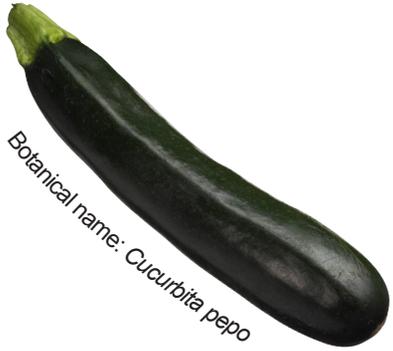


Harvest of the Month



Network for a Healthy California



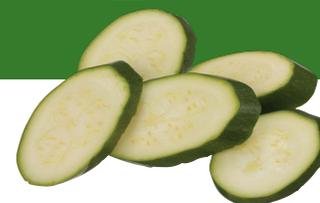
Botanical name: *Cucurbita pepo*

ZUCCHINI

**Circle all green
vegetables on the menu.**

- How many did you circle?
- How many meals include zucchini?
- Draw a star next to your favorite green vegetables.
- Draw two stars next to your favorite meal.

Z IS FOR ZUCCHINI



Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)
 Calories 9 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

What Am I?

California grows a variety of green fruits and vegetables all summer long. Use the list below to answer the clues to “What Am I?” (answers below)

zucchini	grapes	honeydew melon
spinach	bell pepper	green beans

- I come in “bunches” and am a good source of vitamin C and vitamin K. What am I? _____
- I am a sweet variety (not hot) and ripe when green or red. I am an excellent source of vitamin C. What am I?

- I have smooth, dark, shiny skin and edible seeds. I am a good source of vitamin C. What am I? _____
- A famous cartoon character eats me to become strong. I am an excellent source of vitamin A and vitamin K. What am I?

- I sometimes have strings that you can pull down to open me. Or, you can “snap” me in half. I am a good source of vitamin C and vitamin K. What am I? _____
- When I am ripe, I give off a sweet scent. I am an excellent source of vitamin C. What am I? _____

Answers: (1) grapes, (2) bell pepper, (3) zucchini, (4) spinach, (5) green beans, (6) honeydew melon

Reasons to Eat Zucchini

Eating a ½ cup of sliced zucchini is a good way to get vitamin C and manganese. Manganese is an important mineral that helps your body build bones and connective tissue, which is very important when you are growing.

Vitamin C Champions:*

Grapes, green beans, melons, peppers, potatoes, swiss chard, and zucchini.

*Vitamin C Champions are a good or excellent source of vitamin C.

How Much Do I Need?

A ½ cup of sliced zucchini is about one cupped handful. This is also about half of one small zucchini. 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. Look at the chart below to find out how many cups you need.

Remember to get at least 60 minutes of physical activity every day. It will help you stay energized and focused in school!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.

