

Food Prep - Zucchini/Persian Cucumber Peeling

You can watch a video [here](#)

Demonstrate to your child and then set them up to do the whole activity independently

Before you begin wash your hands!

You will need:

A tray with the following items on it

- Cutting board
- Vegetable peeler
- A child sized knife
- Small bowl for peels
- A small zucchini or Persian cucumber
- Dampened sponge for clean up

Procedure:

- Take all the materials from the list above to a table and set it up
- Talk to child about using the peeler in a safe manner, keeping hands away from sharp sides
- Take the vegetable to the cutting board and holding it firmly by the non-dominant hand, slice off the stem end and place into bowl
- Start peeling the vegetable by keeping it flat on the board, holding onto one end with non-dominant hand and using the peeler in the direction away from the non-dominant hand and turning it so that all sides are peeled
- Use the peeled vegetable for snack or in your cooking!
- Now clean up by placing the vegetable peels in the compost bin and all other dishes and utensils in the sink