



Capstone
foster care

kids only!
ACTIVITIES
& CRAFTS!

Pumpkin Carving!



you will need...

a pumpkin
small serrated knife*
marker pen
large metal spoon
tea light

*ask an adult to help
with the knife!

follow these easy steps...

one:

Draw your face or pattern on the side of the pumpkin with your marker pen; this will help you know which side to scrape out thinner than the rest.

two:

Remove the lid by cutting a large hole in the top of the pumpkin. Trim off any flesh and seeds attached and keep for later.

three:

Using the spoon, scrape out the flesh from the inside of the pumpkin, remove more from the side that you've drawn on.



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four:

Ask an adult to help you cut out the shapes you've drawn.

TIP! Take little bits out at a time to avoid you cutting through by mistake!

five:

When you're done, ask an adult to help you light the tea light and pop the lid back on!



shopping list...

1 onion
pumpkin flesh
700ml vegetable stock
2 tablespoons olive oil



keep the flesh and
make pumpkin soup!



what to do...

1. Chop and fry the onion in the oil until brown
2. Chop the pumpkin into medium sized pieces and fry for another 10 minutes until soft
3. Pour in the vegetable stock, bring to the boil and simmer the soup for another 10-15 minutes
4. Wait till the soup is cool and blend in a food processor or with a hand blender until smooth

You could also pop the seeds in the oven to roast, and sprinkle them on top for decoration!

all done!

