



Zucchini Chips

1 medium zucchini
1 tbsp olive oil
1/4 tsp sea salt
1/8 tsp black pepper

Slice zucchini into 1/8 inch slices. Pat excess liquid off of the zucchini with a paper towel. Preheat air fryer to 325 degrees. In a medium bowl, combine the zucchini slices, olive oil, sea salt and pepper. Toss until all slices are coated.

Place the zucchini slices in a single layer in the air fryer. Cook for 8-12 minutes. Check at the 8 minute mark and remove any slices that are browning/crisping. Continue to check until all slices are done. Zucchini will crisp more while cooling.

Chips de Calabacín

1 calabacín mediano
1 cucharada de aceite de oliva
1/4 cucharadita de sal marina
1/8 cucharadita de pimienta negra

Corta el calabacín en rodajas de 1/8 de pulgada. Retira el exceso de líquido del calabacín con una toalla de papel. Precaliente la freidora a 325 grados. En un tazón mediano, combine las rodajas de calabacín, el aceite de oliva, la sal marina y la pimienta. Revuelva hasta que todas las rebanadas estén cubiertas.

Coloca las rodajas de calabacín en una sola capa en la freidora. Cocina de 8 a 12 minutos. Verifique en la marca de 8 minutos y retire las rebanadas que estén doradas/crujientes. Continúe revisando hasta que todas las rebanadas estén listas. El calabacín estará más crujiente mientras se enfría.

STORY FRAMEWORK/MARGO DE LA HISTORIA



Who?
¿Quién?

When? Where?
¿Cuándo? ¿En dónde?

What Happened? First?
¿Qué ha ocurrido? ¿Primero?

Next? How? Why?
¿El siguiente? ¿Cómo? ¿Por qué?



Problem Solved?
Problema resuelto?

Now What?
¿Saber Qué?

VOGABULARY/VOGABULARIO

Tended/Tendido

Definition: Definition: to care for something or someone

Number of syllables _____

Suffix _____

Prefix _____

Part of speech _____

Do you tend to a wild animal?

Do you tend to your pet?

Do your parents tend to you when you are sick?

Use the word tended in a sentence.

Peered/ Mirado

Definition: to look carefully or closely at something

Number of syllables _____

Suffix _____

Prefix _____

Part of speech _____

Could you peer through a window to see inside a house?

Would a driver peer through the windshield to see the stop sign?

Could a person peer through a brick wall?

Use the word peered in a sentence.

Marinated/Marinado

Definition: to soak food, often overnight, in a sauce or marinade

Number of syllables _____

Suffix _____

Prefix _____

Part of speech _____

Could a chef marinate a piece of chicken?

Could a person marinate a steak overnight?

Could a person marinate a tree?

Use the word marinated in a sentence.

Background Knowledge Conocimientos Previos

Zucchini is good for you! They have a dark green, thin skin which may be eaten. The inside flesh is creamy white with tiny seeds. The seeds are edible, too. Zucchini is packed with vitamins, minerals, and antioxidants. They are high in fiber and low in calories. Zucchini is eaten raw or cooked. It is added to many dishes.

¡El calabacín es bueno para ti! Tienen una piel delgada de color verde oscuro que se puede comer. La pulpa interior es de color blanco cremoso con semillas diminutas. Las semillas también son comestibles. El calabacín está repleto de vitaminas, minerales y antioxidantes. Son ricos en fibra y bajos en calorías. El calabacín se come crudo o cocido. Se agrega a muchos platos.

Figurative Language Lenguaje Figurativo

Simile—The zucchini was as big as a boat.

Alliteration—Zippy the zebra zigzagged around the garden to find the zucchini.

Write your own simile and alliteration about zucchini.



Did you know? ¿Lo sabías?

A serving of zucchini provides 30% of the recommended daily allowance of Vitamin C.
Una porción de calabacín proporciona el 30% de la cantidad diaria recomendada de vitamina C.

Scan or visit Ready Your Greens on YouTube to listen to Katherine Pryor read the book.



Zucchini Bread

- 2 cups zucchini grated
- 3 eggs
- 1 cup vegetable oil
- 2 cups sugar
- 3 teaspoon vanilla extract
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon

Combine all ingredients in a large mixing bowl. Mix until just combined. Do not over mix. Divide between two greased 9" loaf pans. Bake at 325 degrees for 1 hour.

Pan de Calabacín

- 2 tazas de calabacín rallado
- 3 huevos
- 1 taza de aceite vegetal
- 2 tazas de azúcar
- 3 cucharaditas de extracto de vainilla
- 3 tazas de harina
- 1 cucharadita de bicarbonato de sodio
- 1 cucharadita de levadura en polvo
- 1 cucharadita de sal
- 1 cucharadita de canela

Combine todos los ingredientes en un tazón grande para mezclar. Mezcle hasta que se combinen. No mezcle en exceso. Divídalo entre dos moldes para pan engrasados de 9". Hornee a 325 grados durante 1 hora.



Scan or visit bit.ly/TeenieZucchini to listen to the song.

