

September

HARVEST OF THE MONTH

SQUASH & ZUCCHINI

NC Standard Course of Study

Healthful Living

3.NPA.2 Create strategies to consume a variety of nutrient-dense foods and beverages and less calorie-dense and empty calorie foods.

4.PCH.3.2 Analyze advertisements of health products and services in terms of claims made and the validity of those claims.

5.NPA.2.1 Summarize the influences of family, culture, and the media on food choices

Science

3.L.2.1 Remember the function of the following structures as it relates to the survival of plants in their environments:

- Roots – absorb nutrients
- Stems – provide support
- Leaves – synthesize food
- Flowers – attract pollinators and produce seeds for reproduction

3.L.2.3 Summarize the distinct stages of the life cycle of seed plants.

4.L.2.2 Explain the role of vitamins, minerals and exercise in maintaining a healthy body.

Social Studies

EX.4.E.1.2 Communicate the roles and impact producers and consumers have on the North Carolina economy.

3.G.1.4 Explain how the movement of goods, people, and ideas impact the community

Information and Technology

5.TT.1.1 Use a variety of technology tools to gather data and information (e.g., Web-based resources, e-books, online communication tools, etc.).

ELA

W.3.2 Write to share information by selecting a topic and writing about it, including one or more facts or details.

RF.4.2 Uses letters to create written documents.

W.4.2 Write to share information supported by details. a. Select a topic and write about it including related visual, tactual, or multi-media information as appropriate. b. List words, facts, or details related to the topic

Goal:

Students will learn about squash and zucchini and learn to identify common advertising strategies. Students will design their own advertising campaigns.



Activity Length:

45-60 minutes ideal



Location:

Classroom

Materials needed:

- Various packaging and advertising materials for kids' foods, toys, games, etc.
- Construction paper
- Life Cycle Handouts
- Coloring utensils

Zucchini & Squash Life Cycle



Pass out the “Squash and Zucchini Life Cycle” handouts and ask students to follow along as you read the script. (Alternatively, students can practice reading and take turns reading the different steps of the life cycle.)

- Before it grows into a plant, what do zucchini and squash start out as? **Seeds.**
- What do seeds need to grow? **Sun, soil, water, and air.**
- If we plant a squash **seed in soil**, give it **water**, after a few days it will start to grow **roots.**
- **Roots** provide a support system for the squash plant. They draw water up from the soil along with nutrients like Nitrogen, Calcium, and Phosphorus to help the squash plant grow big and strong. **Roots** also keep plants in the ground, and help them grow upright.
- After growing **roots**, the squash

plant will “germinate”, meaning it sends up a **stem** and **leaves**. These are the first parts of the plant that we can see above ground.

- Squash like to spread out and grow in vines instead of growing straight up.
- What are the main role of **leaves**? Photosynthesis! The **leaves** spread out wide and collect energy from the sun. The squash plant uses this energy to create food for itself.
- When the squash is ready to make more plants, the squash plant will grow big orange or yellow **flowers**. If (and only if!) the flowers are **pollinated**, a squash will grow! This is why bugs like bees, butterflies, moths, and even flies and wasps are important! Without them, we wouldn’t have food!
- Inside each squash are lots more **seeds**. Each one of the new seeds has the potential to create another squash plant, and begin the cycle all over again!

Garden Extension!

If there are zucchini or squash growing in the garden, go visit!

Activities:

- Measure growing space.
- Calculate area of garden bed
- *Measure & monitor* the growth (length) of the squash/zucchini using a chart in class
- Ask students to *identify* the plant parts (and their functions!) of the plant:
 - Roots
 - Stems
 - Leaves
 - Flowers
 - Fruits
 - Seeds

Supply Chain



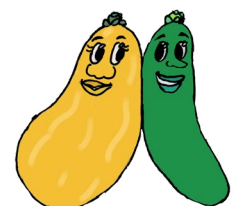
Watch the video “Carrots: from farm to fork” produced by the British Grocery Chain Tesco:

<https://www.youtube.com/watch?v=Pf74rrn1uLk&t=5s>

Explain, *When large farms are growing food to be shipped to a store or farmer’s market, there is a lot of hard work that goes into making sure the food is just right. Today’s video was about carrots, but squash, zucchini, and all other kinds of produce go through many different steps to get from the farm to your plate*

Ask students to identify the different steps of the supply chain as seen in the video, arriving at the five main steps:

1. Plant: The farmer has to plant the seeds or seedlings
2. Harvest: The farmer and his or her employees harvest the produce
3. Transport: A driver has to drive them from the farm to the store, market, or processing facility
4. Prepare: Someone (a processing facility, chef, family member) has to wash and prepare the food
5. Eat: Finally, after all that work, YOU get to eat it!



Harvest of the Month Moment!



Before diving into the lesson, introduce the featured produce!

If space, gather in a circle or around the poster. Feel free to use this space to share your own experiences with the harvest and celebrate what students know.

The Harvest of the Month for SEPTEMBER is ZUCCHINI & SQUASH!

Zucchini & Squash love to grow in the warm summer months and get ripe in late summer. Squash and zucchini grow on vines in the garden

Ask students to find the harvest on the What's Growing On? Poster. If available, pass around the harvest and invite students to share observations (How does it feel, look, smell, sound? Does it remind you of another harvest we've done this year?).

Consider asking some warm-up questions for students:

Have you tried it? When did you try it?

How does your family like to prepare this fruit/vegetable?

Do you have anything that you know about this harvest that you'd like to share?

What's Growing On?



1. Warm up discussion

(5 minutes)

- What is an advertisement?
- Where do you see advertisements?
- What do you often see advertised?

2. Food Advertising Adventure

(10 minutes)

- Arrange the packaging and advertisements along one wall or on a long table so students have easy access to walk past it
 - Gallery Walk of Advertisements (5 minutes)
 - Ask students: *What did you notice about the different advertisements? What strategies do they use?*
 - Write a list of strategies on the board
 - Example: celebrities, bright colors, fun song/music, slogan or catchphrase, cartoons
- Reflect on Strategies:**
Okay, so it looks like there are a lot of sneaky ways that advertisers try to sell us their products.

3. Students become the Advertisers (20 minutes)

Many of the advertisements we just looked at are meant to get us excited about buying unhealthy food, such as sugary cereal or soda pop. Today, we are going to create our own advertisements for our favorite fruits and vegetables, so we can show how exciting it is to eat healthy food!

Students design an Advertisement for zucchini and squash (or another fruit or vegetable)

- Use techniques they've observed
- Include drawing, name, catchphrase/slogan
- Highlight the nutritional value: vitamins, minerals
- Zucchini and Squash, for example are rich in Vitamin C and B-6

Sharing

Have students present their advertisements for the class

Options:

Invite students to arrange and organize a new gallery featuring their advertisements

Reflection

- *Earlier, we discussed the different strategies advertisers use to get our attention. Did you use any of those strategies in your own ad? Which ones?*
- *Look at the different advertisements your classmates created. Which one makes you want to buy that fruit or vegetable? Why?*

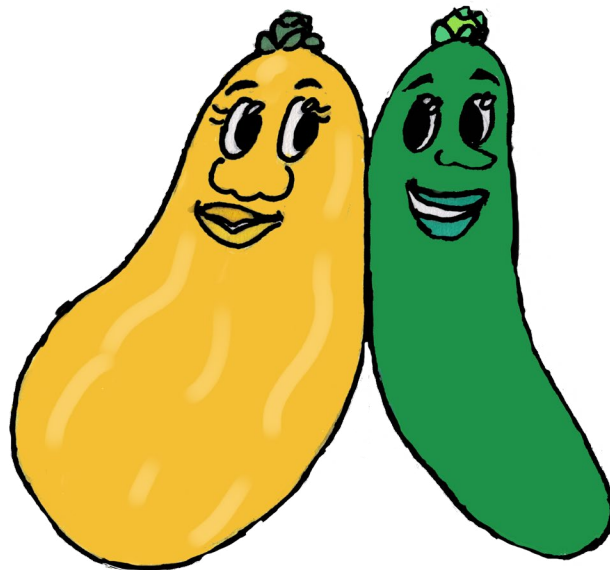
4. Snack: Zucchini Spears!

Wash hands break!

- Slice zucchini into hand-held spears. Have student volunteers pass out a few spears to each person. Invite students to taste the zucchini on its own or dipped in veggie dip!

Optional: Alphabet of Advertising

- Assign each student a letter in the alphabet and ask them to select a fruit or vegetable that starts with that letter to write an advertisement



Squash & Zucchini Life Cycle

