

FOOD\$ENSE kids

Veggie Vibes

Summer Squash

Objectives

1. Children will explain one reason summer squash is healthy for them.
2. Children will explain that summer squash comes from a plant that grows in the ground.
3. Children will experience summer squash using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using summer squash.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Slices of several varieties of summer squash for each child to handle, such as crookneck and zucchini
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Explain to the children that they are going to learn about a delicious vegetable today, summer squash.
 - Explain that squash is divided into two categories, summer and winter. Ask the children if anyone know the difference? *Hardness of skin, when it is ready to eat, thickness, storage, etc.*
 - We are going to talk about summer squash today.
 - We will learn why squash is healthy for our bodies, how it grows, and even get to learn how it tastes!
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Objective 1: Children will explain one reason summer squash is healthy for them.

Time: 5 minutes

- Squash is healthy for us because it has potassium in it. Do any of you know what potassium is? Do you know why we need potassium? We need it because it helps our heart to beat. Also, potassium helps other organs in our body.
 - Have the students say potassium with you to get the feel of how it sounds to them.
 - Ask students what is in squash that is good for their bodies. *Potassium*
 - Remind the students that all vegetables have lots of things in them that are healthy for us to eat.
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Objective 2: Children will explain that summer squash comes from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Sometimes we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
 - Describe each of the six parts of the plant.
 - Ask the children which part of the plant they think summer squash is.
 - Squash is the fruit of the plant.
 - Explain that we plant the squash seeds in the dirt.
 - The seeds need water and sun to begin to grow. The seed becomes a tiny plant called a seedling. Then the seedling grows into a really big squash plant.
 - The plant grows pretty yellow flowers, which grow into squashes.
 - Tell the children that summer squash is picked before it becomes too big, and needs to be eaten soon after being harvested. Because of this it isn't stored for long periods of time like winter squash can be.
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Objective 3: Children will experience summer squash using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains a slice of crookneck squash and slice of zucchini.

- Ask the children to name the five senses. List the senses on the board (sight, sound, smell, touch, and taste) and ask the children for an example of each sense when you write them on the board.
- Explain to the children that they are going to look at the differences between a yellow crookneck squash and a zucchini.
- Explain that as a class we will be writing on the board the differences and similarities of the two types of squash.
- Ask the class to tell you how the crookneck and zucchini are different in sight, sound, smell, and touch. How are they the same?
- At the end of the activity, discuss that even though the crookneck and zucchini are different they are also very similar and both are very healthy.

Objective 4: Children will make and eat a simple, nutritious recipe using summer squash.

Time: 10-15 minutes

- Tell the class now that we have learned all about summer squash, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

- How does summer squash help our body?
- What part of the plant does a summer squash come from?
- How did you like the taste of the summer squash?

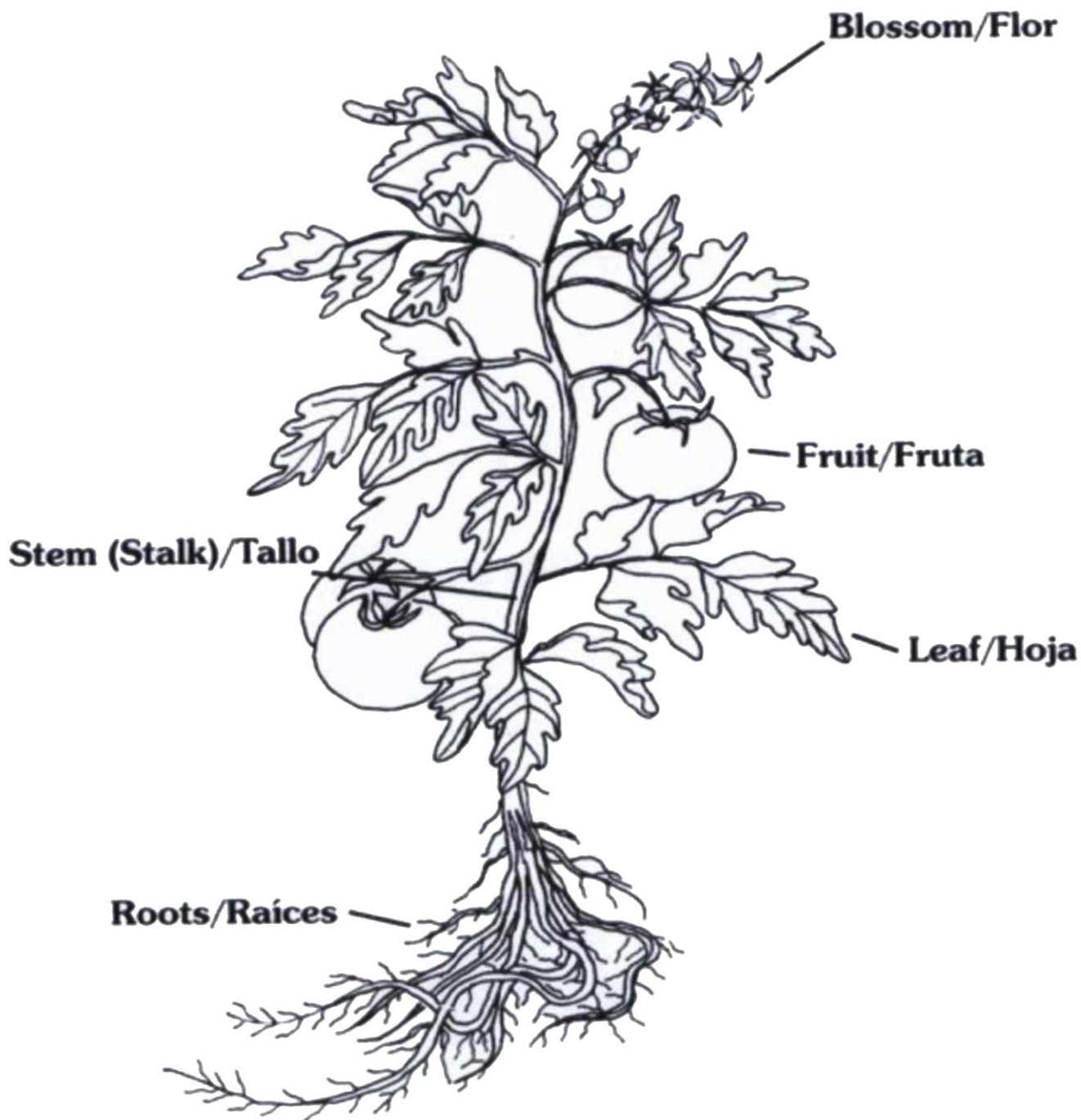
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

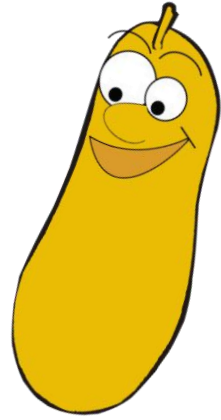
PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about summer
squash!

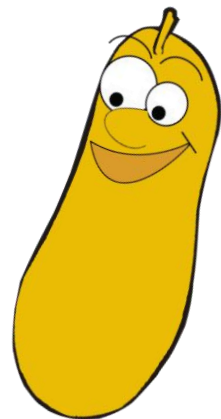


Teacher Signature:

Date:

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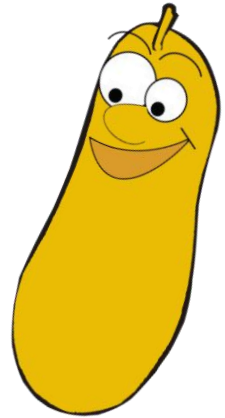


Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUN SUMMER SQUASH FACTS

- Summer squash is high in potassium and helps our hearts beat
- Summer squash is the fruit of the plant
- Summer squash tastes delicious!

GREAT SUMMER SQUASH RECIPES

Roasted Zucchini

1 pound zucchini (about 3 medium)
Olive oil for brushing
¼ cup parmesan cheese
Salt and pepper to taste

Preheat oven to 425°F. Cut ends off zucchini and slice into ¼" thick slices. Place on a baking sheet and brush with olive oil. Sprinkle with salt and pepper. Roast 10-15 minutes or until squash is tender and starting to brown. Once out of the oven, sprinkle squash with cheese. Let cheese melt and serve.

Crookneck Squash with Corn and Green Chiles

5 - 6 small, tender, crookneck squash, sliced
1 medium onion, coarsely chopped
1 small can diced green chilies
2 cups fresh or frozen corn

Combine all ingredients in a large skillet. Stir and cook over medium heat until vegetables are tender. Season with salt and pepper to taste.

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