



FOOD FESTIVAL

By Aspens

October



Pumpkin

Pumpkin

Fact 1

Like tomatoes, a pumpkin has seeds and it is classed as a fruit not a vegetable.

Pumpkins might seem substantial, but they're actually 90 percent water.

Fact 2

Fact 3

Pumpkins are rich in vitamins, minerals and antioxidants that may boost your immune system.

The British pumpkin season runs from October to December.

Fact 4

Fact 5

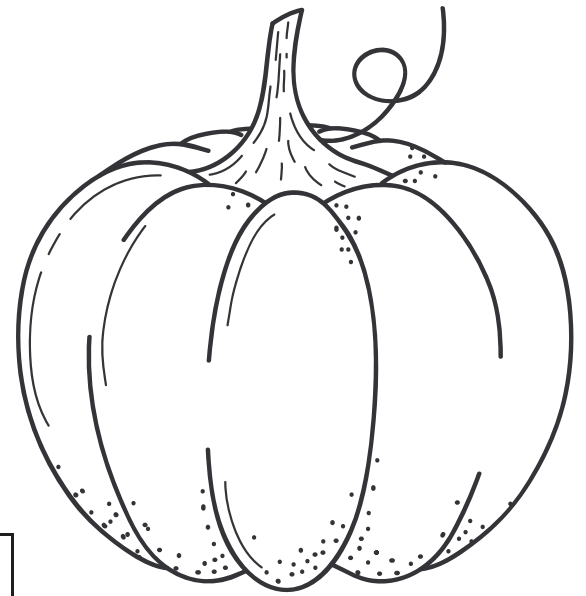
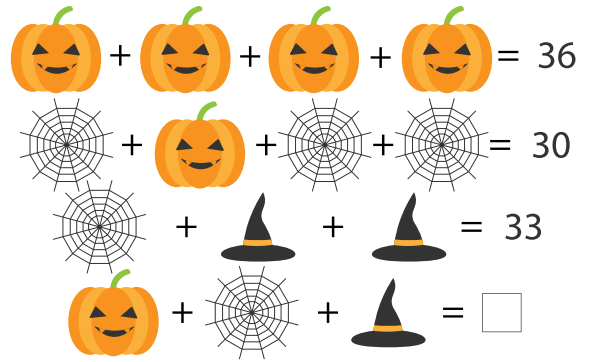
Pumpkins were once recommended for removing freckles and curing snake bites!

Fact 6

International Fact

In Bangladesh, people can grow pumpkins in the sand that is left after floods. The pumpkins provide a long lasting food for families and can also be sold to give an income to help pay for animals and schooling for children.

Did you know?



A crossword puzzle grid with 10 numbered squares. The grid is composed of white squares for letters and orange squares for empty space. The numbered squares are: 1 (A), 2 (S), 3 (U), 4 (M), 5 (P), 6 (N), 7 (T), 8 (U), 9 (A), and 10 (R). The letters are arranged in a crossword pattern.



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Recipe for Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes PUMPKIN! The winning dish will feature on our menu.



NAME OF DISH

INGREDIENTS

METHOD



Name:

School Name:

Class: