



## Winter Squash | Squash Measurements & Roasted Squash

# Activities

Developed by: Gallatin Valley Farm to School ([www.gvfarmtoschool.org](http://www.gvfarmtoschool.org))

## Grades

Afterschool | 1-3

## Objectives

This is a great activity to support measuring skills and introduce students to the health benefits of winter squash while preparing a healthy snack!

## Students will be able to:

- Measure the weight, circumference, and height of a winter squash
- Recognize different varieties of winter squash
- Safely use knives to prepare squash for roasting
- Describe the health benefits of winter squash

## Materials

- 4-5 varieties of local winter squash
- Butter knives (sturdy with good serration) – enough for the group
- Flexible measuring tape
- Scale
- 1 large cutting board
- Cutting surface – enough for the class
- Writing implement
- Paper or journal
- Cookie sheet
- Ziploc bag
- 2 Tbsp olive oil
- 2 Tbsp Herbs de Provence (rosemary, thyme, oregano, marjoram, savory, or any combination thereof).
- Pre-made roasted squash (recipe found in Harvest of the Month Classroom Bites Squash handout)

## Dig Deeper

Get more information, register, or download resources:

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[mtharvestofthemonth.org](http://mtharvestofthemonth.org)

## Directions

- Begin with a reminder about what Harvest of the Month is and how exciting it is to be exploring Montana foods along with students across the state!
- Review the health benefits of squash (vitamins A and C and potassium). Within this description include a pre-prepared visual aid or some sort of physical movement that can reinforce the benefits for the students.
- Show the students the variety of squash and ask them to describe what they see. Ask a few leading questions.
  - What do they have in common?
  - Why do you think they are all in a group together?
  - How are they different from summer squash?
  - Why do you think they are called winter squash?
    - Do they grow in the winter?
- Describe storage crops and that we call them winter squash because we can eat them in the winter. Winter squash are harvested later in the fall and store well so they can be eaten in the winter.
- Name and show different varieties.
- Break the class into groups
- Give each group a squash and ask them to draw it in their journal. Underneath this drawing they will write their measurements.
- While they are drawing, set up a height measurement station, circumference measuring station, and a weight measuring station. You can set up more, or repeat stations if you have a larger class.
- Explain how each station will work and set an amount of time that each group will spend at each station. Also, determine a way to let them know to move along to the next station.
- Begin the stations.
- While students are measuring, cut a squash or two into 4 x 1 pieces. This step can be done ahead of time.
- When all groups have made the necessary measurements ask the students:
  - Who had the tallest squash?
  - Who had the heaviest squash?
  - Whose squash had the largest circumference?
  - Did you have difficulty making any of the measurements?
- Have a volunteer from each group bring up the measuring squash and implements.
- Ask the students if they would like to eat some squash!
- Pass out the cutting boards so there are 1-2 students per cutting board.
- Pass out the squash pieces.
- Give a knife primer
  - How/when to hold
  - How to pass

- Where your holding fingers go
- Sawing vs. Pressing
- Weapons vs. Tools
  - No warnings for knife misuse – if you are using it incorrectly, it will be taken away and you will not be able to participate.
- Pass out the knives and ask the students to cut the 4 inch pieces into 4 equal pieces.
- When they are finished, collect the pieces and place on a baking sheet.
- Pick up the knives and cutting boards.
- Have a volunteer measure and pour olive oil over the squash.
- Ask a student to measure and spread the herbs over the squash.
- Salt and pepper to taste.
- Then let the students know that we would bake it for 30-45 minutes and reveal that you have some already made! Pull out the prepared roasted squash.
- While passing out the squash remind the students that we do not eat it right away, rather we wait. Remind students about the “Don’t Yuck my Yum” rule.
- Cheers to Squash!
- Refrigerate or roast uncooked squash!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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