards

Crunchiest:

Most surprising:

My favorite:

Family favorite:

Part 5 · What You Noticed

Something I noticed:

Something that surprised me:

If I invented my own pumpkin seed flavor, I would try:
