



C is for Cucumber

- Cucumbers grow above the ground on a vine, like pumpkins and melons.
- Cucumbers are a good source of vitamin K and a source of water.
- Some types of cucumbers are sliced and used in salads or snacks. Other types of cucumbers are used to make pickles.

For more information, visit:
http://www.harvestofthemonth.com/download/Spring/Cucumber/Cucumber_Edu.pdf
<http://www.fruitsandveggiesmatter.gov/month/cucumber.html>

Photos: Network for a Healthy California

For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Chili Cucumbers

Makes 20 tastes

INGREDIENTS:

- 40 whole wheat crackers
- 3 large cucumbers (40 slices)
- Chili powder

SUPPLIES:

- paring knife, plastic knives, cutting board
- serving plate, paper plates, napkins

PREPARATION:

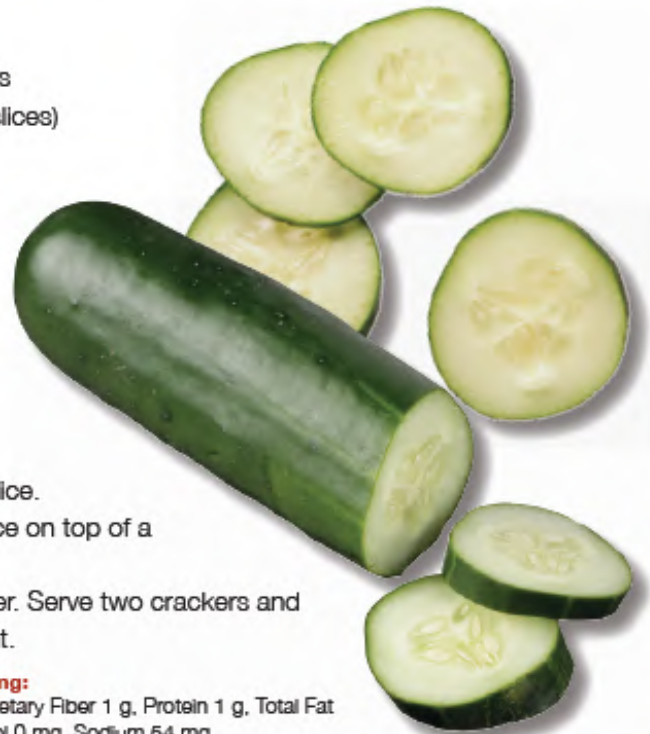
1. Wash cucumbers and slice.
2. Place one cucumber slice on top of a cracker.
3. Sprinkle with chili powder. Serve two crackers and a napkin to each student.

Nutrition information per serving:

Calories 42, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

Recipe from:

Harvest of the Month, Network for a Healthy California http://www.harvestofthemonth.com/download/Spring/Cucumber/Cucumber_Edu.pdf



Cooking in the Preschool Classroom

provides many benefits to children

- Children can help cut the cucumbers into slices using the plastic knives.
- They can serve themselves.

Food Safety and Sanitation:

- Clean food preparation areas and utensils before cooking.
- Everyone wash hands before cooking and eating.

- Children can help wash cucumbers before slicing.
- Children can help clean up food preparation and eating areas

Create a Child-Friendly Environment:

- Assign tasks to each child according to their skill level. Let younger children help wash vegetables, while the older children slice.

Activity:

Watch My Cucumbers Grow!



Children will discover that cucumbers grow from seeds found inside the vegetable.



MATERIALS

- Several cucumbers cut into quarters (¼ cucumber for each child)
- Plastic spoons to scoop out seeds
- Several packets of cucumber seeds *
- Small containers for planting seeds (milk carton, paper cups, plastic cups), one for each child *
- Paper towels, one for each child
- Small plastic bags *
- Water and soil *

WHAT TO DO NEXT:

1. **Before children arrive:** Have all materials ready for the activity. Read the section “C is for Cucumbers,” on page 1.
2. **Circle time:** Explain to the children about what you have read in section “C is for Cucumbers” and tell them they will be growing their own cucumber plants from seeds.
3. **Talk:** How fruits and vegetables grow from seeds and how the seeds are found inside the fruits and vegetables.
4. **Sitting around a table:**
 - Pass out the cucumber pieces, paper towels, and spoons. Ask children to scoop the seeds out of the cucumbers.

- Let the seeds sit on the piece of paper towel. Ask them to describe what they see. They may say, it is tiny, large, small, or they may describe the color or texture.
 - To start a seedling: Give each child a wet paper towel (wring out excess water). Each child should get 2 or 3 cucumber seeds from the package. Roll the paper towel with the cucumber seeds inside. Each child places their paper towel inside a plastic bag. Place in a warm (but not hot) area. Check after 2-3 days to see roots growing.
5. **Plant the seeds:** After day 3 days children will observe that roots are beginning to form. On day 8 tell children that the cucumber seeds need their own house. Give them a container and soil to build the house and help them plant the seedlings in the soil. Children need to water or spray their plants every day. Coordinate with garden coordinator to have a cucumber plant growing in the garden so children can see what will happen with the seed they planted indoor.
 6. **Cooking:** Have the children wash their hands, follow the recipe as you read it, and help prepare and taste the recipe.

***Note:** Network funds cannot purchase soil or gardening supplies.

Connections to California Department of Education Child Desired Results: 3 years to Pre-K

Activity: CDR 1: Language 13, CDR 2: Cognitive 19, 20; CDR3: Motor Skills; CDR 4: Safety and Health, 39.

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39



For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.