

FOOD\$ENSE kids

Veggie Vibes

Winter Squash

Objectives

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

Total Time: 30-40 minutes

Required Materials:

- A small piece of waxed paper for each child
- Parts of a Plant Chart
- Several varieties of winter squash, such as butternut, acorn, hubbard, turban, spaghetti, pumpkin, etc. Cut one of these in half to expose inside and seeds
- 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 – if making Butternut Squash Bites, roast them ahead of time and reheat in electric skillet for demonstration
- 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: 1-2 minutes

- Show children the different varieties of squash and ask them what shape they are.
 - Ask the children if they can name any of the squash. Help them if they don't know.
 - Explain that today you will be discussing winter squash.
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Objective 1: Children will explain one reason squash is healthy for them.

Time: 5 minutes

- Ask the children if they have ever heard of vitamin A?
 - Explain that vitamin A is found in squash and is important for eyes to be able to see well in the light and in the dark.
 - Have the children take a small piece of waxed paper and hold it over their eyes and ask them if they can see very well, then have the children remove the waxed paper and ask them how well they can see. Explain if they get enough vitamin A in their diet it will help them to see clearly instead of have the cloudy vision they experienced with the waxed paper in front of their eyes.
 - Explain that the colors, orange and yellow, in vegetables is a sign they have vitamin A in them. Winter squash is a vegetable that contains a lot of vitamin A to help our eyes be healthy. Ask them what other vegetables are orange and yellow. Answers may include:
 - Carrots, yellow peppers, yellow tomatoes, corn, sweet potatoes, yams, and yellow beets.
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Objective 2: Children will explain that a squash comes from a plant that grows in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants grow from seeds. Usually 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 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 the squash is from. (fruit)
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Objective 3: Children will experience the food using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Make columns on the board for each variety of squash presented to the children.
- Present each squash and name it.
- Have the class pass around the squashes, including the two halves of cut squash. Allow children feel, smell, tap, and observe the appearance of the squash.
- Ask the children:
 - How does the squash feel inside and outside?
 - How does the squash sound?
 - How does the squash smell?
 - What does the squash look like?
- Write the sensory descriptions from the children in appropriate columns on the board.
- Encourage children to use different sensory terms for each variety of squash.

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

Time: 10-15 minutes

- Tell the class now that we have learned all about squash, we are going to taste them.
 - 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.
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Conclusion:

Time: 2 minutes

Ask the class:

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

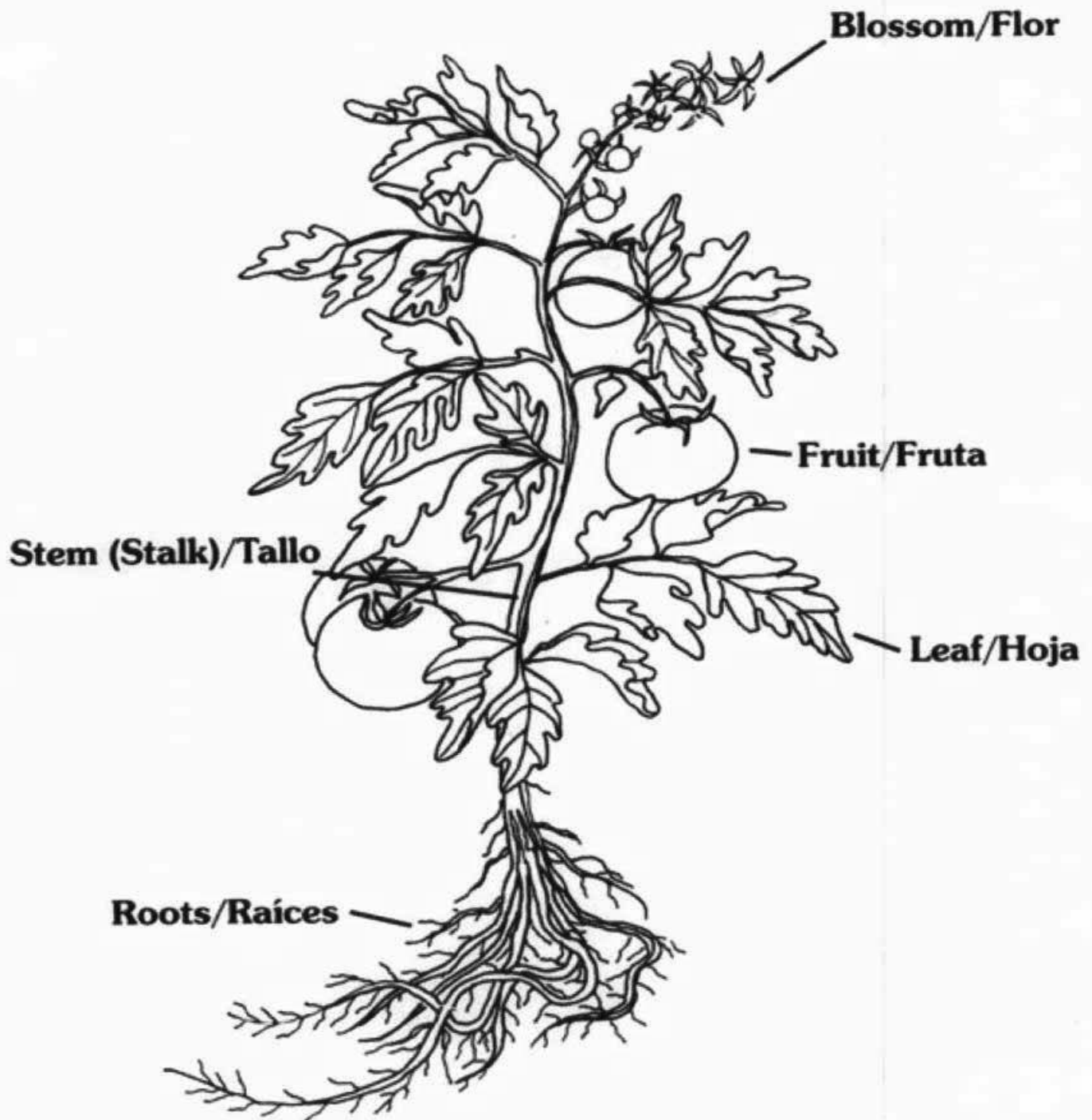
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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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 winter squash!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

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For tasting and learning about winter squash!

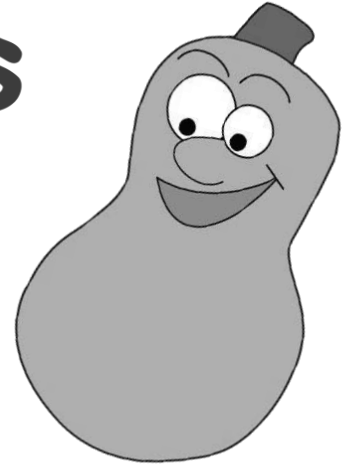


Teacher Signature:

Date:

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FUN WINTER SQUASH FACTS

- Winter squash is high in vitamin A so it helps us see
- Winter squash is the fruit part of the plant
- Winter squash taste delicious!

GREAT WINTER SQUASH RECIPES

Butternut Squash Bites

1 large butternut squash
2 tablespoons olive oil
2 teaspoons salt

1 teaspoon black pepper
Ketchup or syrup to serve

Preheat oven to 400°F. Peel squash, slice in half, and scoop seeds out. Cut into 1-inch bites. Toss with olive oil. Place on cookie sheet sprayed with non-stick spray. Cover lightly with salt. Bake 40 minutes or until they become soft in the center and start to brown on the edges, flipping with spatula halfway through baking. Serve with ketchup or syrup if desired.

Squashy Spaghetti

1 (~3½ lb.) spaghetti squash
1 jar favorite spaghetti sauce
Parmesan cheese for garnish (optional)

Wash outside of squash well. Pierce in several places with a fork. Place in microwave and cook for about 10 to 12 minutes, until soft. Let cool for 5 minutes or so. While squash is cooling, place spaghetti sauce in microwavable bowl and heat for 5-8 minutes, stirring occasionally. Cut squash in half and remove seeds. Using a fork, shred squash into long strands in a bowl. Place shredded squash on plates. Pour hot sauce over the squash. Garnish with Parmesan cheese, if desired. Makes 8 servings

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