

# Using Your Senses to Observe Squash 4-5 year olds



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Overview: Students will use their five senses to learn about different types of squash. They will help prepare a nutritious squash snack.

Georgia Early Learning and Development Standards:

- CD-SC1.4a Uses senses to observe, classify and learn about objects and environment.
- CD-MA3.4b Compares objects using two or more attributes, such as length, weight and size.
- PMD4.4a Discriminates between a variety of sights, smells, sounds, textures, and tastes.

Objectives:

- Students will identify squash as a plant and as food.
- Students will identify their five senses.
- Students will compare and contrast different types of squash.
- Students will review how they use their senses during mealtime.

Materials:

- A variety of types of squash, like zucchini, yellow squash, butternut squash, acorn squash, and pumpkin
- Knife and cutting board for cutting squash open
- Observation journals (or plain paper), crayons or pencils
- Vegetable instrument, or electronic device to play a video of the Vegetable Orchestra
- Raw zucchini or summer squash for tasting (with cheese if desired)
- Optional: Magnifying glasses or a microscope

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## Lesson Plan

Engage (whole group): 10 minutes

- Show the students a squash, or a few different types of squash. Ask the students “Do you know what this is?”
- Explain that squash starts as a seed in the ground, and grows into a plant we can eat. Squash belongs in the vegetable group (nutritionally, it is classified as a vegetable since we eat it like one. Botanically, it is a fruit because it grows from the flower of a plant. That may be more than you want to explain at this age!)
- Ask the students “Can you name our five senses?”. Review the five senses: sight, smell, hear, taste and touch.
- Tell the students that we are going to use our senses to find out how different types of squash are the same and how they are different.
- Optional: Transition Song:

The Five Senses Song

(Sung to the tune of Head, Shoulders, Knees and Toes)

Sight (point to your eyes)

Smell (point to your nose)

Taste (point to your mouth)

And Touch (wiggle your fingers in the air)

Taste and Touch

(repeat)

Don't forget we hear with our ears (point to your ears)

Sight, Smell, Taste and Touch, Taste and Touch

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4-5 year olds



Explore (small groups and at table): 20 minutes

Sight:

- Show the students different types of squash.
- Have the students report how the squash looks, for example, the color and shape. Ask the students which squash is the largest or longest, and which is the smallest or shortest. The students can draw the squash in an observation journal, or plain paper.
- Cut the squash open and show the inside. How does it look- is it a different color?
- Use magnifying glasses or a microscope to let students get a closer look!

Smell:

- Have the students smell the squash and discuss.

Touch:

- Allow the students to touch and hold the squash. Some may be bumpy, while others are smooth. Ask the students which is the heaviest, and the lightest. Demonstrate that summer squash, like zucchini and yellow squash, have thin, delicate skin, while winter squash have hard, thick skin.

(you could choose to transition back to the whole group at this point, or stay in small groups)

Hear:

- Explain that some people make instruments out of vegetables. If you have access to an instrument made out of a squash or gourd, share it. You can also play this video that includes zucchini and pumpkin instruments,:

<https://www.youtube.com/watch?v=xM1EjIDLMLY>

Taste:

- Explain that summer squash, like zucchini and yellow squash, can be eaten without cooking it. Allow the children to try raw zucchini or yellow squash slices. You could also serve the squash along with a piece of cheese, using the squash slice like you would a cracker.

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Explain (whole group): 5 minutes

- Discuss how the different types of squash were the same (i.e. they all have seeds, they grow from the ground)
- Discuss how the different types of squash were different (i.e. different colors, sizes, textures, shapes)
- You could make a chart to document the similarities and differences

Extend (whole group): 5-10 minutes

- Discuss how the students use their five senses during mealtime.
- Ask questions like:
  - Is there a food that looks so yummy, when you see it, you can't wait to eat it?
  - Is there a food that smells really good to you?
  - Are there foods we eat with our hands instead of a spoon or fork?
  - Can you name a food that is so crunchy you can hear when someone takes a bite?
  - What is your favorite food to taste?