Purpose
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview
In this lesson, children will describe what a squash looks like under a magnifying glass. Children will also share if they like how a squash feels, smells, and tastes.

Words to Use
- feel
- ridges
- smell
- taste
- acorn
- green, orange and yellow

Introduction
This activity will work well as a circle time activity and at tables, in small groups, for tasting.

Before the Lesson
Select one whole acorn squash for children to closely examine with magnifying glasses. Prepare samples of baked acorn squash for the children to taste.

An easy way to prepare baked acorn squash:
1. Heat oven to 350 degrees.
2. Wash the outside of the squash and cut in half, removing all seeds.
3. Place halves on a baking sheet hollowed side up and bake (about 60 minutes) until tender. (Baking time may vary depending on size of squash.)

Today we are going to be detectives. Does anybody know what a detective does? A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives carry, to look closely at a food that many of us have not tried before. After we all take a turn looking at the new food, we get to smell and taste the new food.
Activity Description

1. Gather the children in a circle and explain that everybody is going to be a food detective. Remind children that a good food detective uses his or her eyes, ears, hands, and mouth to collect clues.

2. Pass the acorn squash around the circle and encourage each child to touch the acorn squash and look at the acorn squash with their own magnifying glass.

3. Ask the children what acorn squash looks like and if they like the way acorn squash feels on their hands.

4. Ask the children to wash their hands and go to their tables.

5. At the tables, provide each child with a sample of acorn squash. Encourage children to smell the acorn squash before tasting it.

Summary

Today you were a food detective and used your eyes, hands, nose, and mouth to describe a new food. Who liked the way squash felt on your hands? What did the squash look like with a magnifying glass? Who liked the way squash smelled? Who liked how squash tasted?

Enrichment

Take a field trip to a local garden. Have a discussion with your class about gardening. Emphasize that plants need water, sunlight, and soil to grow.

Learning Objectives

1. CHILDREN WILL complete the first of four squash tasting experiences.

2. CHILDREN WILL describe what a squash looks like under a magnifying glass.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Young children are more likely to try a new food if the behavior is modeled by an adult.
- Children may not want to try a new food. Encourage each child to take one bite.

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher's evaluation form for this lesson.
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

1. What comments or reactions did the children in your classroom have about their tasting experience?

2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

3. Did you experience any difficulties in completing this lesson?

4. Do you have any additional comments?

*PLEASE TELL US ABOUT YOU!

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

How many other adults (volunteers) helped lead this lesson?
Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will taste test different varieties of squash.

Words to Use

- spaghetti squash
- spaghetti strands
- acorn squash

Introduction

This activity will work well at tables in small groups. Each table should have two plates: one with samples of acorn squash and one with samples of spaghetti squash.

Today we are going to be taste testers. What does a taste tester do? Taste testers try new foods and describe how they look, smell and taste.

Equipment Required

- knife
- cutting board
- oven
- baking dish
- baking pan
- fork to scrape out spaghetti strands

Materials/Supplies

- taste testing samples of baked acorn squash (see below)
- taste testing samples of baked spaghetti squash (see below)
- taste-testing cups

Before the Lesson

Prepare samples of both types of squash for each child.

An easy way to prepare baked acorn squash:

1. Heat oven to 350 degrees.
2. Wash outside of acorn squash and cut in half, removing all seeds.
3. Place halves on a baking sheet hollowed side up and bake (about 60 minutes) until tender. (Baking time may vary depending on size of squash.)
4. Scoop out samples of squash for each child.

An easy way to prepare baked spaghetti squash:

1. Heat oven to 350 degrees.
2. Wash outside of spaghetti squash and cut in half, removing all seeds. Place squash halves in a baking dish, cut sides facing down.
3. Add ½ inch of water and bake in oven for 40–45 minutes or until squash is tender. (Baking time may vary depending on size of squash.)
4. The spaghetti squash is done baking when you can pull spaghetti-like strands by scraping the walls of the squash with a fork.
5. Scoop out samples of squash for each child.
Activity Description

1. Gather the children in small groups at their tables after they have washed their hands.
2. Ask the children what food is in the middle of the table. Remind the children of when they were food detectives. The children may recognize the acorn squash, but not the spaghetti squash.
3. Inform the children that there are many types of squash. Inform your classroom that the other food on the table is another type of squash called spaghetti squash. Ask the children how the two types of squash look the same and look different.
4. Instruct each child to take a sample of acorn squash.
5. After every child has a sample, ask the children to smell the acorn squash. Ask the children how the acorn squash smells.
6. Encourage each child to take at least one bite of acorn squash.
7. After everyone has smelled and tasted the sample, ask the class if they liked it.
8. Repeat this process for the spaghetti squash.
9. Ask the children if the different types of squash look the same or look different, smell the same or smell different, taste the same or taste different.

Summary

Today we were taste testers. What did we taste today? Which squash tasted the best to you?

Enrichment

Expand the vocabulary of the children in your classroom by showing pictures and naming the different varieties of squash. Examples could include acorn, spaghetti, autumn, banana, buttercup, etc.

Learning Objectives

1. CHILDREN WILL complete the second of four squash tasting experiences.
2. CHILDREN WILL describe if two varieties of squash are similar or different in appearance, smell and taste.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Both varieties of squash can be prepared earlier in the day or the day before and re-heated for the lesson.
■ Some children may not want to try even small samples of squash. Encourage each child in your classroom to try at least one bite of both varieties.
■ The more times children are exposed to new foods the more likely they are to like the new food.
■ Children are more likely to try a new food if you model the behavior!

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Please indicate if the following learning and teaching objectives were met:

A. Children completed the second of four squash tasting experiences.
   - yes [ ] no [ ]
   - comments: __________________________
   __________________________
   __________________________

B. How many...
   - children in your classroom tasted a squash? [ ]
   - total children in your classroom? [ ]

C. Children described if acorn squash and another variety of squash are similar or different in appearance, smell and taste.
   - yes [ ] no [ ]
   - comments: __________________________
   __________________________

D. Teacher modeled healthy eating behavior (tasting a squash) for children.
   - yes [ ] no [ ]
   - comments: __________________________
   __________________________

E. Did your classroom complete the enrichment activity?
   - yes [ ] no [ ]
   - comments: __________________________
   __________________________

Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

1. What comments or reactions did the children in your classroom have about their tasting experience?
   __________________________
   __________________________
   __________________________

2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.
   __________________________
   __________________________
   __________________________

3. Did you experience any difficulties in completing this lesson?
   __________________________
   __________________________
   __________________________

4. Do you have any additional comments?
   __________________________
   __________________________
   __________________________

PLEASE TELL US ABOUT YOU!
List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:
   __________________________
   __________________________
   __________________________

How many other adults (volunteers) helped lead this lesson? [ ]
Let's Get Cooking!

**Purpose**
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

**Overview**
In this lesson, children will help prepare a healthy snack.

**Words to Use**
- ☐ calabacitas
- ☐ corn
- ☐ squash
- ☐ chef

**Introduction**
Making the calabacitas will work well in one large group.

«Today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?»

Remind children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.

**Materials/Supplies**
- ☑ aprons
- ☑ chef hats
- ☑ 6 medium zucchini squash and/or calabacitas
- ☑ 1 cup of corn (fresh, frozen or canned)
- ☑ 1 TBSP olive oil
- ☑ (optional) green chile, onion, canned diced tomatoes

*provided by CHILE

**Equipment Required**
- ☑ knife
- ☑ cutting board
- ☑ stove
- ☑ pan
- ☑ large mixing spoon

**Before the Lesson**
Immediately before the lesson, ask the children to put on their chef aprons, chef hats, and wash their hands.

Cut all vegetables into pieces no larger than ½ inch to prevent choking.
Activity Description

Prepare the following with the children in your classroom. Ask the children to assist when possible.

1. With the children in your classroom, wash the zucchini or calabacitas.
2. At a later time, without the assistance of the children in your classroom, peel and dice the zucchini or calabacitas into pieces no larger than ½ inch.
3. Heat olive oil in pan over medium heat and add diced zucchini or calabacitas.
4. Add (optional) onion and cook until tender.
5. Add corn.
6. (optional) Add green chile and diced tomatoes
7. Cover and simmer over low heat for 10–15 minutes.
8. Provide each child with a small sample of calabacitas.
9. Encourage each child to take one bite of calabacitas.

Summary

"Today we were chefs. What did we make today? Who liked making the calabacitas?"

Enrichment

Invite an elder or other member of the community to come to your classroom and share the story of “The Three Sisters” (corn, beans, and squash).
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

**1.** What comments or reactions did the children in your classroom have about their tasting experience?

**2.** Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

**3.** Did you experience any difficulties in completing this lesson?

**4.** Do you have any additional comments?

**PLEASE TELL US ABOUT YOU!**

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

How many other adults (volunteers) helped lead this lesson?
Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will help prepare a healthy snack.

Words to Use

☐ spaghetti squash    ☐ chef

Introduction

Making the spaghetti squash will work well in one large group.

An easy way to prepare baked spaghetti squash:

1. Heat oven to 350 degrees.
2. Cut squash in half, removing all seeds. Place squash halves in baking dish, cut sides down.
3. Add ½ inch of water and bake in oven for 40–45 minutes or until squash is tender.
Activity Description

Prepare the following recipe with the children in your classroom.

1. Place the baked spaghetti squash on a table so that all children can see it. Demonstrate how to pull out spaghetti-like strands from the squash.
2. Ask each child to scrape out a portion of strands with a plastic fork from the squash’s wall and place into his/her cup/bowl.
3. Instruct each child to add a spoonful of pasta sauce.
4. Encourage each child to try at least one bite of spaghetti squash.

Summary

«Today we were chefs. What did we make today? Who liked making the spaghetti?»

Enrichment

Encourage children to participate in further dramatic play. During free play, encourage children to “bake” their own spaghetti squash at the kitchen station.

Learning Objectives

1. CHILDREN WILL complete the fourth of four squash tasting experiences.
2. CHILDREN WILL help prepare a healthy snack.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Encourage each child to take one bite of squash.
■ Remember that the more times children are exposed to a new food the more likely they are to develop a taste preference for that food.
■ Children are more likely to try a new food if an adult models the behavior!

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Let's Get Cooking!
TEACHER EVALUATION

Please indicate if the following learning and teaching objectives were met:

A. Children completed the fourth of four squash tasting experiences.
   - [ ] yes  [ ] no
   - comments:

B. How many...
   - children in your classroom tasted a squash?
   - [ ]
   - total children in your classroom?
   - [ ]

C. Children helped prepare a healthy snack.
   - [ ] yes  [ ] no
   - comments:

D. Teacher modeled healthy eating behavior (tasting a squash) for children.
   - [ ] yes  [ ] no
   - comments:

E. Did your classroom complete the enrichment activity?
   - [ ] yes  [ ] no
   - comments:

Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

1. What comments or reactions did the children in your classroom have about their tasting experience?
   - 
   - 
   - 

2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.
   - 
   - 
   - 

3. Did you experience any difficulties in completing this lesson?
   - 
   - 
   - 

4. Do you have any additional comments?
   - 
   - 
   - 

**PLEASE TELL US ABOUT YOU!**

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:
   - 
   - 
   - 

How many other adults (volunteers) helped lead this lesson?
   - [ ]