



## Out-of-School Time Learning Plan Cucumber

### Harvest Out-of-School Objectives

Participants will review which plant part cucumber is from  
Participants will review the health benefits of cucumber  
Participants will make a cucumber out-of-school time snack



### Harvest Out-of-School Review

- Hold up the cucumber and ask the participants if they remember, from school:
  - what it is called (cucumber),
  - what plant part cucumbers are from (after pollination, swollen flowers become cucumbers—see image on next page)
  - what type of food category it is in (botanically it is a fruit because seeds are inside, but culinarily it is considered by many to be a vegetable).
- Review with them how cucumber grow (after pollination, the cucumber flowers swell and become cucumber), why we should eat cucumber (helps heal cuts, healthy muscles, and water inside the cucumber keeps us hydrated) and how to pick a good cucumber (they should be firm with smooth dark green skin and the ends should be round, not be shriveled. Please see the next pages for images to share with them).

### Harvest Out-of-School Brainstorm—How can veggies and fruit substitute for other sandwich parts?

- Hold up the cucumber and ask the participants, “What sandwich parts could cucumber slices substitute for?” In other words, have them think of their favorite sandwich and pick one part of the sandwich they could take out and replace with cucumber slices. Allow participants 1-2 minutes to visit about their ideas with a partner and sketch their brainstorm. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### Cucumber Sandwiches (for 10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/inside-out-cucumber-sandwiches.php> )

3 small cucumbers, sliced	1 10 oz s container spreadable (cream) cheese
1 package sliced cheddar cheese	1 package sliced deli meat
2 tomatoes, sliced	1 lettuce head, cut
circles of toasted bread (optional)	1 pair scissors
6 knives	6 cutting boards
Plate (1 per participant)	3 plastic knives to spread the cream cheese



General Directions: Place sandwich fixings (cheese, meat, tomato, lettuce) between two cucumber slices.



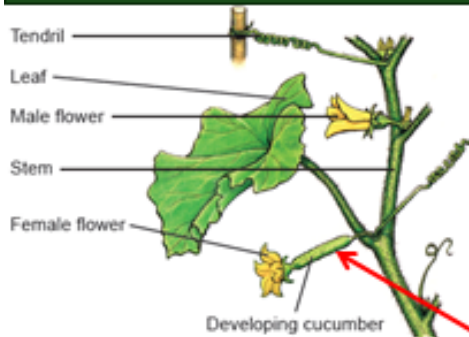
## Out-of-School Time Learning Plan Cucumber

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the cucumbers by putting it under running water and using your hands to rub the skin to remove any soil. Demonstrate how to cut the cucumber into small slices. Hold the cucumber in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Each slice should be about  $\frac{1}{4}$  of an inch wide, about the width of a pencil. Have 3 participants cut cucumber slices.
3. Have 1 participant rinse the tomato by putting it under running water and rubbing the skin to remove any soil and then demonstrate how to slice the tomatoes. Hold the tomato in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Each slice should be about  $\frac{1}{4}$  of an inch wide, about the width of a pencil.
4. Have 1 participant rinse the lettuce by putting it under running water and turning it so all the surfaces are rinsed. Then the participant can use the clean scissors to cut the lettuce into slices as long as the cucumber slice.
5. Have the remaining 5 participants help open the cheese, meat and other sandwich items, prepare the eating area, and spread cream cheese on about half of the cucumber slices.
6. When all items are cut, each participant should make 4 cucumber sandwiches layering the sandwich fixings between two cucumber slices. Did anyone have the brainstorm that the cucumber would substitute for bread slices? Enjoy!

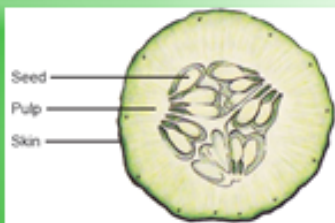
### Harvest Out-of-School Wrap-Up

- After trying the cucumber, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put cucumber.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, “Which other fruits or vegetable slices could be used in place of bread?” (Apple slices, cut length-wise, with peanut butter and raisins, or cheese, in between; banana slices, cut length-wise, with peanut butter in between; pear or plum slices, cut length-wise, and cottage cheese in between, etc.)

## How do Cucumbers grow?



Cucumbers grow on a vine. After pollination, the cucumber flowers swell to become the cucumber we eat.



## Why should we eat Cucumbers?

### Vitamin K



Heals cuts

### Iron



Healthy muscles

### Water



Water inside keeps us hydrated