



## Out-of-School Time Learning Plan Winter Squash

### Harvest Out-of-School Objectives

Participants will review which plant part winter squash is from  
Participants will review the health benefits of winter squash  
Participants will make a winter squash out-of-school time snack



### Harvest Out-of-School Review

- Hold up the winter squash and ask the participants if they remember, from school:
  - what it is called (winter squash)
  - what plant part winter squash are from (after pollination, swollen flowers—see image on next page)
  - what type of food category it is in (botanically it is a fruit because seeds are inside, but culinarily it is considered by many to be a vegetable)
- Review with them how winter squash grows (from flower on a vine), why we should eat winter squash (healthy eyes, healthy immune system—heals cuts and prevents colds, healthy digestion, and healthy muscles) and how to pick a good winter squash (it should be heavy when you pick it up, and firm when you press it). Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—How can food be cut into different shapes?

- Hold up the winter squash and ask the participants to sketch what shape the pieces would look if you cut the squash lengthwise. Allow participants 1-2 minutes to visit about their ideas with a partner and sketch their brainstorms.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### Sweet Roasted Acorn Squash Flowers (for 10 participants)

(adapted from <http://www.superhealthykids.com/recipes-blog/sweet-roasted-acorn-squash-flowers.php> )

- 2 small or medium acorn squash
- 2 tablespoon Olive Oil
- 4 oz Parmesan Cheese
- 2 dashes Salt
- Plate/Fork/Spoon (1 per participant)
- 1 Cookie Sheet
- 1 Large Kitchen Knife (for an adult to use)
- 1 Cutting Board



General Directions: Trim and slice off the skin of the "neck" of a butternut squash. Grate the squash on the large holes of a hand grater. Stir in the remaining ingredients, serve.

1. All participants should wash their hands.



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- a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the squash under running water and rub the skin with hands to remove any soil.
  3. Adults: With the students watching, lay the Acorn squash it is on its side (horizontal on the cutting board) and cut cross-ways, so you get the flower shaped slices. (Cutting the squash is not a task for the participants, only for adults.) Ask the students, "Did anyone have the correct brainstorm?"
  4. Give each participant a flower shaped slice, and using a spoon have them scrape the seeds out from the inside of each slice. (The seeds may be saved to roast later, or discarded.)
  5. Have 1 participant prepare the baking sheet, either with parchment paper or spreading a dash of oil all over the bottom.
  6. Have the participants place their flower slice on the baking sheet, and then drizzle the top of their piece with olive oil. Then they can sprinkle with salt and Parmesan cheese.
  7. Bake at 425 degrees for 30 minutes. Allow to cool and then enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the winter squash, have the participants record in their HOM journal on their "Like" "Need to Try Again" table where they put winter squash.
- Naturally, we all want to say if we like or didn't like the taste. But, research shows it can take up to 15 tastes to get our taste buds and minds to "like" some foods. Participants should know that our taste buds change over time, and that sometimes we like a food item better based upon the way it is prepared. To help keep their minds open to healthy foods consider these responses: "Thumbs up if you like squash right away." "Thumbs up if you need to try again later or try it prepared another way."
- On their "Why we should eat..." page have the participants record one health benefit of winter squash.
- Ask the students, "What other shapes can be made out of other fruit and vegetables?" (Cucumbers into circles, celery into U's, apples into crescents, etc.)
- If time permits, participants may share their responses in pairs, or with the group.

## How does Winter Squash grow?



After  
 pollination,  
 the flower  
swells to  
 become the  
 winter squash  
 that we eat.  
 Winter squash  
 grows on a  
 vine.



## Why should we eat Winter Squash?

Vitamin A



Healthy eyes

Fiber



Healthy digestion, cleans  
out your system

Vitamin C



Healthy immune system  
(heals cuts, prevents colds)

Iron



Healthy muscles