



# Seasonal Gardening: Winter Squash

Part 2

## Health Standards Addressed

**Kindergarten: 1.1.N** Name a variety of healthy foods and explain why they are necessary for good health.

**1.2.N** Identify a variety of healthy snacks.

**7.1.N** Select nutritious snacks.

**First Grade: 1.3.G** Identify a variety of behaviors that promote healthy growth and development.

**Second Grade: 1.1.N** Name a variety of healthy foods and explain why they are necessary for good health.

**1.2.N** Identify a variety of healthy snacks.

**7.4.N** Examine the criteria for choosing a nutritious snack.

**Third Grade: 5.1.G** Examine why a variety of behaviors promote healthy growth and development.

**Fourth Grade: 1.1.N** Identify and define key nutrients and their functions.

**7.1.N** Practice how to take personal responsibility for eating healthy foods.

**Fifth Grade: 1.6.N** Differentiate between more-nutritious and less-nutritious beverages and snacks.

**5.1.N** Use a decision-making process to identify healthy foods for meals and snacks.

**7.1.N** Identify ways to choose healthy snacks based on current research-based guidelines.

**8.1.N** Encourage and promote healthy eating and increased physical activity opportunities at school and in the community.

## CCSS Math Standards Addressed

**SMP 1** Make sense of problems and persevere in solving them.

**SMP 2** Reason abstractly and quantitatively.

**SMP 3** Construct viable arguments and critique the reasoning of others.

**SMP 4** Model with mathematics.

**SMP 6** Attend to precision.



## Materials

Winter Squash (uncut), knife, student copies of winter squash article (optional, 3rd-5th)

## Success Skills

- **Collaboration** with their peers during their discussion of food and food choices.
- **Communication** of ideas with peers as students discuss the topic.
- **Creativity** as students illustrate and write about what they have learned about food and food choices.



## Challenging Question

How does learning about winter squash add to what we know about the Seed to Table Cycle?

## (K-5) Access Prior Knowledge

- Remind students that food (vegetables and fruits) are grown and harvested.

**Review:** A vegetable is considered any part of herbaceous plants eaten as food by humans. Given this general rule of thumb, vegetables can include leaves (lettuce), stems (asparagus), roots (carrots), flowers (broccoli), bulbs (garlic), seeds (peas and beans) and of course the botanical fruits like cucumbers, squash, and pumpkins.



## Explore

### Kindergarten and First Grade Explore

**Observe:** Look at this winter squash. (Hold up the vegetable.)

**Ask:** Do you think there are any seeds in this winter squash?

- Have students estimate how many seeds are in the squash.
- Cut open the winter squash. Scoop out the seeds. Count the seeds with students.

**Explain:** Some people eat winter squash *raw*, but they also cook it.

- Pass out a taste of the winter squash to every student.
- *Generate words* (Bubble map) students can use to describe the taste of winter squash.

**Ask:** What are some words that describe the taste of winter squash? How else could you describe the winter squash?

### Kindergarten and First Grade Revision and Reflection

- In their response journals, have students draw a picture of the winter squash.
- Have students respond to this prompt. How did the winter squash taste?
- Write the sentence: The winter squash tasted \_\_\_\_\_. Teachers can use a highlighter to write the words for students or students may write independently.

### Second and Third Grade Explore

**Observe:** Look at this winter squash. (Hold up the vegetable.)

**Ask:** Do you think there are any seeds in this winter squash?

- Have students estimate how many seeds are in the squash.
- Cut open the winter squash. Scoop out the seeds.

**Explain:** Some people eat winter squash *raw*, but they also cook it.

- Pass out a taste of the winter squash to every student.
- *Generate words* (Bubble map) students can use to describe the taste of winter squash.

**Ask:** What are some words that describe the taste of winter squash? How else could you describe the winter squash?

- Each table group should get a small amount of seeds to separate and count. How many seeds were in the squash?

## Second and Third Grade Revision and Reflection

Students respond to the following questions in their journals:

- Compare and contrast melons and winter squash. Use a Compare/Contrast (Double Bubble) to organize your thinking.
- Do you think winter squash would taste different if it was not raw?

## Fourth and Fifth Grade Explore

**Observe:** Look at this winter squash. (Hold up the vegetable.)

**Ask:** Do you think there are any seeds in this winter squash?

- Have students estimate how many seeds are in the squash.
- Cut open the winter squash. Scoop out the seeds.

**Explain:** Some people eat winter squash *raw*, but they also cook it.

- Pass out a taste of the winter squash to every student.
- *Generate words* (Bubble map) students can use to describe the taste of winter squash.

**Ask:** What are some words that describe the taste of winter squash? How else could you describe the winter squash?

- Each table group should get a small amount of seeds to separate and count. How many seeds were in the squash?

## Fourth and Fifth Grade Revision and Reflection

Students respond to the following questions in their journals:

- Compare and contrast melons and winter squash. Use a Compare/Contrast (Double Bubble) to organize your thinking.
- Do you think winter squash would taste different if it was not raw?
- Do you think making good food choices will make a difference in your health as an adult?



## What's New and Beneficial about Winter Squash?

Although winter squash has long been recognized as an important food source, only recently have research studies documented just how fantastic winter squash can be when it comes to key antioxidants. For some groups of study participants, winter squash turns out to be the primary food source of alpha-carotene and beta-carotene in the entire diet! Alpha and beta carotene are believed to help people live a longer life.

Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=63>



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