



# Haunted Hummus Pumpkins

Our Haunted Hummus Pumpkin is a great way of serving dips at your Halloween party! Children will love dipping vegetable sticks and breadsticks into this haunted hummus.

## Ingredients

- 1 small pumpkin
- 1 pot of hummus
- Breadsticks
- Vegetable sticks such as peppers and cucumber

## Equipment

- Chopping boards
- Child- friendly knives
- Metal spoons



## Recipe Method

- 1) Practitioner/ parent: use a sharp knife to cut a small lid from the top of your pumpkin
- 2) Encourage children to use their hands, or a spoon, to scoop the middle of the pumpkin out
- 3) Support children to use their child- friendly knives to cut triangles out the side of the pumpkin (as seen in our picture). Remember- it doesn't have look perfect!
- 4) Encourage children to spoon the hummus into the pumpkin
- 5) Serve and enjoy!



## Opportunities for Learning- EYFS 1.5 and 1.9

**Develop cooking skills:** scooping, slicing and dipping.

**Encourage discussion and learning about food:** ask children questions such as:

- what shape is the pumpkin?
- what does the inside of the pumpkin feel like?
- do you know what hummus is made from?
- what colours can you see?

**Mathematics:** encourage children to:

- check there is enough ingredients and equipment for everyone
- count how many scoops it takes to empty the pumpkin
- count the number of spoons of hummus it takes to fill the pumpkin
- use a visual timetable to sequence the order of creating the recipe.