

Winter Squash



4th Grade



A ½ cup serving of winter squash is about the size of half of your fist.

Healthy and Smart Goals

1. Discover nutrition facts and other information about winter squash.
2. Take responsibility for eating more fruits and vegetables, including winter squash.
3. Identify four types of physical activity.
4. Use a line plot to monitor your physical activity.



Harvest It

Nutrition Facts

1 servings per container
Serving size 1/2 cup (103g)

Amount Per Serving
Calories **57**

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 0.9mg	4%
Potassium 380.7mg	8%
Vitamin A 81mcg	8%
Vitamin C 17.1mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Our Harvest of the Month is winter squash. Pumpkin is just one example of winter squash. There are other varieties of squash such as Acorn, Butternut, and Spaghetti. Both the fruit and seeds can be eaten. Have you ever eaten pumpkin seeds, called pepitas in Spanish? They are a very healthy and delicious snack all year long. Take a look at the Nutrition Facts Label. What percent Daily Value of fiber, Calcium, Potassium, Vitamin A and Vitamin C does winter squash contain?

Here are a few more facts about winter squash:

- The botanical name for winter squash is "Cucurbita maxima."
- Winter squash is not grown or picked in the winter. So how do they get their name? They have a hard shell that protects the fruit and seeds until wintertime.
- The word squash comes from the Native Indian word askutasquash which means things that may be eaten uncooked.
- Archaeologists found squash seeds in Mexico used by people 10,000 years ago.
- Today, California grows more squash than any other state. In 2012, over 300 million pounds of pumpkin and other squash was grown!
- A serving size of winter squash is ½ cup. Try that for starters.

Eating fruits and vegetables like winter squash is an important part of keeping your body healthy. Physical activity is also very important. Physical activity helps to build and keep the heart, lungs, and muscles strong. Keeping your body fit and healthy also makes it less likely that you will get illnesses like heart disease and Type II diabetes. One way to make sure that you are getting enough exercise is to keep track of your activity. We can do this with a line plot, which you will learn about in the Link It and Try It sections. You should get at least 60 minutes of physical activity a day. We will learn about different types of physical activity in our Move It activity.



Move it

Eating squash is an excellent way to give your body energy to be physically active. Your teacher will lead you in examples of the four types of physical activity shown on the right. Among these four types, there are many different kinds of physical activity to choose from.

Aerobic
(say air-obic)



jogging

Muscle Building



squats

Bone Strengthening



jumping

Balance and Stretching



yoga

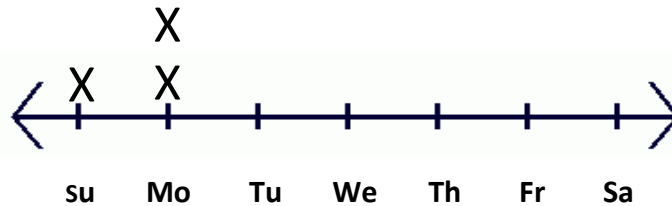


Link it

You should get 60 minutes of physical activity every day. You can keep track of the time you spend being physically active by using a **line plot**. The table shows how many quarter hours Ana spent being active each day this week.

Directions Place an X on the line plot for every quarter-hour she was active each day.

Ana's Physical Activity This Week	
Days	Hours
Sunday	$\frac{1}{4}$
Monday	$\frac{1}{2}$
Tuesday	$\frac{1}{2}$
Wednesday	$\frac{1}{4}$
Thursday	$\frac{3}{4}$
Friday	1
Saturday	1



What is the difference between Ana's most active and least active day? $\frac{4}{4} - \frac{1}{4} = \frac{3}{4}$

How many minutes is that? 45

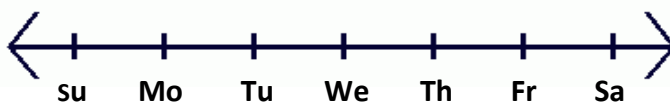
Key: $X = \frac{1}{4}$ $X = 15$ minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$



Try it

Plot Pat's activity this week on the line plot.

Pat's Physical Activity This Week	
Days	Hours
Sunday	$\frac{1}{2}$
Monday	$\frac{1}{2}$
Tuesday	$\frac{1}{4}$
Wednesday	$\frac{3}{4}$
Thursday	1
Friday	$\frac{3}{4}$
Saturday	1

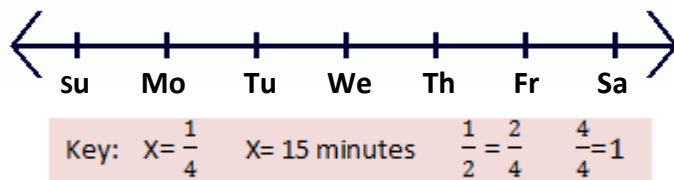


Key: $X = \frac{1}{4}$ $X = 15$ minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

What's the total number of hours Pat was active this week? Add up the minutes for all the days. 6

Your Physical Activity Goal This Week	
Days	Hours
Yesterday	
Today	

Monitor your exercise. Enter your physical activity for yesterday and today in the table. Then make a goal for the next five days. Enter that information in the table. Then show the information on the line plot.



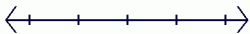
Some days we are more active, some days we are less active. 60 minutes a day is 420 minutes a week. How many minutes per week is your goal? _____



Digest it

It's time to eat some squash and digest what you've learned!

- Name an important nutrient in winter squash.
- What are the four types of physical activity?
- Track your physical activity the next five days using the chart below.

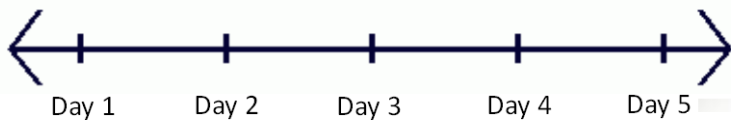


Directions Use this chart to monitor your physical activity the next five days. Put a star on the days you eat winter squash.



Daily Physical Activity Chart

Directions Place an X above each day for every $\frac{1}{4}$ hour, or 15 minutes, you engage in physical activity. Track your physical activity over the course of the next 5 school days. Sixty minutes is the daily recommended amount of physical activity for children your age. That is 7 hours or 420 minutes per week.



Physical activity and eating fruits and vegetables are important parts of being healthy.
Try this month's harvest—winter Squash!