



Harvest Objectives

Children will describe the outside and inside of zucchini

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

Children will taste a piece of zucchini



Harvest Vocab

Outside

Inside

Firm

Smooth

Vine

Materials & Prep

4 Zucchini (plus enough for each child to taste small $\frac{1}{4}$ pieces)

Brown paper bags

Chalkboard/Whiteboard and 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 children and activate prior knowledge, place whole zucchini in brown paper bags (one per bag). Pass the bags around and have the children feel the zucchini, without looking and to 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 children what it looks like and continue to record responses.
- Write the word “Inside.” Then cut one zucchini in half so it is a circle and another in half vertically so it is an oval. Pass them around and ask the children 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?”

Explain

- Share with the children 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 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 pictures of fruits and vegetables and allow the students 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 students 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 children.

Taste Test

- Cut quarter circle pieces of the zucchini for each child to taste. The skin is edible, so rinse it before cutting and tasting the pieces.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like zucchini and write that number in each column.
- Review with the students the health benefits and how zucchinis grow.

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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

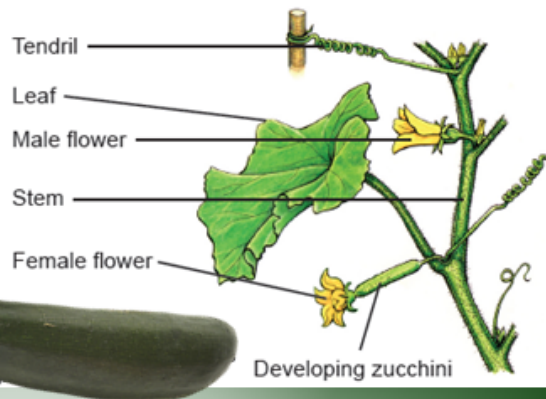
Zucchini Bread (for 20 students)

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

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

1. Rinse the zucchini by putting 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.
2. Invite the students to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the zucchini piece away from the hand-grater and push downward, rolling their fingers under to keep their fingertips out of the way. Have each student grate some zucchini.
4. Have students measure and mix ingredients together, keeping the wet and dry ingredients separate until the last mix.
5. Pour in 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)