



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

Healthy and Smart Goals

1. Identify the health benefits of eating fruits and vegetables.
2. Write a paragraph describing those benefits.
3. Taste winter squash.
4. Make a plan for eating more fruits and vegetables.



Harvest It

Nutrition Facts

1 servings per container
Serving size 1/2 cups (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 Carbohydrate 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 an 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. At the top of the page you'll find the nutrition facts for winter squash. Towards the bottom of the label, you'll see the amount of vitamins and minerals. Squash contains Vitamin A, Vitamin C and dietary fiber. Can you find the nutrients on the nutrition label? Here are a few more facts about Winter squash:

- The botanical name for winter squashes is *Cucurbita maxima*.
- Winter squash are 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. We will learn about their health benefits in the Move It activity.



Move it

In the Move It squash activity, you will while learn why fruits and vegetables are good for your health.

What Fruits and Vegetables Can Do for Your Health

- Supplies your body with necessary nutrients.
- Keep you at a healthy weight.
- Reduce your chances of diseases like obesity, and type 2 diabetes



Link it

You will write a paragraph in the Try It section explaining why people should eat winter squash. But first, you will jot down your ideas for the paragraph here in the Link It section.

Step 1 You will start your paragraph by introducing the topic: "What Winter Squash Can Do for Your Health."

Directions Write your ideas for introducing the topic.

Step 2 In the next part of the paragraph you will give you will write about the first reason why winter squash is important to your health: "It supplies your body with necessary nutrients."

Directions Write about the important nutrients winter squash has.

Step 3 Directions Write about why it is important to you that fruits and vegetables help keep you at a healthy weight.

Step 4 Directions Write about why it is important to you that fruits and vegetables reduce your chances of getting certain diseases.

Step 5 Directions Say what your plan is to eat winter squash and vegetables in the future. It is recommended that children your age eat 2-2 1/2 cups vegetables every day.



Directions Write a paragraph explaining why winter squash is good for your health. Use your ideas from the Link It section.

Try it

Write your introduction.

Give your reason from step 2 with explanations.

Give your second reason from step 3 with explanations.

Give your reason from step 4 with explanations.

Share your plan for eating squash and vegetables.

Title: Winter Squash is Good for Your Health



Digest it

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

- What nutrients does winter squash have?
- Why are winter squash and vegetables good for your health?
- Share your plan for eating winter squash and vegetables.

Try all kinds of squashes, like pumpkin, butternut, and zucchini.



Visit these websites for more information about squash: <http://harvestofthemonth.cdph.ca.gov>
<http://www.choosemyplate.gov>