

# Zucchini Taste Test 4-5 year olds



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Overview: Students will learn about squash

Georgia Early Learning and Development Standards:

- PDM5.4b Demonstrates coordination and balance in a variety of activities.
- PDM2.4a Helps prepare nutritious snacks and meals.
- CD-MA2.4d Describes data from classroom graphs using numerical math language.

Objectives:

- Students will identify zucchini as a food that grows on the farm/garden.
- Students will help make a healthy snack to taste.
- Students will report if they “loved, liked or tried” the sanck, then will describe the data from the classroom graph.

Materials:

- Taste Test handout (for teacher reference)
- Zucchini (ideally, one per small group table)
- Materials for zucchini recipe (if making zucchini pizza bites, find ingredients needed [\\*here\\*](#) link to recipe)
- Materials to make a graph: large paper and marker, chalkboard and chalk, etc.

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## Lesson Plan

Engage (whole group): 15 minutes

- Ask the students “Where do our foods come from?”
- Explain that while we buy food from the grocery store, most of it was grown or raised on a farm. Ask the students to name foods that come from the farm (including vegetables, fruits, meats, eggs, dairy foods, etc.)
- **Story in Motion: Visiting the Farm.** Read the story below while you and the students act out the underlined movements.

Today we’re going to visit the farm. Let’s climb the stairs onto the bus and buckle our seatbelt.

We have arrived at the farm. We get off the bus, and meet the farmer. He says “it’s time to milk the cows, we better run (in place) fast to the barn.” We all get a turn to squat down and milk the cow.

Now we visit the chickens. What sound do chickens make? Let’s walk and cluck like chickens. Does anyone see any eggs? Let’s pick the eggs up and put them in our basket.

Next, we ride a tractor to the vegetable garden. The ride is bumpy, woah! First, we see cornstalks. Let’s reach up high to grab corn off the cornstalk. Then, we see carrots. Let’s bend down and pull the carrots from the ground.

What is that? I see something growing on the ground. It’s green, and long, and looks yummy. What could it be? Zucchini! Let’s get on our hands and knees, and use our scissors (fingers) to cut the zucchini off the stem.

Everybody slowly and carefully carry your zucchini to your table.

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Explore (small groups and at table): 10-15 minutes

- Have the children help make a zucchini recipe, like Zucchini Pizza Bites (link to recipe)
- Photo: Food Network

(Transition back to the whole group as the recipe cooks)



Explain (whole group): 10 minutes

- Explain that the class will soon get to taste their creation.
- Review and agree on rules for tasting new foods, for example: