

Tips for Busy Early Childhood Professionals



Z
is for Zucchini

- Zucchini is the most common summer squash.
- Zucchini has a shape that looks like a cucumber. Zucchini usually has medium to deep green skin, but can also be light green, yellow, multi-colored, or striped. The inside is creamy white.
- Zucchini provides a good source of Vitamin C.

Photos: Network for a Healthy California

Vegetable Kabobs & Dip

Makes 25 kabob sticks. 1 kabob stick per taste.

INGREDIENTS:

- 6 raw zucchini
- 6 raw yellow squash
- 3 tomatoes
- 25 mushrooms, whole
- 1 ½ cups lowfat vegetable dip
- 13 wooden kabob sticks, halved

SUPPLIES:

- paring knife, plastic knives, cutting board
- cup and ½ cup measure, serving spoon
- serving tray
- plastic forks, paper plates, napkins

PREPARATION:

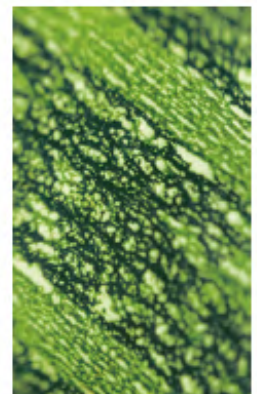
1. Wash zucchini and yellow squash, cut off both ends, and slice.
2. Wash tomatoes and cut each in half, then half again, and then half again. You should have eight pieces for each tomato.
3. Wash mushrooms.
4. Place zucchini, squash, tomatoes, and mushrooms on sticks, alternating colors.
5. Arrange on a tray and drizzle kabobs with vegetable dip.
6. Have each child serve themselves 1 kabob.

Nutrition information per serving:

Calories 46, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 168 mg

Recipe adapted from:

Harvest of the Month, http://www.harvestofthemonth.com/download/Summer/Zucchini/Zucchini_Edu.pdf



For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help slice zucchini, yellow squash, and tomatoes using plastic knives.
- They can make their own kabob.
- They can serve themselves.

- Children can help wash the vegetables.
- Children can help clean up preparation and eating areas.

Creating a Child-Friendly Environment

- Discuss each step in the recipe and how to make the kabob with their stick. Talk about how to handle the sticks safely.

Food Safety and Sanitation

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

Activity:

“Growing Vegetable Soup”



Children will demonstrate their knowledge of the alphabet and the sound each letter makes. They will learn about different types of fruits and vegetables and how they are prepared.

MATERIALS

- Copy of the book, *Growing Vegetable Soup*, by Lois Ehlert (check with your local library to see if they have a copy).
- 5-8 cut-out pictures of all different types of fruits and vegetables (available in newspaper ads and magazines)
- Large sheets of paper, with the different letters of the alphabet written on them.

WHAT TO DO NEXT?

1. **Initiate the activity:** Tell the children there are lots of different types of fruits and vegetables, not just the ones they have heard of or seen in the grocery store. An example would be the type of vegetable they will be cooking with today: Zucchini.
2. **Circle time:** Show the children the pictures of the fruits and vegetables. Have at least 5-8 on hand. Say the name of the fruit or vegetable and the letter it begins with. Hold up the paper with the corresponding letter. In addition to naming fruits and vegetables they have heard of, bring in a few pictures of unusual ones. Some examples

you might want to use: G for Guava, H for Horseradish, J for Jicama, L for Lychee, N for Nopales, P for Plantain & Pomegranate, and Y for Yam.

3. **Ask:** Children to name their favorite fruits and vegetables and ask them which letter it begins with. Ask them to make the sound of that letter.
4. **Story time:** Tell children the name of the book, the author, and the illustrator. Tell them that they will be learning about different types of vegetables and how to cook them. Read the book with the children.
5. **Reinforce:** The importance of eating a variety of colors fruits and vegetables to grow up and be strong.
6. **Cooking:** Have the children wash their hands and help prepare and taste the recipe (on the front page).



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

Activity: CDR 1: Language 12, 14; CDR 2: Learning 16, 17; Literacy 29, 30, 33; Cognitive Competence

Cooking in the Classroom: CDR 1 Self-Regulation 11; CDR 2: Learning 16, 17; 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.