Zucchini Taste Test 4-5 year olds

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Overview: Students will learn about squash

Georgia Early Learning and Development Standards:

- PDM5.4b Demonstrates coordination and balance in a variety of activities.
- PDM2.4a Helps prepare nutritious snacks and meals.
- CD-MA2.4d Describes data from classroom graphs using numerical math language.

Objectives:

- Students will identify zucchini as a food that grows on the farm/garden.
- Students will help make a healthy snack to taste.
- Students will report if they “loved, liked or tried” the snack, then will describe the data from the classroom graph.

Materials:

- Taste Test handout (for teacher reference)
- Zucchini (ideally, one per small group table)
- Materials for zucchini recipe (if making zucchini pizza bites, find ingredients needed *here* link to recipe)
- Materials to make a graph: large paper and marker, chalkboard and chalk, etc.
Lesson Plan

Engage (whole group): 15 minutes

- Ask the students “Where do our foods come from?”
- Explain that while we buy food from the grocery store, most of it was grown or raised on a farm. Ask the students to name foods that come from the farm (including vegetables, fruits, meats, eggs, dairy foods, etc.)
- **Story in Motion: Visiting the Farm.** Read the story below while you and the students act out the underlined movements.

Today we’re going to visit the farm. Let’s **climb the stairs** onto the bus and **buckle our seatbelt**.

We have arrived at the farm. We get off the bus, and meet the farmer. He says “it’s time to milk the cows, we better **run (in place)** fast to the barn.” We all get a turn to **squat down and milk the cow**.

Now we visit the chickens. What sound do chickens make? Let’s **walk and cluck like chickens**. Does anyone see any eggs? Let’s **pick the eggs up and put them in our basket**.

Next, we ride a tractor to the vegetable garden. The **ride is bumpy**, woah! First, we see cornstalks. Let’s **reach up high** to grab corn off the cornstalk. Then, we see carrots. Let’s **bend down and pull** the carrots from the ground.

What is that? I see something growing on the ground. It’s green, and long, and looks yummy. What could it be? **Zucchini**! Let’s **get on our hands and knees, and use our scissors (fingers)** to **cut the zucchini off the stem**.

Everybody slowly and carefully carry your zucchini to your table.
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Explore (small groups and at table): 10-15 minutes
- Have the children help make a zucchini recipe, like Zucchini Pizza Bites (link to recipe)
- Photo: Food Network
  (Transition back to the whole group as the recipe cooks)

Explain (whole group): 10 minutes
- Explain that the class will soon get to taste their creation.
- Review and agree on rules for tasting new foods, for example: