

Squash for Babies



Infants

Babies can participate in Farm to School month! Try these fun activities to promote vegetables and fruits, while meeting Georgia Early Learning and Development Standards (GELDS):

- **Explore different kinds of squash:** Babies can touch, grasp, and smell squash, engaging in both sensory (PDM4) and fine motor (PDM6) development. If you have access to a spiralizer, zucchini spirals would be a fun texture and shape to explore in a sensory bin or bag.
- **Incorporate vegetables and fruits into daily activities and play:** Read books, show pictures, and sing songs about different vegetables and fruits (CLL2, CLL5). Red Pepper Yellow Squash, Say and Play “Food”, Baby Let’s Eat, and My Very First Book of Food are examples of baby books.
- **Mealtime learning:** Say and repeat the names of foods being served, focusing on vegetables and fruits (CLL2).
- **Taste it:** Tips for incorporating squash into the infant menu (PDM2):
 - Serve pureed zucchini and squash for babies 6- about 8 months
 - Diced, steamed zucchini and squash are great finger foods for 8-9 months and up
 - Babies who are eating table food can enjoy squash mixed in pasta dishes, soups, casseroles, whole grain breakfast breads, or you can steam long strips for them to pick up and bite



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Toddlers

There are so many fun ways to incorporate summer squash into lessons plans for toddlers! Try these activities to celebrate Farm to School month, while meeting Georgia Early Learning and Development Standards (GELDS):

- **Incorporate squash into morning circle time:**
 - Many “letters of the week” can incorporate Farm to School and squash, for example: E is for Eat, F is for Farm, G is for Garden, S is for Squash, P is for Plant, V is for Vegetable, Z is for Zucchini
 - Plan your color of the week or month to be yellow, so you can incorporate yellow squash
- **Plan an indoor or outdoor scavenger hunt** for “things that are yellow”, and include yellow squash in the hunt (APL3)
- **Create a farm or garden sensory bin:** fill the bin with brown or wild rice and hide small plastic vegetables or vegetable erasers. You can also use corn kernels or birdseed, and hide farm animals or other farm-themed items. (PDM4)
- **Make art with squash: CD-CR2**
 - Trace sliced squash circles, or color pictures of squash: <http://www.supercoloring.com/pages/squash> or <https://www.surfnetkids.com/coloring/1945/fruit-and-vegetable-alphabet-letter-z/>
 - Use sliced zucchini or squash to stamp paint onto paper
 - Create a zucchini racer: <http://www.vegetablegardener.com/item/14261/a-great-way-to-use-zucchini>



Photo: Jodi Torpey

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- **Cook with squash:** Try these easy recipes that kids can help make: **PDM2**
 - Zucchini pizza bites- Kids can spoon pizza a tiny amount of sauce onto zucchini slices, and top with shredded mozzarella cheese. Spray a baking pan with cooking spray (or use foil and spray for easy clean up), and bake at 400 for about 8 minutes.



Photo: Food Network

- Vegetable Soup- kids can help add chopped or canned vegetables and broth into an unheated slow cooker. Cook soup on low, out of reach of children, for a few hours.
- Salsa- add a little diced squash to your favorite salsa recipe. Children can help pour ingredients and stir.
- “Zoodles”- if you have access to a spiralizer, show the kids how you can turn zucchini into noodles, or “zoodles”.