



## Out-of-School Time Learning Plan Zucchini

### Harvest Out-of-School Objectives

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



### Harvest Out-of-School Review

- Hold up the zucchini and ask the participants if they remember, from school:
  - what it is called (zucchini)
  - what plant part zucchini 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 zucchini grow (after pollination, the zucchini flowers swell and become zucchini), why we should eat zucchini (healthy immune system—prevents colds, healthy muscles, and healthy bodies) and how to pick good zucchini (they should be firm, dark green, and dry on the outside). Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—How can you make food look like body parts?

- Hold up one zucchini slice and ask the participants to sketch what 3-4 ingredients might be needed to make the slice look like an eyeball. Have them think about the parts of their eyes, share their ideas with a partner for 1-2 minutes and write/sketch their brainstorm. If time permits, have a group discussion about their ideas.

### 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

#### Zucchini Eyeballs (for 10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/zucchini-eyeballs.php>)

|                                  |                               |
|----------------------------------|-------------------------------|
| 5 small zucchini, sliced         | 1 14oz jar marinara sauce     |
| 1 8 oz package mozzarella cheese | 1 8 oz can large black olives |
| 8 knives                         | 8 cutting boards              |
| Baking Sheet                     | Bit of oil or parchment paper |
| Plate/Fork (1 per participant)   | Spoon (for sauce)             |



General Directions: Lay zucchini slices on baking sheet and cover with sauce, cheese and one olive slice.

1. All participants 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)

- 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 under running water and rub the skin with hands to remove any soil. Demonstrate how to cut the zucchini into slices. Hold the zucchini in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under so their fingertips are protected. Each slice should be about ¼ of an inch wide, about the width of a pencil.
3. While 4 participants are cutting the zucchini, have 4 participants slice the olives. Demonstrate how to slice the olives by holding an olive on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under so their fingertips are protected. Each large olive should make about 3-4 slices.
4. Have 1 participant prepare the baking sheet by either spreading out the oil, or putting down the parchment sheet and 1 participant prepare the eating area.
5. After the cutting is done, have each participant make ~5 zucchini eyeballs on a plate. Lay the zucchini down flat and spoon on a small amount of marinara sauce. Then sprinkle on the cheese and add one olive slice on top. Then carry their slices on the plate over to the baking sheet to add them to it. Broil on high for 2-4 minutes. Enjoy!

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

- After trying the zucchini, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put zucchini.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the students, “What other “body parts” can be made out of other fruit and vegetables?” (Carrots into fingers, tomatoes into heads, pumpkins into faces, etc.)

### 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)