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

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)

<table>
<thead>
<tr>
<th>zucchini</th>
<th>grapes</th>
<th>honeydew melon</th>
</tr>
</thead>
<tbody>
<tr>
<td>spinach</td>
<td>bell pepper</td>
<td>green beans</td>
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</table>

1. I come in “bunches” and am a good source of vitamin C and vitamin K. What am I? __________________________

2. I am a sweet variety (not hot) and ripe when green or red. I am an excellent source of vitamin C. What am I? ______________________________________________________

3. I have smooth, dark, shiny skin and edible seeds. I am a good source of vitamin C. What am I? __________________________

4. A famous cartoon character eats me to become strong. I am an excellent source of vitamin A and vitamin K. What am I? ______________________________________________________

5. 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? __________________________

6. When I am ripe, I give off a sweet scent. I am an excellent source of vitamin C. What am I? __________________________

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*

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

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

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