

Crookneck Squash Row



SQUASH

PEACH

POTATO

APPENDIXES

WELCOME TO

Crookneck Squash Row at Tasty Acres Farm!



Crookneck squash is a vegetable that children find fascinating because of the unusual shape. Through the activities in this unit, children will explore this unique yellow vegetable, experiencing how a crookneck squash looks, feels, smells, and tastes. Children will learn how crookneck squash are grown, harvested, and shipped from the farm to farmers markets and stores.

Children also have many opportunities to try crookneck squash throughout the unit. Growing at Home materials encourage families to include squash in cooking, conversations, and fun and games.

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Crookneck Squash Activity Chart

DAY 1 45 minutes	DAY 2 40-50 minutes	DAY 3 25 minutes	DAY 4 45-50 minutes	DAY 5 40-50 minutes
MYSTERY BOX OR BAG	GROWING ACTIVITY	GROWING ACTIVITY	GROWING ACTIVITY	FOOD GROUP ACTIVITY
<p>Feel That Curvy Shape</p> <hr/> <p>15 minutes</p> 	<p>Crookneck Squash Start as Seeds</p> <hr/> <p>10 minutes</p>	<p>Plant a Crookneck Squash Seed in a Cup</p> <hr/> <p>15 minutes</p> 	<p>Plant a Crookneck Squash Outdoors</p> <hr/> <p>15 minutes</p>	<p>Squash Is a Vegetable</p> <hr/> <p>20-25 minutes</p>
TASTING ACTIVITY	MOVEMENT ACTIVITY	MOVEMENT ACTIVITY	OPTIONAL ACTIVITY	MOVEMENT ACTIVITY
<p>Crookneck Squash—A Look Inside</p> <hr/> <p>15 minutes</p>	<p>“Crookneck Squash Says”</p> <hr/> <p>10 minutes</p> 	<p>Old MacDonald Had a Farm, Crookneck Squash Style</p> <hr/> <p>10 minutes</p>	<p>Make a Seed Tape</p> <hr/> <p>15-20 minutes</p>	<p>Crookneck Squash Skip</p> <hr/> <p>10 minutes</p>
CRAFT ACTIVITY	TASTING ACTIVITY		CRAFT ACTIVITY	TASTING ACTIVITY
<p>Garden Art Bookmarks</p> <hr/> <p>15 minutes</p> 	<p>Crookneck Squash Sandwiches</p> <hr/> <p>10 minutes</p>		<p>Decorated Garden Bags</p> <hr/> <p>15 minutes</p> 	<p>Squash Casserole</p> <hr/> <p>10-15 minutes</p> 
	READING ACTIVITY			
	 <hr/> <p>10-20 minutes</p>			





Introduction to Crookneck Squash Row Activities

Check with local farms and farmers markets to find out when crookneck squash is in peak season. Usually crookneck squash is a summer or late summer crop. Crookneck squash is an interesting vegetable, and seeing crookneck squash growing makes a great farm field trip for preschoolers. If a farm is not nearby, visit a produce stand or farmers market to see fresh crookneck squash. If those options do not work, you can also show the children a picture using the crookneck squash *Grow It! Cards*.

The crookneck squash lessons in this unit are arranged by day to teach over the course of 5 consecutive days. If possible, do the growing activities. Growing and watching a plant grow can be an enjoyable activity for children.

WORDS TO GROW

New Words To Use
When Teaching About
Crookneck Squash

Vegetables **Curves**
Vines **Squash**
Circle **Inside**
Yellow **Outside**
White **Summer**

ACTIVITY LENGTH

Most activities require only 10–15 minutes.

CREDITING TIPS

Some activities in this unit include children eating crookneck squash. Check for food allergies before serving. If you plan to serve crookneck squash as part of a reimbursable meal or snack for the Child and Adult Care Food Program (CACFP), check the minimum serving sizes for each age group (Appendix G, page 330). There are also Crediting Tips with some of the recipes. If you plan to serve those as part of a reimbursable meal or snack, refer to the Crediting Tips for guidance.

For information on purchasing the correct amount of squash, see USDA's Food Buying Guide at <https://foodbuyingguide.fns.usda.gov>.

LUNCH AND SUPPER MEAL PATTERNS

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Meat and meat alternates	1 oz eq	1½ oz eq
Vegetables	⅓ cup	¼ cup
Fruits	⅓ cup	¼ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

SNACK MEAL PATTERNS

Select 2 of the 5 components for snack

	Ages 1-2	Ages 3-5
Milk	½ cup	½ cup
Meat and meat alternates	½ oz eq	½ oz eq
Vegetables	½ cup	½ cup
Fruits	½ cup	½ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.



Getting To Know Crookneck Squash

If you're not familiar with crookneck squash, that's ok! *Grow It, Try It, Like It!* can help both providers and children discover new vegetables and fruits.

Crookneck squash is a type of summer squash, similar to patty pan squash and zucchini. Crookneck squash is easy to grow and is famous for being one of the varieties with the most flavor. The outside of the crookneck squash is light yellow and the inside is white and contains edible seeds.

GROWING GUIDE

Plant seeds outdoors 2-3 weeks after the last spring frost when weather is warm. Crookneck squash plants are bushy with large green leaves and grow best in full sun and well-drained soil. Crookneck squash plants need to be watered moderately. These vegetables will be ready to harvest about 2 months after planting. Harvest when squash are 6-8 inches long. Adults may use a knife or garden pruner to cut the squash from the plant, ensuring a piece of the stem remains attached. Regularly harvest so the plants keep growing more squash.



HOW SHOULD I STORE MY CROOKNECK SQUASH?

Refrigerate after harvest and use within 3-5 days.

SIX SIMPLE WAYS TO SERVE CROOKNECK SQUASH

1. Sliced raw and cut into thin sticks (*optional*: serve with dip).
2. Cut into noodles with a vegetable peeler.
3. Shredded raw and tossed into green salad.
4. Diced and added to vegetable soup.
5. Stir-fried with other vegetables.
6. Grilled on a kabob.



Crookneck Squash

Please provide a print copy (or email a digital copy) of Growing at Home to families before, during, or after completing the Crookneck Squash activities. These handouts and recipes are a great way to keep families informed about what their children are learning during the day.

Content from this handout can also be displayed on a family bulletin board or shared on your website.

In addition to the ideas above, text, tweet, or share daily crookneck squash lesson highlights with the families.



MESSAGES FOR FAMILIES

DAY ONE

- Today your child tasted crookneck squash. #GrowIt
 - Share a photo of their child eating squash. Do not post pictures without permission.

DAY TWO

- Today your child learned that squash starts as a seed. #GrowIt

DAY THREE

- Today we danced to a fun song about squash. Ask your child to sing it for you. #GrowIt

DAY FOUR

- Today we read a book that had vegetables and fruits as part of the story. Ask your child to describe his or her favorite part. #GrowIt
- Today your child experienced growing a crookneck squash seed. #GrowIt

DAY FIVE

- Today your child learned about the MyPlate food groups. Ask your child which food group squash is in. #GrowIt



Grow It, Try It, Like It!

FUN WITH FRUITS AND VEGETABLES AT FAMILY CHILD CARE

Crookneck Squash

Dear Family:

We are learning about crookneck squash.

Through hands-on experiences, the children observe how crookneck squash looks, feels, smells, and tastes. They also learn how it grows!

They learn that crookneck squash:

- Are curved, not straight;
- Are a light yellow color outside;
- Are white and firm on the inside;
- Have flat, white seeds on the inside;
- Have parts that can all be eaten—skin, insides, and seeds—except the stem;
- Grow on vines above the ground; and
- Need soil, water, sun, and time to grow.

Help your child continue learning about squash. You can make a family recipe that includes crookneck squash or try the **Squash Casserole** recipe attached. Include your child in the cooking if possible.

TIP

Help your child experience the same food in different ways. For example, serve raw crookneck squash for a snack and add pieces of squash to a soup.

Six Simple Ways To Serve Crookneck Squash

1. Sliced raw and cut into thin sticks (*optional*: serve with dip).
2. Cut into noodles with a vegetable peeler.
3. Shredded raw and tossed into green salad.
4. Diced and added to vegetable soup.
5. Stir-fried with other vegetables.
6. Grilled on a kabob.



Squash Casserole



PREPARATION TIME

10 minutes

COOKING TIME

35 minutes

MAKES

6 servings

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the onions into pieces.

NUTRIENTS PER SERVING

Calories	45
Protein	3 g
Carbohydrate	3 g
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Iron	0 mg
Calcium	76 mg
Sodium	70 mg
Dietary Fiber	1 g

INGREDIENTS

- ¾ cup onions, fresh, peeled, ¼-inch diced
- 1 cup zucchini, fresh, unpeeled, grated
- 1 cup crookneck squash, fresh, unpeeled, grated
- ½ teaspoon parsley, dried
- ½ teaspoon oregano, dried
- ⅛ teaspoon salt, table
- ⅛ teaspoon black pepper, ground
- 1 egg, large, whole
- 2 tablespoons milk, fat-free (skim)
- 1 ¼ ounces sharp cheddar cheese, reduced-fat, shredded
- Nonstick cooking spray
- Forks, plates, and napkins

INSTRUCTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Set aside.
3. Spray a medium skillet with nonstick cooking spray and heat over medium-high heat.
4. Sauté onions for 3 minutes or until soft. Stir frequently.
5. Add zucchini and crookneck squash. Sauté for 5 minutes. Stir frequently.
6. Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and crookneck squash begin to lightly brown, about 5 minutes. Remove from heat.
7. Whisk together egg and milk in a small bowl.
8. Place sautéed vegetables in baking dish. Top with egg and milk mixture and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan. Sprinkle cheese evenly on top of mixture.
9. Bake uncovered for 20 minutes. Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 even pieces.

COOKING WITH CHILDREN

Young children can:

- Help rinse the vegetables.
- Help mix the eggs and milk together.



ACTIVITY OVERVIEW



MYSTERY BOX OR BAG ACTIVITY

Feel That Curvy Shape

Page 180

15 minutes



TASTING ACTIVITY

Crookneck Squash—A Look Inside

Pages 181-182

15 minutes



CRAFT ACTIVITY

Garden Art Bookmarks

Page 183

15 minutes





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Review Make a Mystery Box or Bag, as needed (Basics, pages 11–12).
- Place one well-scrubbed, whole crookneck squash in the Mystery Box or Bag.
- Make copies of Crookneck Squash Growing at Home handout, one set per child (pages 177–178) or draft an email for families.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Have the children wash their hands before and after activity (Appendix D: Hand Washing, page 325).

WORDS TO GROW

Vegetable	Curve
Yellow	Smooth
Light (weight)	Crookneck squash

MYSTERY BOX OR BAG ACTIVITY

Feel That Curvy Shape

Use the Mystery Box or Bag to create interest and excite their sense of touch. Have the children feel the crookneck squash in the box or bag before revealing the “mystery” item to all.



OBJECTIVES

The children will be able to:

- Identify a crookneck squash as a medium-weight, yellow vegetable with a curved neck; and
- Describe the outside appearance and smell of a crookneck squash.



MATERIALS NEEDED

- 2 crookneck squash, well-scrubbed
- Mystery Box or Bag
- Paper and pencil

INSTRUCTIONS

- Introduce the Mystery Box or Bag, or reintroduce it if you have used it before.
- One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box or bag with the child.
- Ask each child to describe quietly to you what he or she feels.
- After everyone has guessed, reveal the crookneck squash. Let each child hold the crookneck squash if desired.
- Note the children’s guesses that were close (curved, crooked, a plant, food) or correct (crookneck squash).
- Talk about the crookneck squash. Ask the questions below and any other questions you like.
 - Is a crookneck squash a vegetable or fruit? (Vegetable)
 - What shape is it? (Curved like a cane)
 - What color is it? (Light yellow)
 - How does the outside of it feel? (Smooth)
 - Is it light or heavy? (Light)
 - Is it soft or hard? (Hard, with a thin skin)
 - Does it have a smell? (May have no smell or smell earthy)
 - Has anyone ever tasted a crookneck squash? (Yes or no)



TASTING ACTIVITY

Crookneck Squash—A Look Inside



Engage all the senses! The children will see and feel a crookneck squash, then smell and taste it.

OBJECTIVES

The children will be able to:

- Describe the appearance, smell, and taste of a crookneck squash; and
- Recognize that all of the crookneck squash can be eaten including the seeds, flesh, and skin.

MATERIALS NEEDED

- Crookneck squash (can be the one used with the Mystery Box or Bag)
- Sharp knife
- Cutting board or surface
- Damp cloth and dry towel for wiping and drying hands
- Plates and napkins (one per child)

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Prepare the crookneck squash. Scrub the squash with a vegetable brush under cool running water.
- Assemble materials.
- Keep the knife in a safe place until ready to use.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.





INSTRUCTIONS

- Have the children gather around the area with the crookneck squash and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review what was learned about crookneck squash already. If this is your first activity, tell the children you have a crookneck squash to share today.
- Tell the children that crookneck squash grows on the ground. We have to wash the outside very well to remove soil and germs before we cut it open. Tell the children you have already washed the crookneck squash.
- Cut the crookneck squash in half to reveal the inside. Let the children know they will get to touch the inside if they want to a little later.
- Cut one half of the crookneck squash into small wedges with the skin and seeds intact. On a plate, give each child a small wedge of crookneck squash to look at, touch, and smell.
- Talk with the children about the inside of the crookneck squash. Ask the following questions and any additional questions if you like.
 - What color is the inside of the crookneck squash? (White)
 - What does the inside of the crookneck squash look like? (Seeds and white flesh of the crookneck squash)
 - How does the inside feel? (The flesh feels smooth and firm, the seeds feel like small, flat bumps)
 - How does the crookneck squash smell? (Mild, earthy, or no smell)

TIME TO TASTE!

- Once the children have explored their own piece of crookneck squash, invite them to taste a small piece of the crookneck squash (see Appendix F: Choking Prevention, pages 327–329). Tell the children that all of the parts of the squash may be eaten: flesh, seeds, and skin.
- Continue the activity asking:
 - How does the crookneck squash feel in their mouth? (Smooth, firm, crunchy)
 - How does the crookneck squash taste? (Mild)
- Be open to any answer the children have—tastes vary and use as a teaching tool. Explain to the children there are four different tastes: sweet, salty, bitter, and sour.
- Be a healthy role model! Enjoy some squash with the children. Encourage children who may be hesitant to take a tiny bite or even just a lick of the squash. Praise the children who tasted the squash.
- After everyone has sampled his or her own uncooked crookneck squash, invite the children to come to the board and feel the squash half with the seeds.
- After the children have felt the half with seeds, have the children wipe their hands on the damp cloth and dry with the towel.

OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the crookneck squash with the children.



CRAFT ACTIVITY

Garden Art Bookmarks



Have the children draw and color fruits and vegetables on bookmarks.

OBJECTIVES

The children will be able to:

- Engage with crookneck squash in a fun way; and
- Develop and strengthen their fine motor skills.

MATERIALS NEEDED

- White poster board or sturdy paper cut into 3-inch x 9-inch strips
- Markers, crayons, pencils, and/or colored pencils
- Crookneck Squash *Grow It! Cards*
- *Optional:* Laminating material for each bookmark

INSTRUCTIONS

This example uses crookneck squash as the featured vegetable.

- Seat each child at a table with supplies.
- Show a picture of crookneck squash to the children. Use images from the *Grow It! Cards*.
 - Talk about how a crookneck squash looks different on the outside from the inside.
 - Review the shape (curved) and colors (light yellow outside and white inside with white seeds) of a crookneck squash.
- Give each child a paper strip for his or her bookmark.
- Show them how to make a curve with their index finger. Show them how to turn their wrist to put the curved finger flat on their strip of paper (see drawing on the right). Explain that they are going to trace around the curve of their finger to make the curve of a crookneck squash and then lift their hand and draw the letter U or loop to make the rest of squash.
- Tell the children to:
 - Color the shape like a crookneck squash.
 - Decide to color the outside or inside of the crookneck squash.
 - Draw more crookneck squash of different sizes on the bookmark, if desired.
- Help each child write his or her name on the back of the bookmark.
- Collect and laminate the finished bookmarks (*optional*).



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

MIXED-AGES TIP

A *Grow It! Buddy* can help a younger child make a bookmark.



Crookneck Squash: Where Do You Come From and How Do We Eat You?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Crookneck Squash Start as Seeds

Page 185

10 minutes



MOVEMENT ACTIVITY

"Crookneck Squash Says"

Page 186

10 minutes



TASTING ACTIVITY

Crookneck Squash Sandwiches

Page 187

10 minutes



READING ACTIVITY

Page 188

10-20 minutes



GROWING ACTIVITY

Crookneck Squash Start as Seeds

The children see and touch crookneck squash seeds and learn how far apart to plant them.

OBJECTIVES

The children will be able to:

- Describe how a crookneck squash grows from a seed into a plant that produces crookneck squash; and
- Describe the materials needed to grow crookneck squash.

MATERIALS NEEDED

- Crookneck squash seed packet (check your local hardware store or supermarket)
- Yardstick or two 12-inch rulers
- Crookneck Squash *Grow It! Cards*

INSTRUCTIONS

- Tell the children they will learn about how crookneck squash grows. Show the children the crookneck squash seeds. Tell them the seeds are similar to the ones from the inside of the crookneck squash. People buy packets of seeds to grow crookneck squash in gardens.
- Pass the seeds around. Let the children touch and count the seeds.
- Explain that the crookneck squash seeds are planted at least 2 feet apart in the soil. The crookneck squash plants need enough room to spread out when they grow. Have two children hold the yardstick or rulers between them to show the distance. Have the children return to the group.
- Explain that the crookneck squash seeds are planted in the soil in the spring. Yellow flowers bloom on the vines. Use the *Grow It! Cards* to show crookneck squash growing in a field.
- Explain that crookneck squash are picked by an adult when they are tender and still have a shiny or glossy appearance. Squash stems and leaf stalks are prickly so it is best to wear gardening gloves when picking squash. The squash is taken to a store or a farmers market where people buy them and take them home to eat.



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

WORDS TO GROW

Seeds

Soil

Sun

Water

Space

Plants





ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.
- Clear or designate an open space for children to move about during the activity.

MOVEMENT ACTIVITY

“Crookneck Squash Says”



“Crookneck Squash Says” is the Tasty Acres Farm version of a popular children’s game.

OBJECTIVES

The children will be able to:

- Move and stretch during a group game;
- Follow instructions from a peer or adult; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- *Optional:* Shirt, badge, or other accessory for the leader to wear that lets everyone know he or she is the Farmer.

INSTRUCTIONS

- Have the children sit in a circle or stand in a group.
- Choose one person to be the Farmer (leader).
- The Farmer tells the other children to do all sorts of different and fun things, the funnier the better!
- The Farmer’s orders are only to be followed when they start with “Crookneck squash says.”
- When someone follows an order that doesn’t begin with “Crookneck squash says,” that child is out of the game. However, make sure to keep the children moving even if they are “out.” Ask them to stand off to the side and do different movements to find and pick crookneck squash. For example, children can march through the fields, squat to find squash, make large sweeping motions with their arms to pick up the squash, skip home from the farm, etc.
- Repeat until only one person is left. That person is the winner and can be the Farmer in the next round.



TASTING ACTIVITY

Crookneck Squash Sandwiches

The children make sandwiches with crookneck squash slices. They explore the feel, smell, and taste of crookneck squash.

OBJECTIVES

The children will be able to:

- Make a simple snack with crookneck squash; and
- Taste a new food featuring crookneck squash.

MATERIALS NEEDED

- Crookneck squash, about 1-2 inches in diameter (wide)
- Low-fat or fat-free mozzarella or cheddar cheese slices
- Plates and napkins

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Seat each child at a table with supplies.
- Explain that we always wash crookneck squash under running water before they are eaten. Tell the children you have already washed the crookneck squash.
- Give each child a clean plate with at least two thin slices of crookneck squash and one slice of cheese.
- Tell the children they are going to make a sandwich with crookneck squash.
- Show the children how to place the cheese between the crookneck squash slices to make a sandwich. Have the children note the difference in shapes between the round squash slice and the triangle or square cheese slice in the sandwich.
- Remind the children of the interesting curved shape of a crookneck squash.
- After making the crookneck squash sandwiches, invite the children to eat their snack.
- As the children eat, ask them to describe how the crookneck squash:
 - smells (mild);
 - feels in the mouth (cool, smooth, firm, and crunchy); and
 - tastes (fresh).



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Prepare crookneck squash. Wash the outside of the crookneck squash well and cut into ¼-inch slices, two per child.
- Cut cheese slices into triangles or squares, one slice per child.
- Prepare a plate for each child with two slices of squash and one slice of cheese on the plate.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Modify squash size and texture for younger children (see Appendix F: Choking Prevention).

WORDS TO GROW

Slice	Firm
Smooth	Cheese
Triangle	Crunchy
Cool	Round





ACTIVITY LENGTH

10-20 minutes
depending on the
length of the book

WHAT TO DO AHEAD OF TIME

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (Basics, page 15).
- Borrow from a library or purchase a book about fruits and vegetables.
- You can also use other books related to fruits and vegetables that may already be available to you.

MIXED-AGES TIP

- Hold the baby on your lap while reading to other children.
- Give the baby a fruit board book.
- Have *Grow It! Buddies* read to younger children.

Reading Activity



Read story books to the children that are about growing and/or eating vegetables or fruits. Listening to such stories can encourage children to adopt positive eating behaviors that can last a lifetime, like trying new vegetables and fruits.

OBJECTIVE

Children will be able to:

- Describe the fun and interesting stories about fruits and vegetables that were read to them.

MATERIALS NEEDED

- Books from a library or purchased books
- Space for the children to sit

INSTRUCTIONS

- Have the children sit around you as you read the book.
- Ask the children to listen for the names of vegetables and fruits as the story is read. If possible, have the children act out parts of the book to encourage movement during story time.
- After reading the story, ask the children which vegetables and fruits were named in the story and what happened to them. For example,
 - Where were the fruits and vegetables grown?
 - What happened to the fruits and vegetables after they were picked?
 - Who ate the fruits and vegetables?
- Add other questions that relate to the story.



ACTIVITY OVERVIEW



GROWING ACTIVITY

Plant a Crookneck Squash Seed in a Cup

Pages 190-191

15 minutes



MOVEMENT ACTIVITY

Old MacDonald Had a Farm,
Crookneck Squash Style

Pages 192-193

10 minutes





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Prepare potting soil and divide into containers, one per table.
- Write "Crookneck Squash" on the wooden craft sticks.
- At the table(s), place a small paper cup, three seeds, and a plastic spoon per child.

GROWING ACTIVITY

Plant a Crookneck Squash Seed in a Cup



The children plant crookneck squash seeds in the soil and learn what the seeds need to grow. Children can check the cup daily to see the seed's progress. Once the plant becomes big enough, the children can take their cup home.

OBJECTIVES

The children will be able to:

- Describe the materials needed to grow crookneck squash; and
- Experience planting a crookneck squash seed.

MATERIALS NEEDED

- Crookneck squash seed packets (can be packets from Day 2)
- 5- to 6-ounce paper cups, one per child
- Potting soil
- Water for soil in a small spray bottle
- Plastic spoons or scoops, one per child
- Unsharpened pencils, with a line marking $\frac{1}{2}$ -inch
- Waterproof pens or markers
- Wooden craft sticks for plant markers, one per child
- Table covers, if desired
- Smocks for the children, optional
- Sunny location and/or fluorescent lights if planning to grow plants indoors



INSTRUCTIONS

- Help the children write their name on their cup.
- During the activity, help the children (or have older *Grow It! Buddies* help):
 - Fill their cups about three-quarters full with potting soil with spoons or scoops.
 - Gently tap the sides and bottom of their cup with their index finger to settle but not pack the soil.
 - Poke three holes in the soil spaced inside the cup. Use the marked unsharpened pencil to make holes $\frac{1}{2}$ inch deep.
 - Place a seed in each hole and gently cover the seeds with soil.
 - Lightly spray water over the top of the soil; help any children needing assistance.
 - If using wooden craft sticks as plant markers, write the name of the plant on the stick and place it in the soil close to the inside curve of the cup.
- During the activity, tell the children:
 - The seeds will grow in the potting soil the same way plants grow in the earth's soil outside.
 - The seeds need soil, water, sun, and time to grow into plants.
 - Inside, we can use lights to give plants warmth and light, just as the sun helps outside plants grow.
 - The seeds will grow first into very small plants (seedlings), then into larger plants. These larger plants, if planted outside in a garden, will continue to grow with sunlight and water. The crookneck squash vegetable will grow from the larger plants.
- Have the children set their cups in a sunny spot near a window or under lights.
- Have the children follow the care instructions on the seed packet and check their cups weekly to see the progress of the seeds growing into plants.
- Water with spray bottle as needed.





MOVEMENT ACTIVITY

Old MacDonald Had a Farm

CROOKNECK SQUASH STYLE

The children sing about growing and eating crookneck squash and act out motions to this familiar tune.



ACTIVITY LENGTH
10 minutes

WHAT TO DO AHEAD OF TIME

- Become familiar with the words and motions of the song.

MIXED-AGES TIP

Grow It! Buddies can take turns leading the song.

OBJECTIVES

The children will be able to:

- Sing and act out motions to a familiar tune; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- Crookneck Squash Lyrics to “Old MacDonald Had a Farm”
- Large space for the children to move about

INSTRUCTIONS

- Lead the children in singing these new words to the tune “Old MacDonald Had a Farm” and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.





Old MacDonald Had a Farm, Crookneck Squash Style

1ST VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew crookneck squash, EIEIO! *(Pretend to carry crookneck squash)*
With vines growing here and vines growing there,
Here vines, there vines, everywhere squash vines! *(Wiggle arms to left and right repeatedly using large, vigorous motions)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

2ND VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew crookneck squash, EIEIO! *(Pretend to carry crookneck squash)*
With sunshine here and sunshine there,
Here sun, there sun, everywhere sun shines! *(Hold hands in circle above head and jump to face four corners & sides of room)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

3RD VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some squash, EIEIO! *(Pretend to carry crookneck squash)*
With a harvest here and a harvest there, *(Pretend to wheel a heavy wheelbarrow)*
Here a harvest, there a harvest,
everywhere a squash harvest *(Pretend to wheel a heavy wheelbarrow)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

4TH VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some squash, EIEIO! *(Pretend to carry crookneck squash)*
With a bite, bite here, and a bite, bite there, *(Pretend to eat crookneck squash)*
Here a bite, there a bite, everywhere a crunchy bite. *(Pretend to eat crookneck squash)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*



Crookneck Squash: How Do You Grow?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Plant a Crookneck Squash Outdoors

Pages 195-196

15 minutes



OPTIONAL ACTIVITY

Make a Seed Tape

Page 197

15-20 minutes



CRAFT ACTIVITY

Decorated Garden Bags

Page 198

15 minutes



GROWING ACTIVITY

Plant a Crookneck Squash Outdoors



The children plant crookneck squash and learn what crookneck squash seeds need to grow.

OBJECTIVES

The children will be able to:

- Describe the materials needed to grow crookneck squash; and
- Experience growing a crookneck squash.

MATERIALS NEEDED

- Crookneck squash seeds, a seed tape, seedlings, or starter plants (see Planting Options right)
- Garden or flowerbed, 12 feet or longer by 18 inches wide
- Hoe or trowel
- Garden hose with sprinkler nozzle or watering can
- Yardstick or two 12-inch rulers

INSTRUCTIONS

- Take the children and the crookneck squash seeds or seed tape outside. Explain that today they will plant crookneck squash seeds and learn what seeds need to grow into plants.
- Point to the sun. Ask the children how the sunlight feels on their skin (warm).
- Explain that the light and warmth of the sun helps crookneck squash seeds grow into plants that will produce more crookneck squash.
- Show the children the soil in a garden or flowerbed. Let them touch the soil. Ask them how the soil feels (wet or dry, hard or soft). Explain that crookneck squash seeds need soil to grow into plants.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- If using a seed tape, prepare it ahead of time (page 197). Involve the children for an extra activity.
- Prepare garden or flowerbed for growing by tilling (breaking up) and fertilizing the soil (Appendix B: Green Thumb Guide, page 318).

PLANTING OPTIONS

- **SEEDS:** Follow the directions on the back of the crookneck squash seed packet to plant seeds directly into the ground.
- **SEED TAPE:** A seed tape ensures your seeds will be spaced appropriately and can make it easier for small hands to help plant small seeds.
- **SEEDLINGS:** If you have grown crookneck squash seedlings indoors and hardened the plants for outdoor growing (Appendix B: Green Thumb Guide, page 318), you can substitute the plants for the seed tape.
- **STARTER PLANTS:** You can also purchase crookneck squash starter plants at a greenhouse and plant directly into the ground. Refer to starter plants instead of seeds during the activity.



Green Thumb Guide

IS SPACE LIMITED?

Miniature varieties of crookneck squash can grow in a large container; at least 2 feet deep and 2 feet in diameter (Appendix B: Green Thumb Guide, page 318).



- Run some water from a hose or pour some from a container and let the children touch it. Ask how it feels (wet). Explain that water helps plants grow. Explain that water for plants usually comes as rain. Plants like crookneck squash need lots of water, so farmers and gardeners use sprinklers in addition to rain to make sure the plants have plenty of water.
- Have the children help lay the seeds or prepared seed tapes in the soil at the preferred growing depth of ½-inch, cover with soil, and water. Remind the children of how far apart crookneck squash are planted (at least 2 feet apart). Use the yardstick or two 12-inch rulers to make sure the seeds are planted at the correct distance apart.
- Water the plant as needed.



OPTIONAL ACTIVITY

Make a Seed Tape



A seed tape makes planting easier when working with small seeds and makes sure seeds are spaced appropriately.

OBJECTIVES

The children will be able to:

- Experience making a seed tape.

MATERIALS NEEDED

- Cornstarch
- Stovetop or hot plate
- Crookneck squash seeds
- Sealable plastic sandwich bag or small paintbrush
- Paper towels, inexpensive type that will breakdown in soil easily
- Yard stick
- Pen
- Blunt-tip scissors

INSTRUCTIONS

- Take three or four paper towels, fold them in half, and cut them into 1-inch strips, cutting across the perforations to create long strips. Unfold and lay the paper towel strips on a flat surface.
- Refer to the seed packet to note how far apart the seeds should be spaced (typically about 1 yard). Use a yard stick and pen to make marks on the towel strips at the appropriate spacing.
- Place a few spoonfuls of the gel into a plastic sandwich bag and seal the top. Snip off a corner of the gel-filled bag and squeeze a small droplet of gel on each of the marked spots. Place a seed on top of each drop of gel. The seeds will be firmly attached when the gel dries. Note: Gel can also be applied with a small paintbrush.

Young children can help mark where to place the seeds on the paper strip and place crookneck squash seeds on gel dots.



ACTIVITY LENGTH

15 20 minutes

WHAT TO DO AHEAD OF TIME

- To make the seed tape, prepare the gel ahead of time by dissolving 1 tablespoon of cornstarch in 1 cup of cold water. Cook over medium heat, stirring constantly. Once the mixture starts to boil and turns into a gel, remove from heat and allow it to cool to room temperature.



GIFT GIVING IDEA

Seed tapes can be made for gifts. Store dried seed tapes in sealed envelopes; label with seed name and directions for growing. Children can decorate the envelopes with drawings of the plants before putting the seed tapes inside the envelopes.

VARIATION

MAKE A SEED CIRCLE TO PLANT IN A POT

Cut a circle of paper towel the diameter of a 15-ounce can of food. Glue one or two seeds to the center of the paper towel circle using the cornstarch gel.





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.



CRAFT ACTIVITY

Decorated Garden Bags

The children draw the shape and color of crookneck squash on paper bags.

OBJECTIVES

The children will be able to:

- Engage with crookneck squash in a fun way; and
- Develop and strengthen their fine motor skills.

MATERIALS NEEDED

- Paper lunch bags (one per child)
- Markers, crayons, and/or colored pencils
- Crookneck Squash *Grow It! Cards*

INSTRUCTIONS:

- Seat each child at a table with supplies.
- Show a picture of crookneck squash from the *Grow It! Cards* to the children.
- Talk about how a crookneck squash looks different on the outside from the inside.
 - Review the shape (curvy) and colors (outside/light yellow and inside/white with white seeds) of a crookneck squash.
- Give each child a paper lunch bag and explain that they are going to decorate the bag with drawings of crookneck squash.
- Have the children draw at least one crookneck squash on the bag.
- Use the method described in the Garden Bookmarks activity (page 183) if they have trouble drawing crookneck squash freehand.
- Instruct them to color the squash.
- Have the children think of uses for the Decorated Garden Bags they just created. Some ideas include:
 - Use the bag to carry home the seed cup planted on Day 3 (page 190);
 - Use as a gift bag for a present; and
 - Other ideas the children suggest.



ACTIVITY OVERVIEW



FOOD GROUP ACTIVITY

Squash Is a Vegetable

Pages 200-203

20-25 minutes



MOVEMENT ACTIVITY

Crookneck Squash Skip

Pages 204-205

10 minutes



TASTING ACTIVITY

Squash Casserole

Pages 206-207

10-15 minutes





ACTIVITY LENGTH

20 minutes;
25 minutes if
optional coloring
activity conducted

FOOD GROUP ACTIVITY

Savor the Flavor of Squash



WHAT TO DO AHEAD OF TIME

- Review the foods and activities shown on the *MyPlate Poster*.
- Display the *MyPlate Poster*.
- Wash and then cut a crookneck squash and a zucchini squash in half.
- Prepare thin slices of crookneck squash and zucchini squash with the skin and seeds intact, at least one piece per child. Modify the size and texture of the squash for younger children as needed (see Appendix F: Choking Prevention).
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- *Optional:* Make copies of the *MyPlate* coloring sheet (Appendix I, page 333), one per child.

Introduce the children to the *Grow It, Try It, Like It! MyPlate Poster*. The children will learn that crookneck squash and other summer squash (zucchini) are part of the Vegetable Group. They will taste the difference between zucchini and crookneck squash.

OBJECTIVES

The children will be able to:

- Say that crookneck squash is found in the Vegetable Group;
- Say that eating vegetables like crookneck squash help keep us healthy;
- Compare crookneck squash to zucchini squash;
- Say that being physically active every day helps us feel good and is fun;
- Say that eating foods from the different food groups each day helps us grow and be healthy; and
- Name a food from each of the 5 food groups.

MATERIALS NEEDED

- *Grow It, Try It, Like It! MyPlate Poster*
- Crookneck squash and zucchini squash, at least two of each type of squash
- Plates and napkins
- *Optional:* Make copies of the *MyPlate* coloring sheet (Appendix I, page 333), one per child.

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

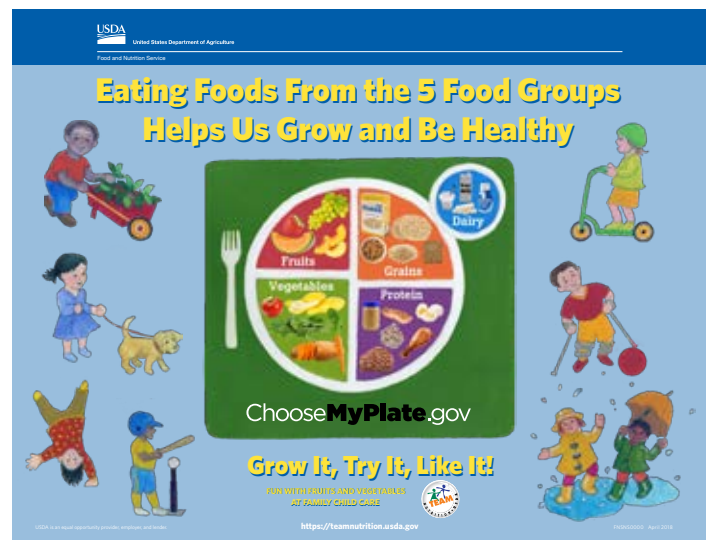
- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



INSTRUCTIONS

Learning the Food Groups

- Seat the children in a semicircle on the floor in view of the *Grow It, Try It, Like It! MyPlate Poster*.
- Tell the children that today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they already like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Show the *Grow It, Try It, Like It! MyPlate Poster* to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, specific activities by name, etc.
- Explain that MyPlate shows the five food groups a person should eat from each day. Each food group has its own color. Point to the different sections as you discuss. The Fruit Group is red, the Vegetable Group is green, the Grains Group is orange, the Dairy Group is blue, and the Protein Foods Group is purple. Eating foods from each food group helps us to grow and be healthy. Explain that crookneck squash is a part of the Vegetable Group.



The Grow It, Try It, Like It! MyPlate Poster shows foods from the five food groups.



GRAINS

- Tell the children that foods made from grains are in the Grains Group represented by the orange-colored section on MyPlate. Point to the food group on the poster and state that grain foods like bread, cereal, rice, and pasta give us energy to play.
- Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Grains Group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, rice, and corn. Grains are used to make foods like cereal, bread, tortillas, and pasta.



VEGETABLES

- Tell the children that many foods from plants are in the Vegetable Group and are represented by the green section of MyPlate. Point out the crookneck squash on the poster. Ask the children to name this vegetable (crookneck squash). Ask the children to name the color of crookneck squash (yellow). Explain that eating yellow vegetables, like crookneck squash, can help them to be healthy.
- Ask two children to come to the poster, point to a vegetable in the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that (the vegetable named) and other foods from the Vegetable Group also help keep us healthy.





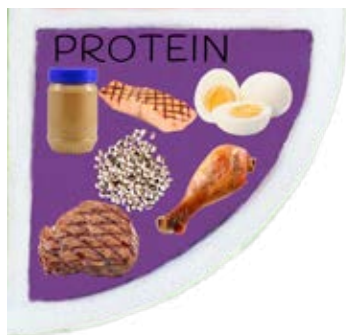
FRUITS

- Tell the children that some foods from plants are in the Fruit Group represented by the red section. Point to the strawberry shown on the poster and state that strawberries help keep us healthy.
- Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit and state that (the fruit named) and other foods from the Fruit Group help keep us healthy.



DAIRY

- Tell the children that milk and foods made from milk are in the Dairy Group, represented by the blue section. Point to the milk and yogurt on the poster and state that milk and yogurt help us build strong bones.
- Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Dairy Group also help us build strong bones.

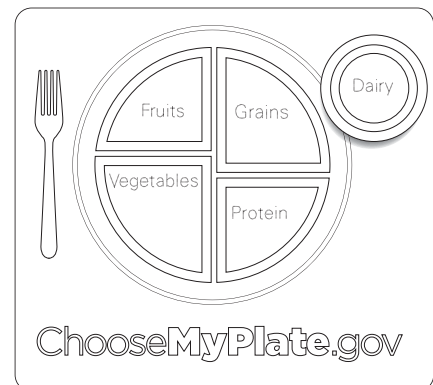


PROTEIN FOODS

- Tell the children that foods from animals and some plants are in the Protein Foods Group, represented by the purple section. Point to the meat, fish, egg, beans, and peanut butter on the poster and state that these foods help our muscles grow.
- Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Protein Foods Group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)

OPTIONAL COLORING ACTIVITY

- Seat each child at a table with supplies.
- Distribute a copy of the MyPlate coloring sheet (Appendix I, page 333) to each child.
- Ask the children to color the Vegetable Group section of MyPlate green and draw and color a crookneck squash near it. Help the younger children who may not know their colors yet.
- With older children, have them copy the dot-to-dot outline of the word "Vegetables".



TIME TO TASTE!

- Show the children the crookneck squash and zucchini. Tell the children that zucchini is a type of summer squash similar to crookneck squash but different in color. Explain that zucchini and crookneck squash are both in the Vegetable Group on the *MyPlate Poster*.
- Give the children thin squash samples to taste. Note both are firm, crunchy, and taste mild.
- After tasting the samples of squash, invite the children to feel and smell the different squash halves.
- Ask the children to name different ways to eat vegetables like squash at different meals and snacks. Accept all answers such as fresh slices or sticks, in vegetable salads, roasted or grilled, etc.



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the crookneck squash with the children.





ACTIVITY LENGTH
10 minutes

**WHAT TO DO
AHEAD OF TIME**

- Display the *Grow It, Try It, Like It! MyPlate* Poster.

MOVEMENT ACTIVITY
Crookneck Squash Skip



Crookneck Squash Skip is a fun activity to get children moving.

OBJECTIVES

The children will be able to:

- Enjoy physical activity in a fun and new way; and
- Say that being physically active helps us feel good.

MATERIALS

- *Grow It, Try It, Like It! MyPlate* Poster



Grow It, Try It, Like It! MyPlate Poster



INSTRUCTIONS

- Point to the various activities depicted on the *Grow It, Try It, Like It! MyPlate Poster*. Ask the children to tell you why it is important to be physically active and play every day (it helps you be strong and healthy, and it is fun). Tell the children that today they will learn to be physically active in a way that reminds them of the crookneck squash they just tasted.
- Take the children to a large open space, indoors or outdoors. Ask the children to stand in a large circle, standing so that one arm can be extended into the circle and one arm can be extended outside of the circle. Show the children how to extend the arm on the outside of the circle over their head and curve in toward the inside of the circle, similar to the curve of a crookneck squash. Tell the children they are going to skip around the large circle with their arms curved like crookneck squash while you call out the word “squash.” When the children hear you say the word “squish,” they will stop skipping and lower their arms. The children turn to face the opposite direction and curve the opposite arm over their heads like the curve of a crookneck squash. The children skip around the large circle as you call out the word “squash.” When they hear the word “squish,” the children stop, change directions, and curve the opposite arm over their heads to repeat skipping until the activity is concluded.
- Have the children curve their arms like crookneck squash, and say, “1, 2, 3, Squash, Squash, Squash (repeat saying squash several more times)...Squash!”
- Continue to have the children skip in a large circle for several minutes. If desired, increase the activity difficulty for older children by occasionally asking the children to skip backwards in the large circle for one round of skipping.
- Conclude the activity by telling the children it is fun to be physically active by doing a Crookneck Squash Skip.

NOTE TO CAREGIVER

Active play and movement are important for every child’s growth and development. Although they may seem to be active and energetic, most children do not get the amount of physical activity they need for good health. The Centers for Disease Control and Prevention (CDC) recommends that children get 60 minutes (1 hour) or more of physical activity daily.





ACTIVITY LENGTH

10 15 minutes

WHAT TO DO AHEAD OF TIME

- Organize recipe ingredients.
- Make the Squash Casserole OR
- Gather recipe ingredients and let the children help make the casserole.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.

WORDS TO GROW

Casserole **Zucchini**
Crookneck squash **Grate**

OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the squash casserole with the children.

TASTING ACTIVITY

Squash Casserole

The children taste a new crookneck squash recipe and talk about different ways to eat crookneck squash.

OBJECTIVES

The children will be able to:

- Taste crookneck squash in a combination food, Squash Casserole.
- Describe many different ways to eat crookneck squash.
- Help prepare a dish with crookneck squash (*optional*).

MATERIALS NEEDED

- Squash Casserole ingredients (page 206)
- Plates, forks, and napkins

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children to share what they remember learning about crookneck squash.
- Encourage answers such as how and where crookneck squash grows; how it looks, feels, smells, and tastes; and other information covered in the unit.
- Show the children the Squash Casserole or prepare the casserole together and talk about the other foods in the casserole (zucchini, onions, cheese). Ask the children what food groups each ingredient belongs to (zucchini, crookneck squash, and onions—Vegetable Group; cheese—Dairy Group).
- Serve the children Squash Casserole.
- Show the children some of the grated squash (if available). Talk about how the squash was grated into small pieces for the recipe.
- As the children are eating, ask:
 - What crookneck squash recipes have they made with their families?
 - What different ways have they eaten crookneck squash?
 - What new ways do they think crookneck squash could be eaten?
- Give suggestions such as soups, salads, as a side dish (e.g., baked squash and apples), or cut into sticks and served with a dip.



RECIPE

Squash Casserole

This is a USDA standardized recipe.

INGREDIENTS

- ¾ cup onions, fresh, peeled, ¼-inch diced
- 1 cup zucchini, fresh, unpeeled, grated
- 1 cup crookneck squash, fresh, unpeeled, grated
- ½ teaspoon parsley, dried
- ½ teaspoon oregano, dried
- ⅛ teaspoon salt, table
- ⅛ teaspoon black pepper, ground
- 1 egg, large, whole
- 2 tablespoons milk, fat-free (skim)
- 1 ¼ ounces sharp cheddar cheese, reduced-fat, shredded



- Nonstick cooking spray
- Forks, plates, and napkins (one per child)

INSTRUCTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Set aside.
3. Spray a medium skillet with nonstick cooking spray and heat over medium-high heat.
4. Sauté onions for 3 minutes or until soft. Stir frequently.
5. Add zucchini and crookneck squash. Sauté for 5 minutes. Stir frequently.
6. Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and crookneck squash begin to lightly brown, about 5 minutes. Remove from heat.
7. Whisk together egg and milk in a small bowl.
8. Place sautéed vegetables in baking dish. Top with egg and milk mixture and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan. Sprinkle cheese evenly on top of mixture.
9. Bake uncovered for 20 minutes. Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 even pieces. Serve 1 piece per child.

COOKING WITH CHILDREN

Young children can:

- Help rinse the vegetables.
- Help mix the eggs and milk together.

PREPARATION TIME

10 minutes

COOKING TIME

35 minutes

MAKES

6 servings

CACFP CREDITING INFORMATION

One serving provides ½ oz equivalent meat alternate and ¼ cup vegetable. For more information on the CACFP meal patterns, see Appendix G, page 330.

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the onions into pieces.

NUTRIENTS PER SERVING

Calories	45
Protein	3 g
Carbohydrate	3 g
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Iron	0 mg
Calcium	76 mg
Sodium	70 mg
Dietary Fiber	1 g



Fun Extras



Crookneck Squash

Growing in the Garden



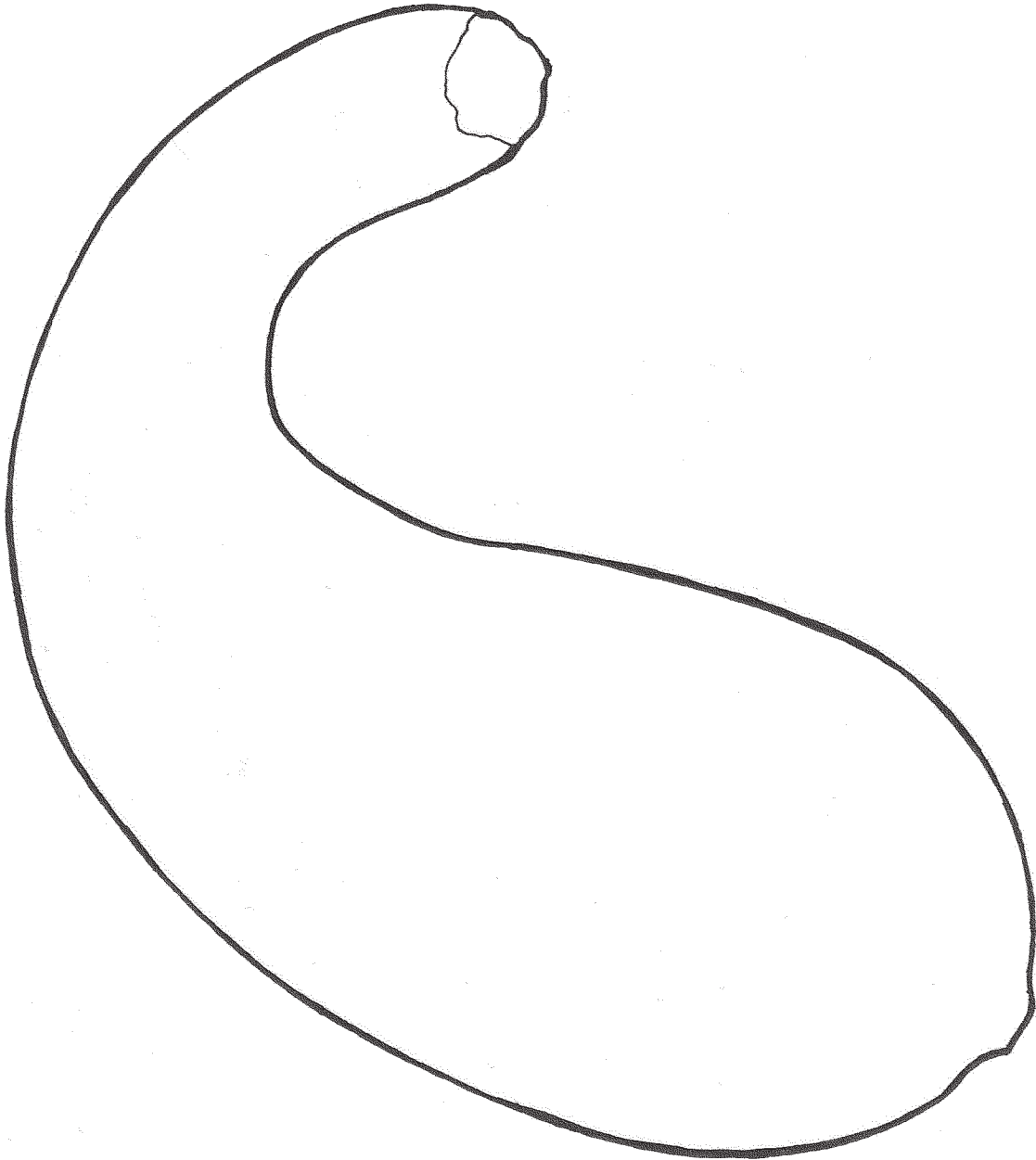
Crookneck Squash

At the Farmers Market



Crookneck Squash

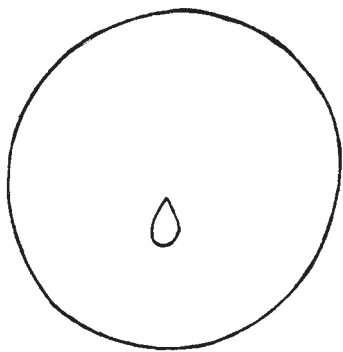
Blackline Master



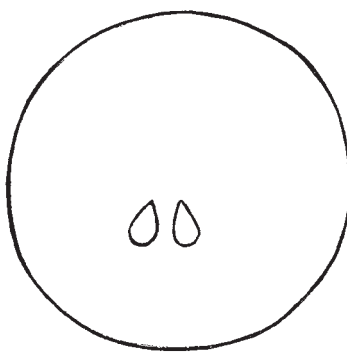
Counting Crookneck Squash Seeds

Dear Family:

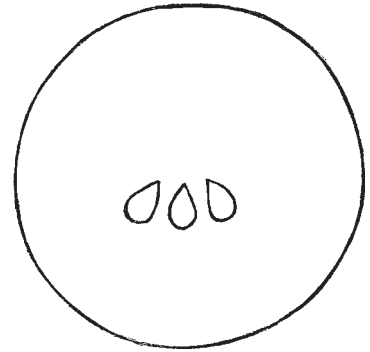
When children are familiar with new foods, they are more willing to taste new foods. In child care, your child has learned what the inside of crookneck squash looks like. Crookneck squash have many white, flat seeds. Help your child count the number of seeds in each piece of squash and trace the numbers under each picture. Guide their hand as they trace the numbers, if necessary. Have your child count different ways to enjoy eating crookneck squash. Write those ideas on the lines below the traced numbers. Make a plan to enjoy a crookneck squash recipe this week.



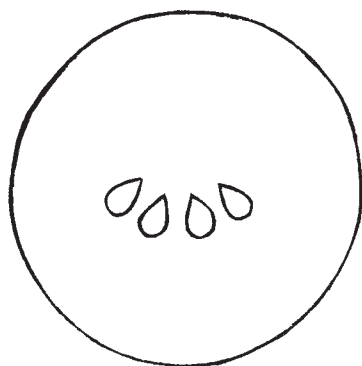
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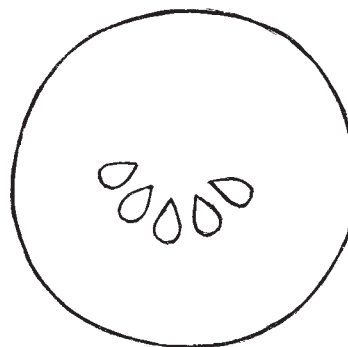
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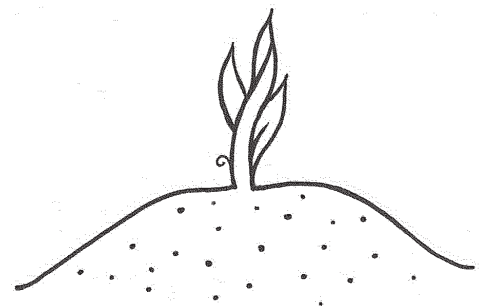
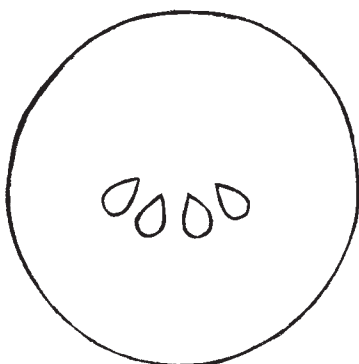
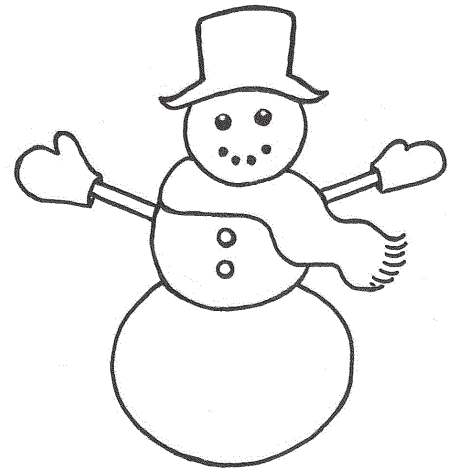
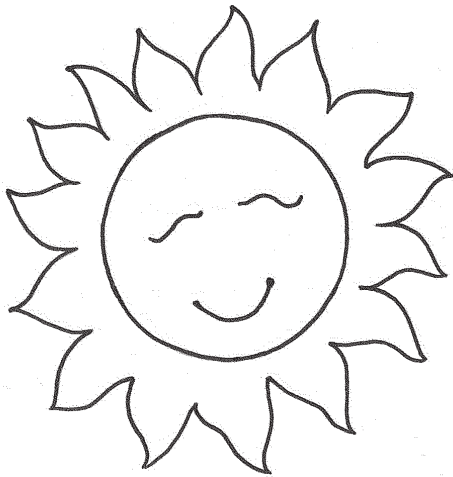
5



What Crookneck Squash Needs To Grow

Dear Family:

Crookneck squash plants start from flat white seeds found inside the squash. Squash grows on vines above the ground. It can grow in home gardens or on large farms. Squash grows fast, particularly in hot weather. Squash stems and leaf stalks are prickly, so it is best to wear gloves when picking squash. Squash is picked in late summer or early fall. Ask your child to look at the pictures below and draw a circle around the things a crookneck squash needs to grow.



Crookneck Squash Is Fun To Color

Dear Family:

Crookneck squash is a light yellow color. Young squash has smooth skin. As the squash grows, the skin becomes slightly bumpy. The inside of the squash is white and firm. Crookneck squash has flat, white seeds on the inside. Help your child color the drawings of crookneck squash below. After the activity, taste thin slices of raw crookneck squash with your child's favorite dip.

