Circle all meals on the menu that contain squash.

- How many did you find?
- How many different ways is squash being served?
- What is your favorite way to eat squash?
EAT YOUR SQUASH

EAT YOUR SQUASH

Squash Search
Circle the different varieties of winter squash listed below in the puzzle. Words can be spelled across, down, backwards, and diagonally.

Acorn
Banana
Butternut
Calabaza
Delicata
Kabocha
Mediterranean
Spaghetti
Turban

Reasons to Eat Winter Squash
A ½ cup of cooked winter squash — like acorn, butternut, hubbard, and pumpkin — has lots of vitamin A. Eating squash is also a good way to get vitamin C and fiber. Acorn squash also has iron. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

Iron Champions*:
Beans, lentils, fortified cereal, 100% prune juice, pumpkin seeds, and soy foods.
*Iron Champions are a good or excellent source of iron.

How Much Do I Need?
A ½ cup of cubed winter squash is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. It is important to eat a colorful variety of fruits and vegetables every day to get all the nutrients you need to grow healthy and feel good. Look at the chart below to find out how many cups of fruits and vegetables you need to eat every day. Write down a daily meal plan to meet your goals.

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.