



Squash Activities

Here are some activities you can implement in your classrooms that connect to the Georgia Early Learning and Development Standards (GELDS).

Pumpkin Count

CD-MA1.4a Recites numbers up to 20 in sequence.

Read *Pumpkin Countdown* by Joan Holub, and create pumpkin cutouts with numbers on them. Have the children count the pumpkins by counting forwards and backwards.

Squash Wash

SED5.3b Engages in mutual/cooperative play.

After the children have explored squash in several ways, place a few squash in the sensory table for the children to wash with scrub brushes, sponges, and turkey basters.

Exploring Zucchini

CD-SC1.4 Uses senses to observe, classify, and learn about objects and environment.

Give each child a squash to explore. How does it feel? How does it smell? What does it look like? What color is it? Cut the squash into pieces. Tell the children that all parts of the squash may be eaten. Invite the children to explore the zucchini. Look at the seeds and the inside. Next, have everyone taste his or her zucchini. What does it taste like? Let children vote if they liked it.

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Making Zucchini Muffins

PDM2.2a Prepare nutritious snacks with adult assistance.

1. After everyone has washed their hands, remind students that once their hands are clean, we shouldn't touch our faces or hair because we can easily spread germs that way. Roll up any long sleeves.
2. Have each student sit down. We will be following a recipe to make zucchini muffins. A recipe tells us what ingredients to add, and how much.
3. With assistance from a grown-up, have students take turns measuring and adding ingredients to bowls, keeping wet and dry separate.
4. Demonstrate how to use a box grater, noting that we want to keep our fingers away from where the zucchini is being grated, and when you want to stop grating to stay safe. Give each student an opportunity to grate zucchini. Add zucchini to wet ingredients.
5. After wet and dry ingredients have been combined, scoop batter into muffin tins and bake. Let cool slightly before enjoying.

Honey and Olive Oil Zucchini Muffins Yield: Approximately 15 full-sized muffins

3 cups grated zucchini
2 eggs, beaten
2 teaspoons vanilla
1 cup olive oil (light or mild tasting)
2/3 cup maple syrup
1/3 cup honey
1 ½ cups whole wheat flour
1 ½ cups all-purpose flour
2 teaspoons baking soda 2 teaspoons baking powder
½ teaspoon salt
1 ½ teaspoons cinnamon

1. Preheat the oven to 350 degrees. In a mixing bowl, combine the zucchini, eggs, vanilla, olive oil, maple syrup, and honey. Stir gently until mixed; set aside.
2. In a large mixing bowl, combine the flours, baking soda, baking powder, salt, and cinnamon. Stir to combine and make a well in the middle. Pour the wet mixture from step one into the well and stir just a few times until barely combined.
3. Pour the batter in a muffin tin greased with nonstick cooking spray or lined with paper cups. You should be able to get 6-8 jumbo muffins or 15-16 regular sized muffins. Bake for 20 minutes or until the muffins are golden brown and the tops spring back when you press on them.

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Pumpkin Lifecycle

CD-SC3.4a Observes, explores, and describes a variety of animals and plants. Describes their basic needs and life cycles.

Create or find pictures of the lifecycle of a pumpkin. Provide a magnetic board and place small magnet dots on the back of the cards. The children can place the cards in order and tell why they chose the order of the cards.

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