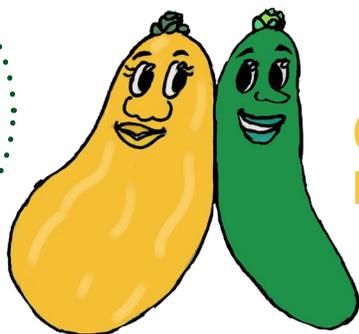


K-2nd Grade



# September

## ..... HARVEST OF THE MONTH .....

# SQUASH & ZUCCHINI

### NC Standard Course of Study

**Math:**

**NC.K.CC.4** Understand the relationship between numbers and quantities.

**NC.K.MD.2** Directly compare two objects with a measurable attribute in common, to see which object has “more of” or “less of” the attribute and describe the difference.

**NC.K.MD.3** Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.

**NC.1.MD.4** Organize, represent, and interpret data with up to three categories.

**NC.2.MD.10** Organize, represent, and interpret data with up to four categories.

### Materials needed:

- *Eating the Alphabet* by Lois Elhert
- Ball or other object to pass around

**For art extension:**

- Paper
- Coloring/writing utensils

 **Goal:**

Students will learn about range of fruits and vegetables and practice the alphabet.

 **Activity Length:**

45-60 minutes

 **Location:**

Classroom with possible garden extension

# Zucchini & Squash Life Cycle



## Question for the class:

How do our SQUASH & ZUCCHINI GROW? What do they need to grow?

Invite students to join in narrating or acting out the process:

**Possible script:** *The squash and zucchini starts off as a tiny little SEED. If that plant gets SOIL + WATER, it will start to GERMINATE. It will send ROOTS down into the SOIL. Then it sends up its STEM toward the sky. Eventually, squash and zucchini get so big they lay down along the ground and grow out on VINES rather than up. The plant sends out its LEAVES to collect more sun. When it wants to make more plants, the squash and zucchini plants will open up an orange FLOWER. Visitors like BEES & BUTTERFLIES (Pollinators!) (buzzzzzzz) will help the flower turn into a FRUIT! Inside the fruit are tiny SEEDS, each of which can make a new plant!*

## Optional warm-up songs:

Roots, Stems, Leaves by the Banana Slug String Band

Sun, Soil, Water & Air by the Banana Slug String Band

**Bonus:** Have students act it by starting as a tiny little seed (ball on the floor), pressing their roots (feet) into the floor, stretching their stem (body) towards the sky, and opening leaves (hands)

# Supply Chain

## Question for the class:

WHERE do SQUASH & ZUCCHINI GROW?



They grow on a farm or they can grow in a garden (do we have them in our garden?)

Where can we get or buy SQUASH & ZUCCHINI?



We can buy them at the grocery store, farmer's market, or we can eat them at the cafeteria.

HOW did the SQUASH & ZUCCHINI get from the farm to our plate?

WHO helps?

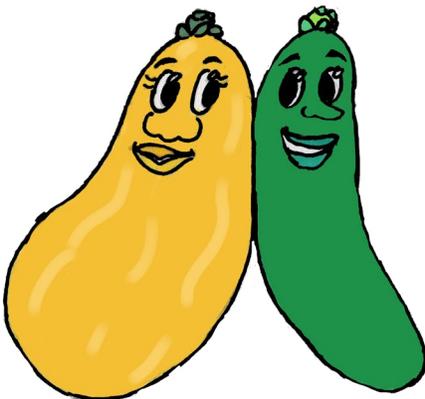


**Harvest:** The farmer had to harvest (pick) them.

**Transport:** A driver had to drive them from farm to market.

**Prepare:** Someone (a chef or a family member) had to wash it

**Eat:** And finally... after all that... 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. Introduction (5 minutes)

#### Warm up questions:

- What letter does your name start with? Can you think of a fruit or vegetable that starts with that letter?
- Go around and share

#### Reading:

Interactive Reading of *Eating the Alphabet* (7-10 minutes)

#### Possible strategies for engaging kids:

- Raise your hand if you've eaten this vegetable
- Pause to ask if they can think of any fruits or vegetables that start with the next letter of the alphabet

If there is a new fruit or vegetable that many students are not familiar with, this could be an opportunity to a google image search for the class and get them engaged in discovery

#### Math Extension

- Create a bar graph for the different letters based on how many fruits & vegetables start with each letter
- Have students tally the different fruits and vegetables on the board
- For example: apple, apricot, avocado, asparagus (4 tallies for A), banana, beet, (2 for banana) and so on and so forth

## 2. Healthy Alphabet Toss Activity (5 minutes)

Pass ball around and ask students to think of a fruit or vegetable that starts with the next letter of the alphabet

(Example: Apple Banana Carrot Date Eggplant ...)

Alternatively, to lengthen the activity, you can have students continue naming fruits or vegetables that start with the same letter for a few rounds before continuing on to the next letter.

(Example: Apple Apricot Asparagus ...)

See attached  
handout for more  
complete alphabet:

<https://www.education.ne.gov/wp-content/uploads/2017/07/FactsNutritionSection.pdf>

Take away:

Eat the rainbow & the alphabet! Eating lots of different types of fruits and vegetables can help keep us healthy!

## 3. Snack: Zucchini Spears!

### Garden Extension!

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

Activities:

- Find the biggest and the smallest squash.
- Count how many are growing on each plant.
- *Measure* 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

### 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!

Alternative Snack Options for “Eating the Alphabet”

- ABC Salad: Apples, Bananas, Carrots... or any other alphabet combination

### Art Extension: Class Alphabet

Students create and decorate a letter card featuring a fruit or vegetable that starts with their assigned letter.

Materials needed:

- Construction Paper
- Writing utensils

Steps:

- Assign each student a letter
- Help students think of a fruit or vegetable that starts with that letter
- Each student writes the letter and draws the corresponding fruit or vegetable
- Each student decorates their paper!
- Hang on the wall!

# Alphabetical List of Fruits and Vegetables

## A

Alfalfa Sprouts  
Apple  
Apricot  
Artichoke  
Asian Pear  
Asparagus  
Atemoya  
Avocado

## B

Bamboo Shoots  
Banana  
Beans  
Bean Sprouts  
Beets  
Belgian Endive  
Bitter Melon  
Bell Peppers  
Blackberries  
Blueberries  
Bok Choy  
Boniato  
Boysenberries  
Broccoflower  
Broccoli  
Brussels Sprouts

## C

Cabbage (green and red)  
Cantaloupe  
Carambola (star fruit or star apple)  
Carrots  
Casaba Melon  
Cauliflower  
Celery

Chayote

Cherimoya (Custard Apple)  
Cherries  
Coconuts  
Collard Greens  
Corn  
Cranberries  
Cucumber

## D

Dates

## E

Eggplant  
Endive  
Escarole

## F

Feijoa  
Fennel  
Figs (dry and fresh)

## G

Garlic  
Gooseberries  
Grapefruit  
Grapes  
Green Beans  
Green Onions  
Greens (turnip, beet, collard, mustard)  
Guava

## H

Hominy  
Honeydew Melon  
Horned Melon

## I

Iceberg Lettuce

## J

Jerusalem Artichoke  
Jicama

## K

Kale  
Kiwifruit  
Kohlrabi  
Kumquat

## L

Leeks  
Lemons  
Lettuce (Boston, Iceberg, Leaf, Romaine)  
Lima Beans  
Limes  
Longan  
Loquat  
Lychee

## M

Madarins  
Malanga  
Mandarin Oranges  
Mangos  
Mulberries  
Mushrooms

## N

Napa (Chinese Cabbage)  
Nectarines

## O

Okra

Onion (green, red, Spanish, yellow, white)  
Oranges

## P

Papayas  
Parsnip  
Passion Fruit  
Peaches  
Pears  
Peas (green, snow, sugar snap)  
Peppers (bell - red, yellow, green, chili)  
Persimmons  
Pineapple  
Plantains  
Plums  
Pomegranate  
Potatoes  
Prickly Pear (Cactus Pear)  
Prunes  
Pummelo (Chinese Grapefruit)  
Pumpkin

## Q

Quince

## R

Radicchio  
Radishes  
Raisins  
Raspberries  
Red Cabbage  
Rhubarb  
Romaine Lettuce  
Rutabaga

## S

Shallots  
Snow Peas  
Spinach  
Sprouts  
Squash (acorn, butternut, pattypan, summer...)  
Strawberries  
String Beans  
Sweet Potato

## T

Tangelo  
Tangerines  
Tomatillo  
Tomato  
Turnip

## U & V

Ugli Fruit

## W

Watermelon  
Water Chestnuts  
Watercress  
Waxed Beans

## X & Y

Yams  
Yellow Squash  
Yuca/Cassava

## Z

Zucchini Squash