



Cucumber Stacks: Preschool Lesson



Harvest of the Month Featured Product- Cucumbers

Objectives

- Children learn how to make their own snack and through a hands on cooking experience gain motivation to try a new local vegetable.
- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn about kitchen utensils and how to use them to make a specific recipe.

NC Foundations for Early Learning and Development

Goals Addressed:

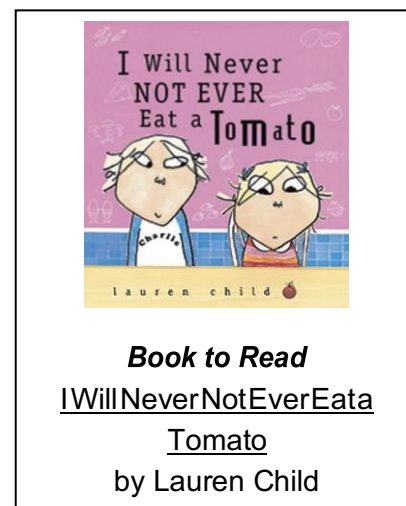
APL-5, APL-8

HPD-1, HPD-5, HPD-6

LDC-1, LDC-7, LDC-8

Materials

- Local cucumbers
- Cream cheese or hummus
- Slices of bread
- Plates or cutting boards
- Bowls or cups
- Plastic knives
- Knife (*for adult use only*)
- Cutting board
- Simple shaped cookie cutters



Book to Read

I Will Never Not Ever Eat a
Tomato
by Lauren Child

Activities

Read a Book (optional)

Read I Will Never Not Ever Eat a Tomato by Lauren Child to the children. When you finish reading, show the children a cucumber (but do not say the word cucumber!) and have them come up with new names for it.

Discussion

Begin by showing and naming the ingredients and tools children will use in the recipe. Demonstrate to the children how to assemble their cucumber sandwich.

Make the Stacks

Setup: place a plate or cutting board, a bowl with hummus and/or soft cream cheese, a plastic knife, a cookie cutter, a small chunk of cucumber, and a slice of bread at each child's place at a table. We suggest doing this setup ahead of time. Have children wash their hands before they begin preparing their food.

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
www.growing-minds.org

Nourishing Connections a program of the Northwest Tennessee Local Food Network
www.nwtlnfn.org



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Prompt the children to begin with step one: Press the cookie cutter into the bread to make a shape. Older children can then use their plastic knives to cut their cucumber chunks into small pieces. Younger children may need assistance with this step. Next, children can use their plastic knives to spread hummus or cream cheese on their bread. Finally, children will arrange their cucumber chunks on the bread. Enjoy! When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.

Class Follow Up

Send home a recipe for cucumber stacks with each child. (See next page.)

Cucumber Stacks

Ingredients:

- 1-2 Local cucumbers (depending on the size of the cucumber)
- 1 Slice of bread per person
- 2 oz. Spreadable cream cheese or hummus per person

Tools: cutting board, knife, cookie cutters

Steps: Cut the cucumber into small pieces or slices. Use a cookie cutter and make a fun shape out of bread. Spread about a tablespoon of cream cheese or hummus on top of the slice of bread. Put pieces of cucumber on top. Enjoy!



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