



United States Department of Agriculture



Team Nutrition Cooks!

Corn and Zucchini Pancakes



**FAMILY
HANDOUT**

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Dear Family,

Today, your child made corn and zucchini pancakes as part of a cooking activity. He or she practiced many basic cooking skills. This Family Handout includes the recipe as well as step-by-step instructions for the cooking skills. Give it a try at home for a snack or as a side to a meal—your child would love the chance to show off his or her new skills! If you would like, you can share a picture of your prepared recipe with us on Twitter: @TeamNutrition #CornandZucchiniPancakes.

Some skills we covered today include:

- How to Crack Eggs
- How to Whisk
- How to Rinse
- How to Grate
- How to Use a Can Opener
- How to Use a Colander
- How to Measure Wet and Dry Ingredients
- How to Chop
- How to Stir
- How to Use a Cooktop Safely
- How to Cook Pancakes
- How to Cool Food Safely
- How to Set a Table (Optional)
- How to Serve Family Style (Optional)

Ask your child about today's activities. Here are some questions to get the conversation going:

- What did you cook today?
- What steps did you follow to make the pancakes?
- Are corn and zucchini pancakes something we can make at home?
- Do we have the kitchen tools we need to make these pancakes?
- What other ingredients do we need to make the pancakes?
- What could we serve with these pancakes to include other food groups?

Make meals and memories together! Cooking is a skill your child will use for life. You can also watch a video that shows many of the skills in this activity at <https://www.fns.usda.gov/tn/cooks>.

Allergy Notes:

- This recipe contains eggs.
- This recipe contains wheat (flour).
- If using vegetable oil, make sure that the source is specified and that there is no peanut allergy warning on the label.



Look and Cook Recipe: Corn and Zucchini Pancakes

Ingredients

Zucchini



Corn



Salt



Scallions



Whole-wheat
flour



Eggs



Oil



Baking powder



Directions



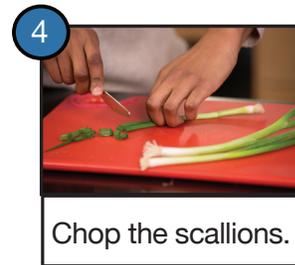
Wash your hands.



Grate the zucchini.



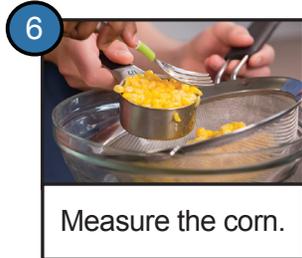
Drain the zucchini.



Chop the scallions.



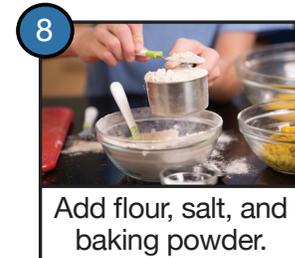
Crack and whisk
the eggs.



Measure the corn.



Add zucchini, corn,
and scallions to eggs.



Add flour, salt, and
baking powder.



Mix everything.



Add the oil to the
pan.



Cook the pancakes.



Enjoy the pancakes!



Corn and Zucchini Pancakes

Try this savory, veggie-filled pancake as a snack or side!

Total Time: 35 minutes • Hands-on Time: 35 minutes Yield: 12 pancakes • Serving Size: 2 pancakes

INGREDIENTS

3 medium-sized zucchini, trimmed and shredded
1½ cups canned, fresh, or frozen corn
3 large eggs, whisked
1 cup whole-wheat flour
¼ teaspoon salt
½ teaspoon baking powder
3 scallions, trimmed and chopped
1½ tablespoons oil

Optional, for topping:
plain, low-fat yogurt, salsa, herbs

TOP THIS:

Try serving these pancakes topped with plain low-fat yogurt, low-sodium salsa, or chopped herbs, such as dill or basil.

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter or other cooking surface.
2. Grate the zucchini.
3. Drain the grated zucchini by putting it in a colander set over a bowl, and pressing down. Let the zucchini sit in the colander for ten minutes, and press down again before removing it from the colander.
4. Chop the scallions into small pieces.
5. Crack one egg by hitting its midpoint quickly against the rim of a small bowl or cup. Break the egg into the bowl or cup. Pour the egg into a larger bowl. Repeat with the remaining two eggs. Whisk the eggs in the large bowl until they are pale yellow.
6. If using canned corn, drain, rinse, and measure the corn.
7. Add zucchini, corn, and scallions to the eggs.
8. Measure and add the flour, baking powder, and salt to the eggs, corn, and zucchini in the large bowl.
9. Mix everything in the large bowl until well combined.
10. Put the skillet on the stove or cooktop and turn the heat to medium. When the skillet is hot, add the oil. If using a nonstick skillet, you may need to add the oil before heating.
11. Use the ¼-cup measuring cup to scoop the corn and zucchini mixture from the bowl into the skillet. Repeat to fill the skillet, leaving room between the pancakes. Cook pancakes until the bottoms are golden, about 5 minutes. Turn the pancakes over and cook for 5 more minutes. Repeat with the remaining mixture.
12. Serve and enjoy the pancakes!

SHOPPING LIST:

Refrigerated Section

3 large eggs

Baking Section

1 (2 lb) bag of whole-wheat flour

Produce Section

3 medium-sized zucchini

1 bunch scallions

Canned Vegetables

1 can of corn. You will need at least 6.5 ounces of corn for this recipe. Buy canned vegetables labeled “reduced sodium,” “low sodium,” or “no salt added.”

Frozen Vegetables

frozen corn (if not using canned corn)

Staples From Your Pantry

salt

baking powder

oil

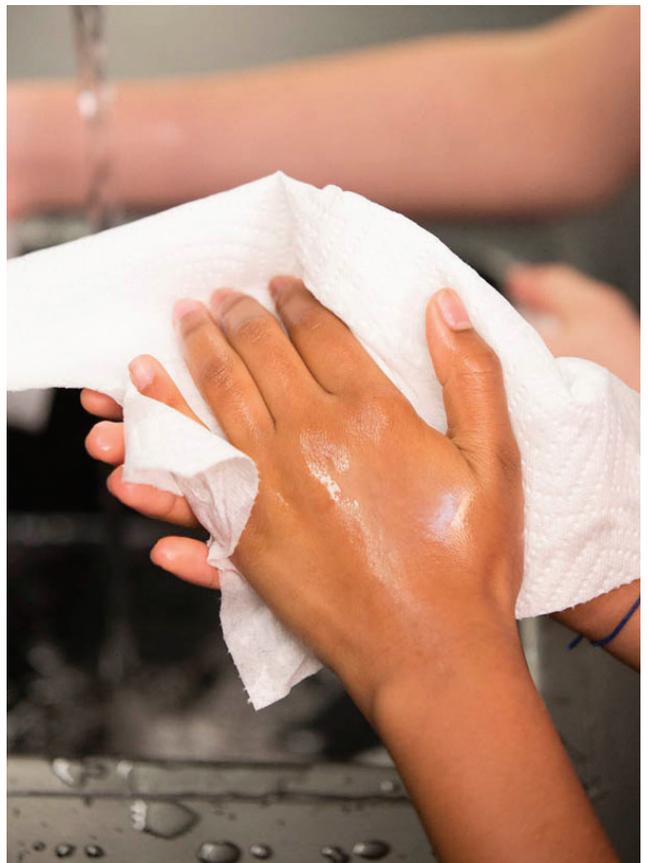
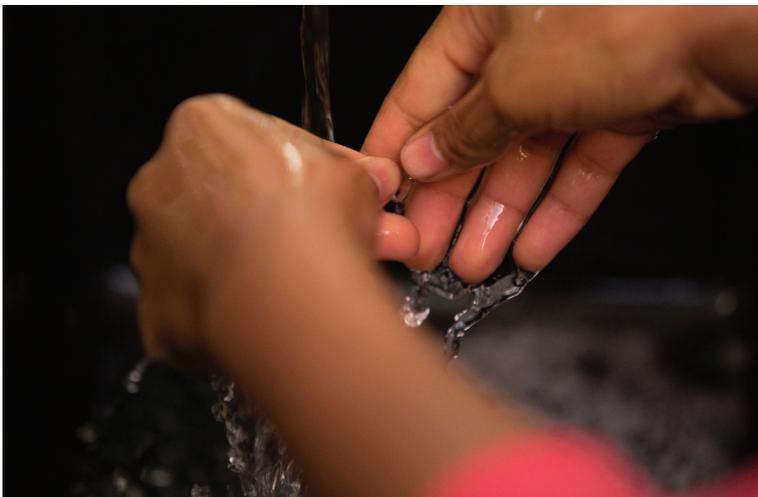
Amount per serving: Calories: 152; Total Fat: 5 g; Saturated Fat: 0.5 g; Sodium: 253 mg; Total Carbohydrate: 24 g; Dietary Fiber: 4 g; Sugars: 4 g; Protein: 7 g; Vitamin A: 1190 IU; Vitamin C: 15 mg; Calcium: 55 mg; Iron: 1 mg.



How to Wash Your Hands

Washing our hands helps keep foods safe and prevents germs from spreading. Everyone must wash his or her hands before any tasting or cooking begins. Remind your child to keep his or her clean hands away from his or her mouth, nose, face, or other places on the body.

1. Take off all jewelry on your arms and hands.
2. Wet your hands with clean, running water and apply soap.
3. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, your palms, between your fingers, and under your fingernails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or air-dry them.
7. Turn off the faucet with a paper towel, not your bare hands.



Skills We Used Today

During the activity, your child learned about and might have practiced some of the skills that follow. Encourage him or her to show you these skills and to help out in the kitchen. Depending on the age of your child, he or she may need supervision when practicing these skills. You can use these skills when making other recipes as well. As a reminder, you and your child should wash your hands and wipe down surfaces before cooking or practicing cooking skills.

How to Crack Eggs

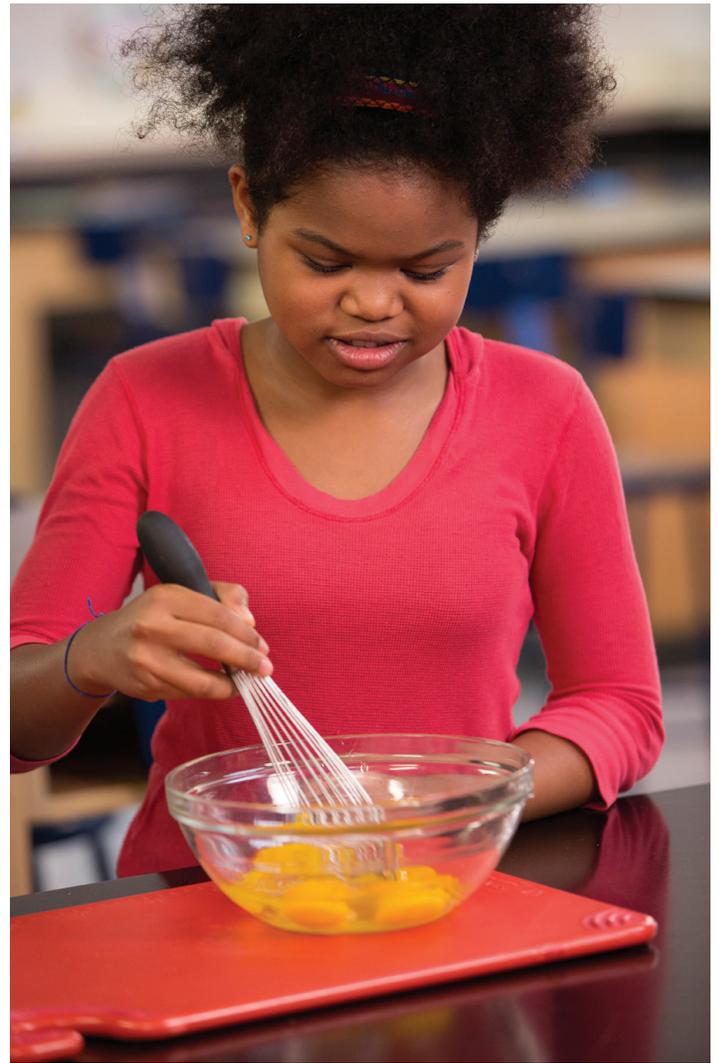
While your child is still learning, he or she might let some of the shell fall into the egg whites and yolk. That's okay! Eggshells are easy to remove. If the shell falls in, have your child use a fork or slotted spoon to remove the eggshell. An adult can help if needed.



These are the steps your child followed in this activity:

1. Make sure that the eggs are not broken or cracked.
2. Crack the eggs, one at a time, into a small bowl or mug. It is important to crack eggs into their own bowl, separate from other ingredients, and not directly into the pan. This is so that any shell that falls into the bowl can be easily removed.
3. Crack the egg at the midpoint by hitting it quickly against the rim of the bowl.
4. Try to crack the egg in one hit so that there are fewer eggshell pieces that may fall into the bowl. There should be one big crack.
5. Hold the egg over the bowl with the cracked part facing up.
6. Put your thumbs on either side of the crack and gently pull the shell apart to allow the egg to slide into the bowl.
7. If the shell falls in, use a fork to remove the eggshell.
8. Pour the egg from the small bowl or mug into the larger bowl that will hold the other ingredients. You should do this after each egg.





How to Whisk

Whisking means to beat or stir foods quickly. In this recipe, eggs are whisked so that the yolks and whites are mixed evenly. Your child can use a whisk or fork to whisk. While your child is still learning, he or she might need some help to clean up spills or make sure the eggs are fully combined.

These are the steps your child followed in this activity:

1. When all the eggs are in the bowl, use your wrist to move the fork or whisk quickly in a circular motion.
2. Stop whisking when the eggs are blended together and are pale yellow.





How to Rinse

Rinsing zucchini removes dirt and germs from the skin.

These are the steps your child followed in this activity:

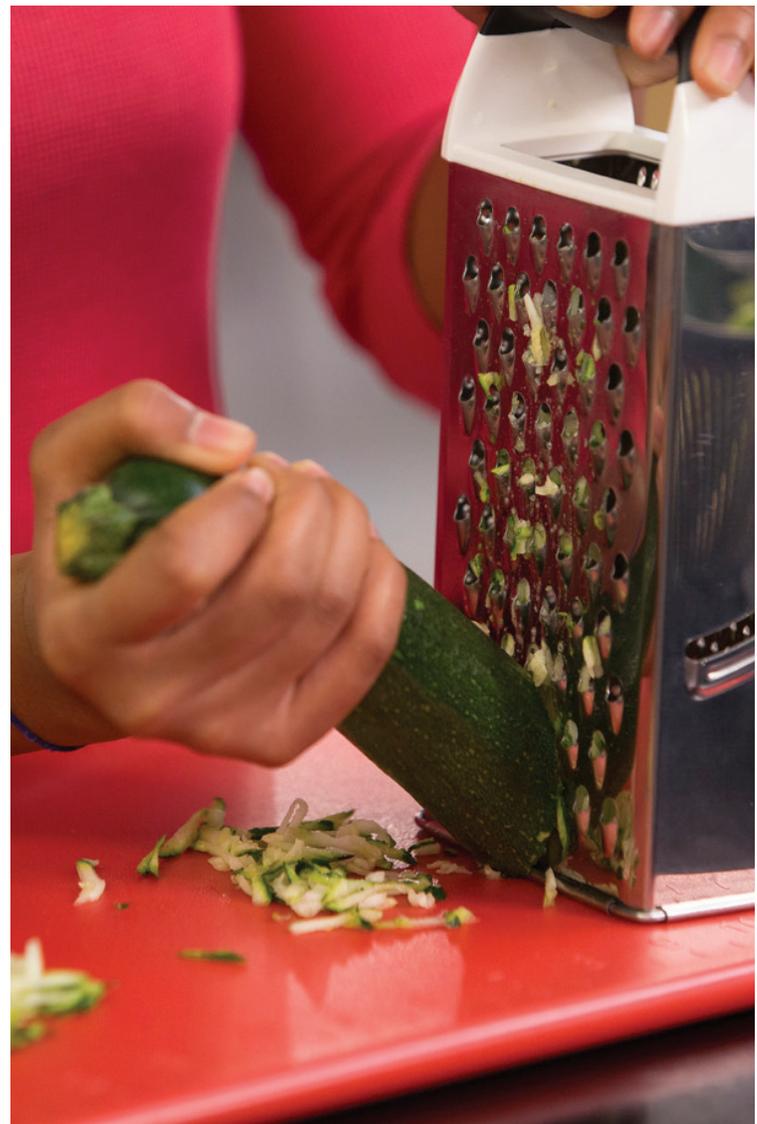
1. Rinse the zucchini under cold, running tap water. Optional: scrub the peel with a clean vegetable brush while rinsing. Scrub the zucchini gently to prevent bruising.
2. Dry with a paper towel.

How to Grate

Take this opportunity to talk about safety, including asking your child to take his or her time and keep his or her eyes on the grater at all times. An adult should grate or cut up the last part of all foods, so your child's fingers do not get too close to the grater. Adults should wash and dry graters.

These are the steps your child followed in this activity:

1. Cut off one end of the zucchini before grating. Place the grater on a cutting board to catch the grated zucchini.
2. Hold the grater firmly with one hand.
3. Hold the zucchini at the end away from the grater and keep fingers away from the grater.
4. Use the side of the grater with the largest holes to grate the zucchini.
5. Slowly rub the zucchini up and down the grater. Stop 2 inches from the end of the zucchini, so that your fingers will not get too close to the grater. Ask an adult to grate or cut the remaining zucchini.





How to Use a Can Opener

Take this opportunity to talk about safety, including asking your child to take his or her time and keep his or her eyes on the can opener at all times. An adult can help with washing and throwing away the sharp lid.

These are the steps your child followed in this activity:

1. Set the can on a flat, hard surface. Clean off the lid of the can, so dirt and dust on top will not fall into the food.
2. Pull apart the two handles of the can opener.
3. Flip the can opener over and look at the two wheels on the bottom of the opener. One is jagged (bumpy on the edges) and one is smooth on the edges.
4. With the help of an adult, place the smooth (cutting) wheel against the inside of the rim at the top of the can and close the two handles.
5. Hold both handles in one hand and place your other hand on the wing of the can opener.
6. Slowly twist the wing with one hand while squeezing the handles closed with your other hand. This should cut into the can's lid and roll around its edge.
7. Continue to turn the wing until the can opener has gone all the way around the top of the can.
8. Pull apart the handles of the opener.
9. Very carefully lift the lid out of the can. You may need to pry it out with a fork. Carefully rinse the lid, since it will be sharp, and put it in your recycling bin.

How to Use a Colander

While your child is still learning, he or she might need some help to make sure food is fully rinsed and drained.

A colander is a metal or plastic bowl with holes in it to let liquid drain out. Colanders are used to strain liquids (usually water) away from foods, such as pasta.

1. Pour the corn from the can or bag into the colander and rinse the corn with cold running water.
2. Gently shake the colander to help the water drain out.
3. Stop rinsing when the water runs clear.

The colander is also used to drain the water out of the zucchini. Zucchini has a lot of water and too much water could keep the pancakes from becoming crispy.

These are the steps your child followed in this activity:

1. Let the grated zucchini sit in a colander for 10 minutes over a bowl. Press the zucchini toward the bottom of the colander to squeeze out any extra water.
2. Pour the extra water into the sink.



How to Measure

It is important to measure correctly when following a recipe. While your child is still learning, he or she may need some help cleaning up spills or making sure the measurements are correct. Help your child double-check his or her measurements before putting the ingredients in a recipe.

The measuring tools your child learned about today are measuring cups and measuring spoons.

- Measuring cups are used for larger amounts and measuring spoons are used for smaller amounts.
- Measuring cups are divided into fractions of cups—usually 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, $\frac{1}{4}$ cup.
- There are two different kinds of measuring cups: one for measuring liquids and one for dry ingredients.
 - Liquid measuring cups are usually made of clear glass or plastic and sometimes have a pour spout. They are filled even with the measurement line on the side of the cup.
 - Dry measuring cups (usually shorter and not transparent) are meant to be filled to the top and then leveled off using the straight edge of a knife or fork. “Leveled off” means that the dry ingredients are even with the top of the measuring cup so that the measurement is accurate.
- Measuring spoons are divided into fractions of tablespoons and teaspoons—usually $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, and 1 tablespoon. Sometimes $\frac{1}{8}$ teaspoon and $\frac{1}{2}$ tablespoon are included.
- Tablespoons are abbreviated “Tbsp” on the spoon and are bigger than teaspoons. Teaspoons are abbreviated “Tsp” on the spoon.
- Measuring spoons can be used for dry or liquid measurements. Level off dry ingredients on a measuring spoon the same way you would on a measuring cup.



These are the steps your child followed in this activity:

How to Measure Flour:

1. Place the 1-cup dry measuring cup on a flat surface.
2. Use a spoon to scoop the flour from the bag or container and fill the measuring cup.
3. Push down gently to make sure there are no air pockets, but do not pack the cup too solidly.
4. Level off using a straight edge.

How to Measure Corn:

1. Place the $\frac{1}{2}$ -cup dry measuring cup on a flat surface.
2. Use a spoon to scoop the corn from the colander and fill the measuring cup.
3. Push down to make sure there are no air pockets.
4. Level off using a straight edge.
5. Repeat two times.

How to Measure Oil:

1. Pour the oil into the $\frac{1}{2}$ -tablespoon measuring spoon.
2. Repeat two times.

How to Measure Salt:

1. Pour salt from the container into the $\frac{1}{4}$ -teaspoon measuring spoon.
2. Level off using a straight edge.

How to Measure Baking Powder:

1. Use the $\frac{1}{2}$ -teaspoon measuring spoon to scoop baking powder from the can.
2. Level off using a straight edge.



How to Chop

Take this opportunity to talk about knife safety, including teaching your child to go slowly and to keep an eye on the knife at all times. Your child should always cut on a cutting board to avoid damaging the countertop and use a non-slip cutting board for safety. Adults should wash and dry the knives. Your child can use a butter knife.

These are the steps your child followed in this activity:

1. Hold the knife in the hand you use to write with, and grip it firmly around the handle. Chop one scallion at time.
2. Use your other hand to steady the scallion, keeping your fingers curled under, away from the knife. Pay attention to where the knife is; as it moves forward, your hand holding the scallion should move backward. The distance between the knife and the hand holding the scallion should always stay the same.

How to Stir

These are the steps your child followed in this activity:

1. Put the mixing spoon into the bowl, making sure it reaches to the bottom of the bowl.
2. Slowly move the spoon in a circle. Make sure the spoon touches the food at the sides and bottom of the bowl, so that all the ingredients are mixed together.



How to Use a Cooktop Safely

Teach your child how to use a cooktop safely by talking about the points below:

- Different cooktops have different ways to turn on the heat.
- If the cooktop uses gas, you will have to turn the knob to light the burner before choosing the temperature.
- On a gas stove, you will see the flame on the burner.
- With electric and induction cooktops, turn the knob directly to the temperature you want. You will not see a flame on the burner.
- We strongly recommend that you or another adult be the one to turn on the cooktop. You can explain and describe each step to your child.
- Make sure the handle of your pot or pan is turned inward, toward the center of the cooktop. Otherwise, you could accidentally knock the pot off the stove, causing serious burns.
- Never walk away from food cooking on the cooktop or leave it unattended.
- When moving any hot skillet, pan, or lid, use pot holders, not towels, which can catch fire.
- Keep your cooking area neat. Do not keep flammable items, like dish towels, papers, or cardboard packages, near the stove.



How to Cook Pancakes

Take this opportunity to talk about stovetop safety, using the points listed in the [How to Use a Cooktop Safely](#) box above. Your child may need help knowing when to flip the pancake and when the pancake is fully cooked. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add the oil. If using nonstick pans, follow the manufacturer's instruction on preheating. For nonstick pans, the oil should be added before the pan is heated.

- ✓ **SAFETY TIP:** Hot oil can splatter and cause burns. Be sure to stand a safe distance from the pan and pour the oil slowly.

These are the steps your child followed in this activity:

1. Using the $\frac{1}{4}$ -cup dry measuring cup, scoop the zucchini mixture from the bowl and spread it into a flat circle on the skillet. It should make a circle that is about 2 inches wide and $\frac{1}{4}$ -inch thick. It will look more like a small silver dollar pancake than a full-size pancake. Repeat to fill the skillet, leaving space between the pancakes.
2. Cook until the bottoms are deeply golden, about 5 minutes, then turn the pancakes over using the spatula and cook 5 more minutes.
3. When both sides are golden, remove the pancake with the spatula and put it on a plate. Repeat with the remaining mixture, adding more oil if needed. You should end up with 12 pancakes.

How to Cool Food Safely

It is important to let food you have just cooked cool before eating it to avoid the risk of burns. Be sure to talk about safety, including waiting until food cools off before eating it and putting hot kitchen tools somewhere safe. Your child may need help removing the pan from the stovetop, putting the hot pancakes onto a plate, and putting kitchen tools somewhere safe to cool off.

These are the steps your child followed in this activity:

1. Ask an adult to remove hot food and kitchen tools from the stove so they can cool faster.
2. Use pot holders or oven mitts to move hot dishes so that you do not burn yourself.

✓ **SAFETY TIP:** Put hot kitchen tools on a trivet or cooling rack so that they do not damage the countertop.



How to Set a Table

While your child is still learning, he or she might get the place settings a little confused and need some help. Set up a sample place setting for your child to follow. After showing the correct place setting, give your child the necessary supplies and have him or her set the table.

These are the steps your child followed in this activity:

1. Put the napkin and fork on the left side of the plate. The fork should lie on top of the napkin.
2. Place the knife next to the plate on the right side. The blade should face the plate.
3. The spoon belongs on the right side of the knife.
4. The cup goes above the knife and spoon.

How to Serve Family Style

Food is usually not cooked in individual servings. Instead, most dishes are made in a large batch and then divided into portions when served. When a large serving dish is passed around the table from which diners can help themselves, this is called “family style.”

When serving family style:

- Make sure to use clean serving utensils that no one has eaten from or cooked with.
- Remind your child that he or she should eat from his or her own plate, and never directly from the serving dish, to avoid spreading germs. No one should touch the food with his or her fingers when serving or holding the serving dish.
- Everyone will have his or her own plate and eating utensil.
- Uneaten food should never get returned to the serving dish.



My Pancake Story

Fill in the blanks and bring this home to share with your family.

WORD BANK: vines, washed our hands, colander, Vegetables, fat, box grater, stalks, spatula, grocery stores, corn and zucchini pancakes, summer, sodium/salt, clean, washed our hands, half, whisk, farmers' markets, corn and zucchini

Today, we made (_____). The main ingredients are (_____), which belong to the (_____) Food Group. I learned that I should try to make (_____) of my plate fruits and vegetables. Vegetables are usually low in calories, (_____), and (_____). They also have other nutrients that help me grow, learn, play hard, and be healthy.

We learned that corn grows on (_____) and zucchini grows on (_____).

Farmers grow the corn and zucchini, which are then sold at (_____) or (_____).

Fresh corn and zucchini are most plentiful in the United States during the (_____). However, corn can be found canned or frozen year-round. Zucchini can also be frozen.

Before we cooked, we (_____) and made sure our cooking area was (_____).

Before we ate, we also (_____).

We also learned how to read a recipe. It's important to read it all of the way through so we know what ingredients and kitchen tools we need, what the steps are, and how much time it will take.

When we made the pancakes, we learned to use new tools. Some of these tools were a (_____), which is used for grating the zucchini; a (_____), which is used to beat the eggs; and a (_____), which is used to drain liquids away from solids. With the help of the adults in the class, we cooked the pancakes and even flipped them, once each side was golden brown. We used a tool called a (_____) to flip the pancakes.

After the pancakes were cooked and cooled, we got to eat them. They were delicious!



Kitchen Tools

These are the tools we need to make corn and zucchini pancakes. Can you name them all?



(_____)



(_____)



(_____)



(_____)



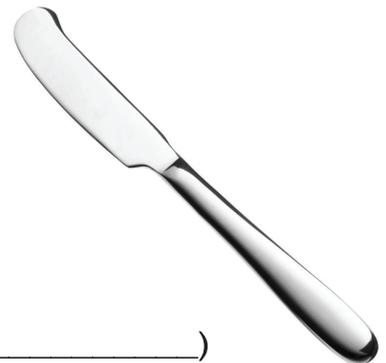
(_____)



(_____)



(_____)



(_____)

WORD BANK: spatula, whisk, skillet, cutting board, measuring spoons, butter knife, bowl, measuring cups



Let's Grate

A grater is not just for zucchini—you can grate lots of things with this tool. You can grate cheese for a homemade pizza, potatoes for potato pancakes, carrots for a salad, and so much more! Below are some examples of what a grater may look like.



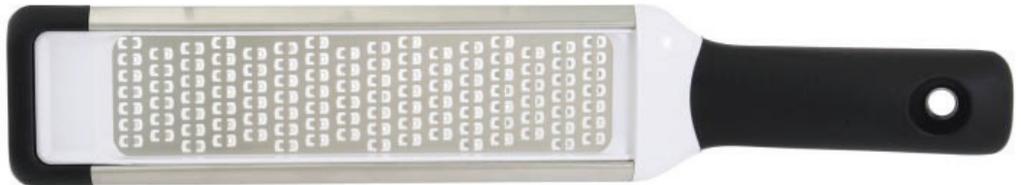
Grater



Multi-Grater



Box Grater



Zester



Rotary Grater

To use a grater, place it on or above a cutting board to catch the grated pieces. Hold the grater firmly with one hand. Rub the food up and down the side of the grater until it is all grated—move slowly and safely. If you are using a rotary grater, just turn the crank. Hold the food at the end away from the grater and keep your fingers away from the grater. Stop when the food is 2 inches away from the end. You can let an adult grate or cut up the last part.

My Pancakes, MyPlate

Your child learned about MyPlate today. To remind us of how to eat healthfully, the United States Department of Agriculture created MyPlate. Keep MyPlate in mind when you are feeding your family, so you end up with a balanced meal.

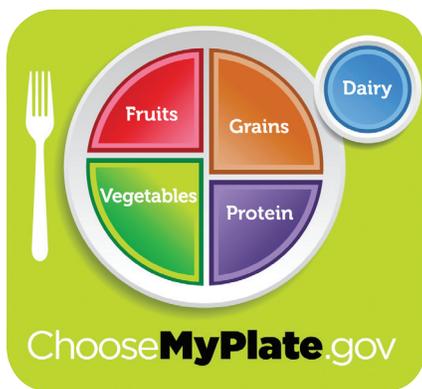
The MyPlate picture reminds us to eat foods from all five food groups for good health: **Vegetables**, **Fruits**, **Grains**, **Protein Foods**, and **Dairy**. Foods from each of these groups provide the nutrients the body needs to stay healthy.

Most people do not eat enough fruits and vegetables. Children and adults need to eat many types of vegetables during the week. Eating many different fruits and vegetables helps the body get the nutrition it needs for good health.

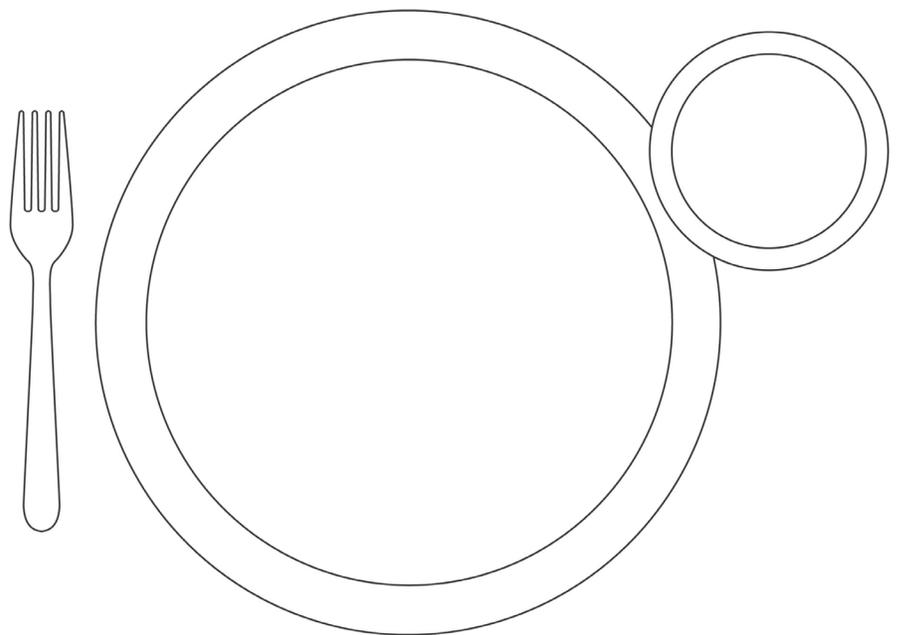
The amount of fruits and vegetables a person needs to eat each day depends on age, physical activity level, and gender. You can learn about how much of each food group you or your family members need at <https://www.choosemyplate.gov>. Remember to make half your plate fruits and vegetables at meals and you will be off to a good start!

Make half your plate fruits and vegetables, even on a budget:

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Look for sales and buy some of each to last until your next shopping trip.
- Choose frozen vegetables that do not have added fat, salt, or sugars from creamy sauces.
- Buy canned fruits packed in “100% juice” or water.
- Look for canned vegetables that say “No added salt.”



Corn and zucchini pancakes contain corn, zucchini, and scallions, which are all vegetables. They also contain whole-wheat flour, which is a grain, and eggs, which are protein foods. What food groups are missing from your plate?



Use the lines below to write down what foods you can eat with your corn and zucchini pancakes to make a MyPlate meal. Then draw your meal.

Fruits

Dairy



