

### Lesson Title and Summary

#### **Zucchini Pancakes**

The children will plant, grow, prepare and taste zucchini.

### Learning Goals/Objectives (measurable outcomes)

Learning Goal: To help children make a connection between the food we grow and the food we eat.

Objective: The children will know that zucchini come from plants.

### Target Grade(s)/Age(s) and Adaptation for other Grades/Ages

Our age group is birth to three years but this project could easily work for any age group; allowing children to be involved with a more hands-on approach, based on their individual abilities.

### Lesson Time

On-going. Allow about 30-45 for harvesting and examining the zucchini and making the pancake batter.

### Preparation, Space Requirements, Personnel needed, Supply List

Zucchini seeds and ingredients listed in pancake recipe.\*

### Lesson Plan

#### Intro/Engage the Students: (2-3 minutes)

Before each step, engage the children, describe the activity, and review behavior guidelines.

#### Lesson Steps and Activities: (varies depending on activity)

Children who attend the Ellsworth Early Head Start Center are involved in gardening year round. We have a large garden that encircles our building. The children are encouraged to interact with the plants through activities such as; watering, weeding, sowing, picking, digging, looking, and tasting.

- Our zucchini pancakes project started in early spring with planting the seeds. The children dug the holes themselves and inserted the seeds. We had lively discussions about the worms and other bugs we found while digging and talked about how they help our plants and food grow.
- Throughout the springtime, the infants and toddlers used watering cans and hoses to water the seeds and watched as the zucchini plants sprouted, flowered, and began to grow.

- When the zucchini grew large enough, we picked them to make zucchini pancakes. The children first used their scientific inquiry skills to examine the zucchini; they looked at it through magnifying glasses, touched the bumpy outside, experimented with its weight, and smelled it. We then cut the zucchini open; they repeated the scientific inquiry looking at the inside of the zucchini. Next, teachers helped the children cut the zucchini up into pieces, shred, and mix it with the rest of the ingredients in the pancake recipe. Each child had an opportunity to stir the batter and then we discussed that it was going to the kitchen to be cooked on the stove.
- Later in the day, the children were able to taste their zucchini pancakes.

Reflection/Review: (5 min)

While the children eat the zucchini pancakes, talk about the process of growing the zucchini's from seeds and then making food with them.

Vocabulary
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seed	sow
soil	progression: first, next, last
weeds	worms
scientific inquiry	bugs
magnify	recipe
experiment	shred

*From the the Ellsworth Early Head Start Center, Vancouver, Washington.*

**\*Zucchini Pancakes Recipe**

- 1 medium zucchini, shredded
- 1 cup vegetable oil
- 2 eggs
- 1 cup flour
- 1 tsp dried onion
- 1 tsp pepper

After shredding the zucchini, add it to a medium sized bowl and combine oil, eggs, flower, dried onion and pepper. When combined, form pancakes and fry in a pan or on a griddle. Allow to cool before serving.