



## OVERVIEW

In this lesson, students will be able to describe different culinary uses for winter squash around the world. They will compare different types of winter squash for cooking time, availability, and degree of pre-processing.

## ESSENTIAL QUESTIONS

- How is winter squash eaten around the world?
- How do winter squash varieties differ in their time to cook, availability, and degree of pre-processing?

## MA STATE FRAMEWORKS

### **Nutrition and Balanced Eating [3.1.NE]**

5. Identify circumstances (e.g., budget, food access and availability, time management) that help or hinder decisions about nutrition and determine when assistance is needed in order to make a health-promoting decision.

## MATERIALS

- Projector
- Computers (or printed recipes)
- Various types of winter squash such as Delicata, Acorn, Butternut, Spaghetti, etc.

## PROCEDURE

### **Warm Up**

Pass some winter squash around so students can hold and examine the different varieties. Ask students to describe the squash. How does it feel? What do they notice? Explain to students that “winter squash” is a term that describes many squash species whose hard rinds protect their edible insides so they can be stored throughout the winter months. Winter squash are grown throughout the world and have many names. Explain that many types of winter squash can grow in Massachusetts, including Delicata, Butternut, Honeynut, Acorn, Sweet Dumpling, Kabocha, Buttercup, Spaghetti, Carnival, and Pie Pumpkin.

# ALL ABOUT WINTER SQUASH

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## PROCEDURE, Cont.

### Activity

Show students the video from Food Insider called "[How Pumpkin Is Eaten Around the World.](https://bit.ly/447Jm05)" (<https://bit.ly/447Jm05>). While the video plays, have students keep track of the different dishes and write down one they would like to try and why. After the video is finished, have students turn to a partner and talk about the dish they chose.

Assign each student one of the types of squash previously described. If working with a group with more than ten students, they can work in pairs or multiple students can research each squash.

Students will complete a row in the squash table (Google Slides: <https://bit.ly/4n8Ou47> OR attached handout) for their type of squash. To find recipes, students can search a recipe website such as Allrecipes.com or FoodNetwork.com. Alternatively, one recipe for each type of squash could also be pre-printed, and passed out to the students.

## EXTENSIONS & VARIATIONS

Work with students to gather price information for the types of squash using websites and social media pages for grocery stores, farmers markets, co-ops, etc. Add a column to the chart with price per pound.

Have students vote on a squash recipe from the video to cook or try together. Search online for instructions on how to prepare the recipes, and if you have access to a kitchen, cook some and hold a taste test.

# ALL ABOUT WINTER SQUASH

HANDOUT



## SQUASH WORKSHEET

**TYPE OF SQUASH**

**WHERE TO BUY?**

**PROCESSING REQUIRED**

**RECIPE WEBSITE**

**ASSISTANCE NEEDED**

**TIME TO PREPARE**

**TOOLS NEEDED TO COOK**