



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 winter squash.
2. Solve unit rate problems.
3. Set goals for eating vegetables and being physically active.
4. Taste winter squash.

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.



Harvest It

Our Harvest of the Month is winter squash. Pumpkin is just one example of winter squash. There are other varieties such as Acorn, Butternut, and Spaghetti. The fruit, skin, and seeds can be eaten. Have you ever eaten pumpkins seeds? These are also called pepitas in Spanish. You don't have to wait until late October to eat them. They are a very healthy and delicious treat all year long.

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 inside until wintertime. The word squash comes from the Native Indian word askutasquash which means things that may be eaten uncooked. The squash part of the word means "eaten." Pumpkin and other squashes like acorn and butternut are native to the Americas. 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!

In this lesson, you will be using math skills to find both your heart rate and the recommended daily allowance for eating vegetables. Your heart rate, also known as your pulse, is the number of times your heart beats per minute. Eating fruits and vegetables and being physically active every day are important habits that support your well-being. In the Digest It section you will try winter squash and set healthy goals for eating and exercising.

Winter squash contains vitamins, minerals and other important nutrients. Take a look at the Nutrition Facts label to find out some benefits of eating winter squash.



Move it

Winter squash gives you vital nutrients your body needs. Your heart circulates nutrients through your blood. How often your body does this is called your pulse, or heart rate. What is your pulse when you are resting? Is it any different when you are physically active? Try some vigorous physical activity and find out.

Directions Find your pulse by placing your pointer and middle finger on the inside of your opposite wrist. Adjust the position of your fingers until you feel the light pulse. Do this quietly so you and your classmates can concentrate.



Your resting heart rate is your heart rate when you are **not** physically active.

Your resting pulse is _____

Your pulse **after** physical activity is _____



Link it

Heart rate is an example of a **unit rate**. A unit rate is a comparison of two units. One of the units must be equal to 1. In the case of heart rate, the units are beats and minutes. Heart rate looks like this:

$$\frac{\text{number of beats}}{1 \text{ minute}}$$

Enter the number of beats you recorded above for your resting pulse.

$$\frac{\boxed{} \text{ of beats}}{10 \text{ seconds}}$$

In order to convert the 10 second _____ resting pulse you took into a unit rate, you will need find out how many beats you would have in one minute. Use 60 seconds for your computation, since there are 60 seconds in a minute, and you want to keep the unit the same as what you are working with. Ten times 6 is 60. So multiply by 6.

$$\frac{\boxed{} \text{ beats}}{10 \text{ seconds}} \times \frac{6}{6} = \frac{\boxed{} \text{ beats}}{60 \text{ seconds}}$$

Now write your answer as a unit rate with beats over 1 minute. This is your heart rate.

$$\frac{\boxed{} \text{ beats}}{60 \text{ seconds}} = \frac{\boxed{} \text{ beats}}{1 \text{ minute}}$$

You can find a unit rate that has to do with eating winter squash, too. Look at this problem.

MyPlate recommends that girls 9-13 years of age have 2 cups of vegetables a day. Alicia eats 14 cups of winter squash and other vegetables a week. What is her daily unit rate of eating vegetables?

There are seven days in a week so you will need to divide Alicia's weekly rate by seven.

$$\frac{14 \text{ cups}}{7 \text{ days}} \div \frac{7}{7} = \frac{2 \text{ cups}}{1 \text{ day}}$$

Is Alicia eating the recommended daily amount of winter squash and other vegetables?



Try it

Directions Find your heart rate after physical activity. Enter your pulse after physical activity.

$$\frac{\square \text{ beats}}{10 \text{ seconds}} \times \frac{6}{6} = \frac{\square \text{ beats}}{60 \text{ seconds}} \quad \frac{\square \text{ beats}}{60 \text{ seconds}} = \frac{\square \text{ beats}}{1 \text{ minute}}$$

Directions Determine Devon's daily intake of winter squash and other vegetables.

MyPlate recommends that boys aged 9-13 years old eat $2\frac{1}{2}$ cups of vegetables per day. Devon eats 17.5 cups of winter squash and other vegetables in a week. What is Devon's daily rate for eating vegetables? Is Devon eating enough of them?

$$\frac{\square \text{ cups}}{7 \text{ days}} \div \frac{7}{7} = \frac{\square \text{ cups}}{1 \text{ day}}$$

There are many winter squash to choose from. Try some the next time you visit a market or when it is presented to you at home or school. Winter squash are also fun to grow in a school garden.



Digest it

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

- What is a snack you could make with winter squash?
- What is your daily rate of eating vegetables? What is your weekly goal?
- How many minutes per day are you physically active?
- What is your goal for being physically active daily?
60 minutes is recommended.

