



## LESSON PLAN E

# MONSTER MASH

**Time Frame:** 30 minutes

### Children will:

- Hear vegetable-themed music to boost their interests and engagement.
- Follow a simple recipe or directions to prepare a healthy snack.
- Use their fine motor skills to peel, mash, squash, mix and stir ingredients.

### Materials:

- Potato mashers or whisks
- Forks
- Wooden spoons
- Frozen butternut squash, canned or raw vegetables (see below)
- Spoons and bowls for sampling
- Computer with Internet or CD player
- “Monster Mash” and “Mashed Potatoes” songs

### **Overview:**

It's hard to resist veggies when you get to mash them yourself! Prepare some foods in advance (slice avocados; steam squash; boil, bake or microwave sweet potatoes), and then let children help with the rest. Their main job is to do the mashing! Play one or both of these songs to get kids in the spirit.

### **Mashed Avocados**

Scoop avocado with a teaspoon and smash it with a masher or fork. Spread the pulp on whole-wheat crackers or whip up some guacamole (add a squeeze of lime and a dash of garlic salt or plain salt) to serve with whole-grain corn chips.

### **Mashed Sweet Potatoes**

Baked sweet potatoes with the peel on and let them cool. Allow the children to peel the skin off of the sweet potato and use a masher to squash it until it's a smooth texture. Serve with butter and cinnamon for a sweet treat. Or add a dollop of sour cream or plain Greek yogurt and sprinkle some chives on top for a savory snack.

### **Mashed Butternut Squash**

Microwave or steam some butternut squash chunks in advance. Add some cinnamon for sweetness. Don't care for squash on its own? Try half squash, half applesauce.

### Applesauce Mash

Ingredients: (4 servings)

4 apples, peeled and chopped

2 tablespoons of water

¼ teaspoon of cinnamon

1 teaspoon of brown sugar (if using tart apples)

#### Instructions:

1. Peel and chop apples into 2-inch pieces.
2. Place the apple pieces and water in a medium sized microwaveable bowl. Cover and microwave for about 4 minutes or until softened. (If using more or fewer apples, figure on 1 minute per apple.)
3. Add the cinnamon and brown sugar (optional) and let the apples cool to room temperature.
4. Now let students mash the softened apples with a whisk or masher or fork as long as they like. Do they like it chunky or smooth?

#### Songs:

The Original Monster Mash

Bobby "Boris" Pickett & The Crypt-Kickers (1962)

<https://itunes.apple.com/ca/album/the-original-monster-mash/256225830>

Mashed Potato Time by Dee Dee Sharp

[https://www.youtube.com/watch?v=nTa\\_GUQCFmY](https://www.youtube.com/watch?v=nTa_GUQCFmY)

#### Family Connection:

### Mashed Bean Dip

Extend the "monster mash" theme to the home with some fun recipes like this bean dip. Let the kids mash the beans and stir in a bit of olive oil or Greek yogurt, a squeeze of lemon and a dash of garlic salt. Or follow this recipe to be more precise. (6 servings)

- 1 (15-oz) can of cannellini or other white beans, rinsed and drained
- 2 tablespoons of olive oil or ¼ cup plain Greek yogurt
- Juice of half a lemon (or 1 tablespoon of bottled lemon juice)
- ½ teaspoon garlic salt or ¼ teaspoon garlic powder and ¼ teaspoon salt

Adults should handle can opening, rinsing and draining of beans. Place beans in a large, shallow bowl and then let kids gently mash them with a fork. This process should be slow and steady, so that the beans stay in the bowl and siblings can have a turn mashing. Helping out in the kitchen can be fun!

### Mashed Berry Jam

2 cups fresh strawberries, sliced into 1/2-inch pieces

1-2 tablespoons of sugar

Place strawberry pieces in a large microwave-safe bowl and toss with sugar.

Heat in the microwave for 6 minutes, pausing every 2 minutes to give the mixture a stir. Put the bowl in the fridge to cool it down for 10-15 minutes. Now let your child gently mash the fruit with a whisk, potato masher or fork. You might suggest an apron, as the berry juice can get messy!

Spread on whole-grain toast with nut butter for a filling breakfast with three of the five food groups: Fruits, grains and protein. Have it with a glass of milk and get one of your dairy servings as well!

**Standards Alignment:**

NAEYC

2.F.05 Children are provided varied opportunities and materials that help them understand the concept of measurement by using standard and non-standard units of measurement.

2.K.01 Children are provided varied opportunities and materials that encourage good health practices such as serving and feeding themselves, and good nutrition.

Head Start Child Development and Early Learning Framework

2.4 (Prekindergarten): Distinguishes food on a continuum from most healthy to less healthy.

2.5 (Prekindergarten): Eats a variety of nutritious foods.