



# Zucchini Kazoo

Take your veg from fun to yum by making your own Zucchini Kazoo.

## Make

1. Take a medium sized zucchini and slice half a centimetre off each end.
2. Using the end of a small teaspoon, make a hole in the middle of each end of the zucchini
3. Now for the messy part! Using the end of a long handled fork or spoon, bore a hole lengthways all the way through the zucchini from one end to the other. It's easiest to start at one end and then flip it around to do the other end until you're all the way through.
4. With the zucchini on its side, gently use a teaspoon to scoop a 2cm diameter hole about 1/3 of the way along the zucchini. Make sure it meets up with the tunnel running through the centre of the zucchini.
5. Cut a piece of thin plastic 5x5cm. A thin, recyclable shopping bag works well for this.
6. Place the plastic over the hole on the lengthways side of the zucchini. Your piece of plastic should be tightly held in place now.

## Play

Now, make sure the plastic is stretched tightly across the hole on the side of the zucchini.

Put the Kazoo to your lips and hum. You should hear a buzzing sound coming from the plastic.

By changing the pitch of your voice, you'll change the sound your kazoo makes.

## Recycle

Compost all the zucchini scraps you don't use! Your garden will love it!

## THINGS you NEED

1 or 2 medium zucchinis

A small teaspoon

A long fork

A plastic bag

Some rubber bands

A chopping board





# Zucchini Kazoo

Follow these easy steps to make your own Zucchini Kazoo!

Psst....  
Make sure to share your Zucchini Kazoo on Facebook or Instagram with the hashtag #funtoyum



1. Slice the ends off the zucchini and tunnel a hole in the centre.



2. Scoop a 2nd hole 1/3 from the top.



3. Place a strip of plastic in place with some rubber bands.



4. Sing into your kazoo!

## HANDY HINTS

Using the same tunneling method with a butter knife you can make your own cucumber clapping sticks.

Make sure to check out our handy instructional videos on The a2 Milk Company website.



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CREATIVE KIDS  
BRIGHTER KIDS



# Recipes for Sustainable Songs



## Zoodle Pasta

### Ingredients

- Zucchini
- Tomato Passata
- Cheese

### Method

Make zucchini noodles either with a veggie noodle maker, or by peeling the zucchini into thin strips with a vegetable peeler. Cook very quickly (1-2 minutes) in boiling, salted water. Drain the zucchini 'noodles' and mix with store bought tomato passata. Top with cheese.

## Zucchini Slice

### Ingredients

- 2 zucchinis
- 1 onions
- 1 cup of grated cheese
- 5 eggs
- 1 cup of self-raising flour
- ¼ cup of olive oil & salt and pepper

### Method

Sauté the onion in butter or olive oil. Grate the zucchini. Drain or squeeze out as much moisture as you can with your hands (do this over the sink so you don't make a huge mess). Mix together the cheese with the zucchini and onion. Add the flour, olive oil and eggs, Mix well. Season with salt and pepper to taste. Pour the mixture into a baking tray or pie dish. Bake at 180 degrees for about 30-35 minutes or until the centre is set. Let it rest for about 15 minutes before eating.

## Helpful Hints

Always ask an adult for help if you are using a sharp knife, cook top or oven.

Check that none of your guests have food allergies and make sure that you keep fresh ingredients stored in the fridge.

Wash your hands before you start cooking. Being hygienic when working with food is really important.