

SEPTEMBER

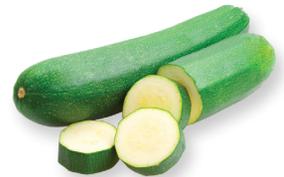
ZUCCHINI

VINE VEGETABLE

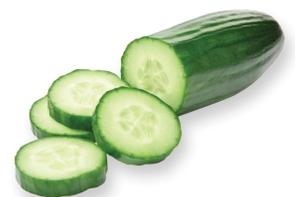
**GRADE
K-1**

RECOMMENDED BOOK	<p>"Pumpkin Circle: The story of a Garden" by George Levenson "Mrs. McNosh and the Great Big Squash" by Sarah Weeks "Vegetables! Life on a Produce Farm (Food From Farmers)" by Ruth Owen "Seeds! Seeds! Seeds!" by Nancy Wallace "Muncha! Muncha! Muncha!" by Candace Fleming "Zucchini Poem" by Robyn Reese</p>
NEEDED SUPPLIES	<p>Zucchini, cutting board, knife (Optional tasting to make kabobs: zucchini, yellow squash, cherry tomato, toothpick)</p>
NEEDED RESOURCES	<p>"Stories in Motion: A Visit to the Vegetable Patch" "Parts of Plant Overhead" "Food Tasting Instructions" "Important Food Safety Steps!" (Resource for educators on food safety) "Handwashing Instructions" "Z for Zucchini" coloring page</p>
21ST CENTURY SKILL	<p>Students will learn the importance of vegetables in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors. <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of zucchini (part of plant, how to recognize, how to eat, how to prepare). Students will learn that friends and educator eat fruits and vegetables. Students will learn to try new vegetables. Students will learn how to be good tasters.
PHYSICAL ACTIVITY	<p>"Stories in Motion: A Visit to the Vegetable Patch"</p>
RECAP FROM SUMMER	<p>There are a lot of fruits and vegetables available in the grocery store and farmers' markets during the summer. What fruit or vegetable did you eat? Where did you get it? When do you eat fruits and vegetables? Do you ask your grown-ups for fruits and vegetables? I like fruits and vegetables. I bet you do too. I will bring you many different fruits and vegetables to sample this year.</p>
FUN FACTS ABOUT ZUCCHINI	<ul style="list-style-type: none"> Zucchini is a warm season crop. It has a short growing season compared to melons and cucumbers. Once the fruit starts to grow, it can grow one inch per day. Zucchini is a summer squash. It is different from winter squash because it is harvested and eaten before it matures, so the rind is soft. It is the most common summer squash. Zucchini is best when picked small (about 6-8" long). Zucchini is considered a vegetable in our diet, but botanically it is the immature fruit of the plant. A zucchini plant has large, dark green leaves. Zucchini originated in Italy, but most squash varieties came to America from Europe. The Native Americans introduced squash as one of the "Three Sisters." The three native plants used for agriculture were corn, beans and squash.

**VINE VEGETABLE
FEATURED TASTING:
ZUCCHINI**



**ALTERNATIVES:
TOMATO**



CUCUMBER



SQUASH

WHAT YOU NEED TO KNOW ABOUT ZUCCHINI

- You can eat all parts of summer squash – skin, seeds, and flesh – raw or cooked.
- Zucchini is usually dark green in color.
- Choose zucchini that has smooth, shiny skin and feels heavy for its size. Ripe zucchini is firm and gives slightly to pressure.
- Zucchini can be stored for one week in the refrigerator in a plastic bag. Wash before using.
- Once zucchini has been cut up, it can last for three days in a sealed bag or container in the refrigerator.

HEALTH CONNECTION

- Zucchini is a good source of Vitamin C. Reinforce by putting up your defense shield (cross arms out in front of chest). Zucchini helps to ward off germs and keep us healthy.

DISCUSSION

Zucchini grows on a plant that lasts only one season. We eat the flesh and the seeds. There are other vine vegetables that grow similar to zucchini, such as yellow squash, cucumber, tomato, winter squash and chayote (Mexican squash). (Optional: Compare zucchini to yellow squash, winter squash, and choyte). Zucchini can grow in Iowa summers. Have you ever tried to grow zucchini in a garden?

I will visit your class this year to talk about Pick a **better** snack™ and being healthy. We will do some fun activities, move around and taste a fruit or vegetable each month. Your teacher and I believe it is important for children to eat fruits and vegetables to be great learners.

- Be brave tasters. We may bring something you have never tried before and you will have a chance to try it!
- This is your time to try something new and to go home and tell your grown-ups about what you tried.
- Be respectful of your classmates and vote quietly with your thumbs: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. It's okay to not like it but we ask you to use nice words and be respectful.
- Keep an open mind. Maybe you have tried it before and you are not sure you like it. Did you know that you may have to taste something seven times before you realize that you like it? Try and try again.
- Be safe. Wash your hands with soap and water (or use hand sanitizer if sink not available). I will wear gloves when handling the food.

ACTIVITIES

Use a projector to display "Parts of Plant Overhead." When we eat our fruits and vegetables we are eating parts of the plant. Zucchini is the fruit of the plant.

Root: Grows underground.

Stem: Above ground; attaches to root and leaves; carries water from roots to leaves.

Leaf: Usually green, grows above ground.

Flower: Above ground; attaches to stem.

Fruit: Above ground; attached to stem; contains seeds.

Seed: What you plant; contains food for the plant .

Pass around a whole zucchini.

Distribute "Z for Zucchini" coloring page.

SENSES CONNECTION

See: What does it look like? What color is it on the outside? Does it look like another vegetable you know of? What color is it on the inside? Are there seeds inside? How long do you think it is?

Touch: Is it hard or soft? Is the peel smooth? Is the inside smooth?

Smell: Does it have a smell? Does is smell sweet?

Taste: Does it taste sweet? Does it taste bitter?

Hear: Is it crispy?

SEPTEMBER

ZUCCHINI
VINE VEGETABLEGRADE
K-1**TASTING**

Prepare a zucchini sliced, diced and julienned. Show the difference in appearance when it is cut lengthwise and then crosswise. Taste zucchini plain. (Idea: Make a vegetable kabob with zucchini, yellow summer squash and a cherry tomato on a toothpick.) Child will vote with thumbs as to preference for zucchini: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Who wants to eat zucchini again? What are some other ways you eat zucchini? (salad, grilled, sautéed, in a spaghetti sauce)

CLOSING DISCUSSION

What is the name of the vegetable we just tasted? How can you purchase zucchini? Look in the grocery store's fresh fruit and vegetable section. The produce – or fresh fruit and vegetable – section is usually the first thing you see when you go into the grocery store. Do you think you would be able to help a grown-up find zucchini in the produce section? Who will ask their grown-ups to buy zucchini the next time they go to the store? How will you eat it?

TAKE-HOME MATERIALS

Pass out "Ask me about...zucchini" stickers. Send home the parent newsletter.

REFERENCES AND RESOURCES

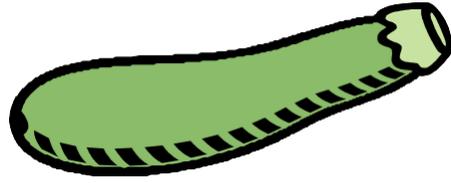
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Zucchini
- [Click here](#) California's Harvest of the Month: Zucchini
- [Click here](#) SNAP-Ed Seasonal Produce Guide: Summer Squash
- [Click here](#) USDA Great Garden Detective (parts of plant pg. 12)
- [Click here](#) Team Nutrition Summer Squash and Zucchini Resources
- [Click here](#) ISU Extension and Outreach Growing Squash in the Home Garden
- [Click here](#) When do Zucchini Plants Start to Vine?
- [Click here](#) Zucchini Vines

OTHER WAYS TO EAT ZUCCHINI

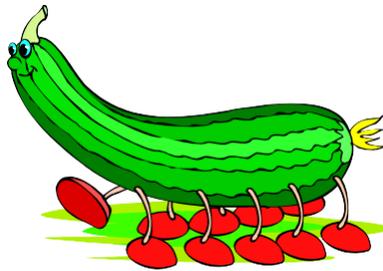
Bake; steam; roast; stir-fry; grill; pickle; zoodles (zucchini noodles – make with a spiralizer); zucchini pancakes; zucchini bread; dip zucchini in salsa, balsamic vinegar salad dressing, or sweet chili sauce; zucchini hummus; dehydrate to make chips; topping for pizzas; roast w/sauce & cheese; kabobs; raw w/pizza sauce; grilled chips w/garlic; add to lasagna; sprinkle seasoning on and eat; cut into long strips/sticks; slice like a hot dog bun and make a pizza on it.



A Poem For Zucchini



Don't think your mom is a big meanie,
If she insists that you eat your zucchini.
Zucchini is a squash that is long and green.
It tastes delicious raw, baked, or steamed.
Italian and yellow are some of the varieties.
Provides vitamin C and a mineral called manganese.
Zucchini is like pumpkins and grow on a vine.
They are ready to harvest in the summertime.



By Robyn Reese
First Grade Teacher



This material was adapted from Harvest of the Month™, a program of the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed. To learn more, visit www.harvestofthemonth.com



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Visit to the Vegetable Patch

- We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride. Lean to right as we bounce around the corner. Now lean to the left.
- We made it! Put on your boots and gloves and let's take a walk around the farm. Look at all of the vegetables. Which one is your favorite?
- Let's go dig some root vegetables first. Get your shovel ready and scoop up some potatoes and then pull up the carrots and onions. Put them in your wheel barrow.
- Next we can walk over to pick some leaves. Do you eat leaves? Of course you do. One kind of vegetables is leaves! Reach down low and tear off some lettuce and spinach.
- Ohh! Look at the pretty flowers over there. Bend at your waste with your legs straight and smell the flowers. We eat flowers too! Let's reach down and cut some heads of broccoli and cauliflower. Yummy!
- I see a whole field of tall corn stalks. Stand on your tip toes. Can you see over the top? Now, reach up high and pick some ears of corn. Keep picking until you have a basket full.
- Let's skip over to those vines and shrubs. Reach down to pick peppers, tomatoes and zucchini.
- Finally, let's head inside to the kitchen and cook up something good to eat with all the vegetables from the garden. Mmmmmmm!!!

Teacher Reproducible

Note: Print and then display in visible locations, like over the sink or washing area, and in food preparation and gardening areas. All adults and children harvesting, preparing, or eating food must follow these steps.

IMPORTANT FOOD SAFETY STEPS!

It is important that you follow these steps to keep yourself, your students, and any parents or volunteers safe and healthy.

Hand Washing: All persons participating in the food preparation activity (teachers, students, volunteers, parents) should wash hands before and after preparing, handling, or sampling foods.

Hands should be washed using soap and warm water, scrubbed and lathered for 20 seconds, rinsed under running water, and dried using a clean paper towel. Alcohol-based, rinse-free sanitizers should be used when hand washing with soap is not possible.

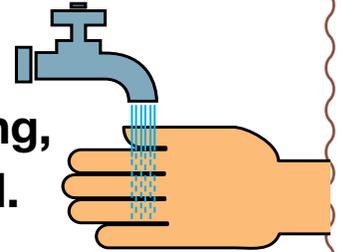
Surfaces: Surfaces, such as tables, countertops, sinks, utensils, cutting boards, and appliances, should be washed with hot, soapy water. Wipe up spills immediately. Appliances such as microwaves should be cleaned frequently.

Fruits and Vegetables: Produce, regardless of whether it was grown or purchased, must be rinsed thoroughly (even if you plan to peel or cut the produce before eating). Rinse fresh fruits and vegetables under running water just before eating, cutting, or cooking. Do not use soap or detergent. Many precut/prepackaged items, like lettuce or baby carrots, are labeled as prewashed and ready-to-eat. These products may be eaten without further rinsing.



HAND WASHING

There's a proper way to wash your hands. Follow these steps before and after harvesting, and *always* before handling and eating food.



- 1.** Wet your hands with warm, running water.
- 2.** Apply soap.
- 3.** Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
- 4.** Continue rubbing hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 5.** Rinse well under warm, running water.
- 6.** Dry your hands with a clean towel or an air dryer.

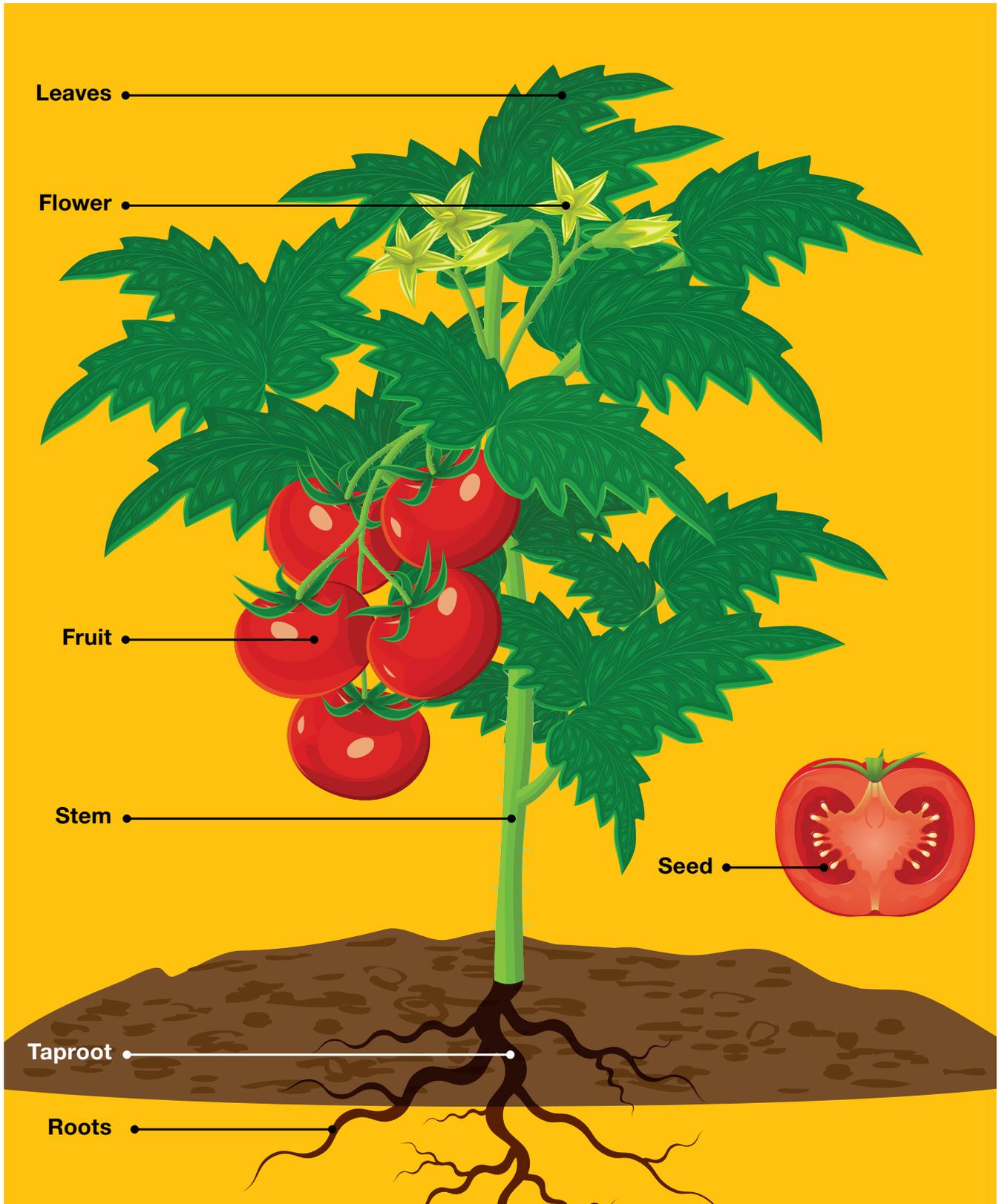
Food Tasting Instructions

Trying a new food can be fun!

- When offered food, be polite and say, “Yes, thank you” or “No, thank you.”
- Try it! At least one small bite.
- If you like it, think of other ways you could eat the food at home and school.
- If you don’t like it, you may politely remove the food with a napkin.
- It is OK not to like something, but please be kind. No yucky faces or mean words.
- Be willing to try the food again! Sometimes it takes a while to like a new food.



Parts of the Plant



Z

for Zucchini

z

