

Lesson 2-Crookneck Squash Row

Prep before lesson:

- Have enough squash to conduct a tasting activity with each student in the class.
- Have a mystery box ready to use with you.
- Bring the book **Fred the Fish and the Squash that Goes Squish**
- Be sure to have a copy of Cool Puppy Pup video with you.
- Bring your Map of the Garden at Tasty Acres Farm
- Bring MyPlate poster and a picture of zucchini squash.
- Copies (1 per child) of Squash Quick Bread Recipe and Squash coloring worksheet (front to back) pg. 31-32 in Grow It, Try It, Like It Booklet 2.

LESSON

Mystery Box Activity (10 Mins)

- Re-introduce the mystery box.
- One at a time, ask each student to come and feel inside without looking. If a child seems afraid, feel inside the mystery box with a friend.
- Ask each student to describe quietly to you what he/she feels.
- Ask children as a group to guess what is in the box, and reveal the squash.

Read Book: Fred the Fish and the Squash that Goes Squish by Duke Christofferson (20 min)

- Follow the book script.

Introducing MyPlate Activity (10 Min)

- Follow the instructions on pg. 20-23 in Booklet 2 of Grow It, Try It, Like It.
- Dismiss the students to wash their hands by twos by asking them to name their favorite food and tell which food group it is in.

Squash Tasting Activity (10 Min)

- Talk about the squash and ask questions such as:
Is it a fruit or vegetable?
What shape is it?
What color is it?
How does it feel? (Bumpy? Smooth?)
- Pass out a piece of squash to each student. Ask the students to wait until everyone gets one before tasting it.
- Ask the students to use all of their other senses to describe anything they can see, hear, smell, or feel when holding the squash.
- Ask how many have ever tasted a squash.
- Review the polite tasting rules and the saying “Don’t yuck on my yum”.
- Count to 3 and everyone taste the squash together!
 - Provide descriptive words such as juicy, earthy, firm, crunchy, and ask children to give their own descriptive words, avoiding words such as good, bad, yummy, etc.

Watch the Cool Puppy Pup’s Crookneck Squash Lunch Party Video (15 Mins)

- Follow video script (steps 1-5) on pg.15 in Grow It, Try It, Like It Booklet 2.
- Show the Map of the Garden at Tasty Acres Farms. Point to Crookneck Squash Row and tell the students that is where they visited today. Tell them that next time we will be visiting Spinach Lane.
- Show a copy of the Squash Quick Bread Recipe and Squash coloring worksheet (front to back) pg. 31-32 in Grow It, Try It, Like It Booklet 2. and explain that each student will get one to take home to their family.

*Extension Activity: Crookneck Squash coloring sheet pg.74 in Grow It, Try It, Like It Booklet 1.