



Preschool Home Visit Learning Plan

Zucchini

Harvest Objectives

Families will describe the outside and inside of zucchini

Families will identify that zucchini grow on vines and have seeds inside

Families will taste a piece of zucchini



Harvest Vocab

Outside

Inside

Firm

Smooth

Vine

Materials & Prep

1 Zucchini

Brown paper bag

Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Taste Test Extension supplies (optional)

Literature Connections

An Edible Alphabet: 26 Reasons to Love the Farm by Carol Watterson

The Giant Zucchini by Catherine Siracusa

A Fruit Is a Suitcase for Seeds by Jean Richards

Warm Up

- In order to engage the family and activate prior knowledge, place a whole zucchini in the brown paper bag. Pass the bags around and have the family feel the zucchini, without looking at it and think of a describing word. Ask them what it feels like and record their responses in a list under the word "Outside." Then take out the zucchini and ask the family what it looks like and continue to record responses.
- In a different column, write the word "Inside." Then cut one zucchini in half vertically so it is a circle and another in half horizontally so it is an oval. Pass them around and ask them what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before? If so, how was it prepared?"

Explain

- Share with the family the word "zucchini" and write it on top of the warm up list. If nobody mentioned the word smooth in the warm-up, share that now along with other examples. Explain that chefs in the kitchen consider zucchini to be a vegetable, however botanically it is a fruit (the seeds, the small white ovals, are inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.). If possible, put out



Preschool Home Visit Learning Plan Zucchini

pictures of fruits and vegetables and allow the families to think about which ones have seeds inside.

- Describe how zucchini grows (from a vine), why we should eat zucchini (healthy muscles, healthy bodies, and healthy immune systems—prevents colds) and for each reason come up with an action to help the family remember. For example, they can flex their muscles while saying “healthy muscles.” Also explain how to pick a good zucchini (it should be firm when you press it gently). Please see the next pages for images to share with the family.

Taste Test

- After rinsing the zucchini under running water, cut quarter circle pieces for each family member to taste.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give everyone a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like zucchini and write that number in each column.
- Review with the family the health benefits and how zucchini grows.

Toddler Tasting

- To make zucchini baby food puree, rinse the zucchini, remove the top and bottom, and cut into slices. Steam slices for a few minutes, until tender, and then place in a food processor. Blend until smooth. When cool, serve and enjoy!

Taste Test Extension

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

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

Zucchini Bread (for 1 small loaf)

(adapted from: <http://www.cooks.com/rec/view/0,174,144187-242205,00.html>)

1 c. flour	1 egg
1/3 c. sugar	1/3 c. oil
1/4 tsp. baking soda	1/4 tsp. salt
1/2 tsp. cinnamon	1 c. grated fresh zucchini
1 tsp. vanilla	Hand-grater
Measuring Cups	Loaf or square pan(s)
Oil (to grease pan)	Mixing bowls & spoons

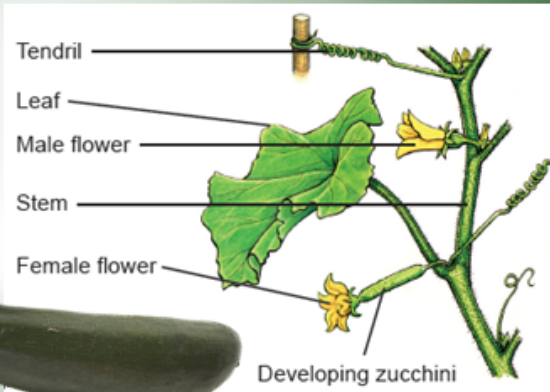
1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)



Preschool Home Visit Learning Plan
Zucchini

- 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 zucchini by running it under running water and rubbing the surface with your hand to remove any soil. Cut zucchini into pieces the width of the hand-grater.
3. Demonstrate how to hold the zucchini piece away from the hand-grater and push downward, while they roll their fingertips under to protect them. Have each family member grate some zucchini.
4. Have the family measure and mix ingredients together, keeping the wet and dry ingredients separate until the last mix.
5. Pour in a greased bread loaf pan or square pan. Bake at 350 degrees, 50 minutes, or until a fork inserted in the middle comes out clean. Let cool, serve and enjoy!

How does Zucchini grow?



Zucchini grow on a vine. After pollination, the zucchini flowers develop into zucchini.

Why should we eat Zucchini?

Potassium



Healthy muscles

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

Vitamin B



Healthy bodies
(cell metabolism)