



Pre K-Kinder
Nutrition

“Squishy Squashy Faces”

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During the story, Fred the Fish encourages his friends to try new food, saying “You want a different dish that will suffice? Some squishy squash is certainly nice.” Help your young students try new, nutritious food, so they can be like Fred and his funny friends!

OBJECTIVES:

Students will help prepare and taste a dish made with squash.

CA STANDARDS:

K- Reading Comprehension 2.0, Reading Comprehension 2.3, Listening and Speaking 1.1.

1st- Reading Comprehension 2.0, Reading Comprehension 2.3, Writing 1.0, Listening and Speaking 1.0.

2nd- Reading Comprehension 2.0, Writing strategies 1.0, Written and Oral English Language Conventions 1.0, Listening and Speaking Strategies 1.4

CA DRDP indicators:

Preschool-11.REG.3. Shared use of space and materials, 13. LANG.2 Follows increasingly complex instructions, 29.LIT.1 Interest in Literacy, 35.MOT.2 Fine motor skills, 37.SH.1 Personal Care Routines, 38.SH.3 Personal Safety, 39.SH.3 Understanding Healthy Lifestyles.

School Age- 10.HLTH.1 Safety, 11.HLTH.2 Understanding Healthy Lifestyles, 12.HLTH3.Personal Care Routines

MATERIALS:

- *Fred the Fish and the Squash that Goes Squish* by Duke Christoffersen available at www.brainfoodgarden.com,
- Cutting boards
- Plates
- Safety knives

- One bag of baby carrots
- Enough zucchini for two slices per child
- One slice of whole wheat bread per child
- Two red bell peppers
- One bag of shredded cheese
- One yellow squash per child
- Olive oil
- Access to an oven/toaster oven

PROCEDURE:

- After reading *Fred the Fish and the Squash that Goes Squish*, introduce students to the materials they will be working with and eating. Let students touch and smell the raw squash, and have them predict what it will taste like. Ask them why they think squash is a nutritious food (answers are in side bars throughout the story) **2 min.**
- Have ALL students wash their hands! This would be a good time to go over hand washing procedures ☺ **5 min.**
- Have children taste a small piece of both raw squashes. Ask them to vote which one they like best. **1 min.**
- Cut the yellow squash into very thin strips, and let students put them in a pan. In a safe area, add olive oil, and sauté the squash for just a few minutes. **5 min.**
- Using safety knives, help students cut their two pieces of zucchini, and a then slice of red bell pepper. **10 min.**
- Let children sprinkle a handful of cheese onto their slice of bread. Put the slices in the oven until cheese is slightly melted. **1 min.**
- Once bread is ready, allow children to assemble their “faces” on their plates, using the raw zucchini as two eyes, a baby carrot as the nose, the red bell pepper strip as a smile, and the sautéed yellow squash as hair! **5 min.**
- Enjoy!

ASSESSMENT:

Ask students what nutritious facts they remember from the story. Go over facts again. **5 min.**

EXTENSIONS:

Let students create their own “Squash recipe”! Let them browse through cookbooks or the Internet for ideas. Transcribe their ideas on a recipe card

ADAPTATIONS:

For ELL: This lesson is VERY hands on, so modeling is a necessity. Make a model squash face, so students have an example to reference.

For Special needs students: If necessary, pre cut squash, or help students cut the squash.