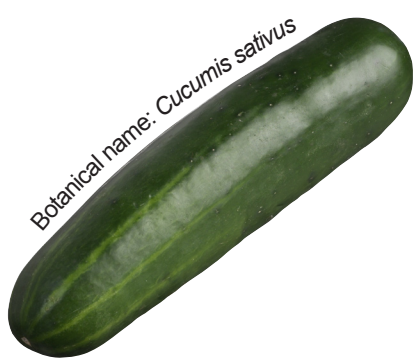


Harvest of the Month



Network for a Healthy California



Botanical name: *Cucumis sativus*

CUCUMBERS

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

- How many did you circle?
- How many are raw?
- How many are cooked?
- Draw a star next to your favorite green vegetable.

EAT CUCUMBERS



Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8 Calories from Fat 0

% Daily Value

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	1%
Sugars	1g	
Protein	0g	
Vitamin A	1%	Calcium 1%
Vitamin C	3%	Iron 1%

Cucurbits Galore!

Did you know that there are over 800 different species of fruits and vegetables in the Cucurbit family? Unscramble the names of these Cucurbit fruits and vegetables. (answers below)

cucumber **gourd** **cantaloupe** **acorn squash**
butternut squash **watermelon** **chayote** **pumpkin**

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a. What is your favorite variety from the Cucurbit family?

b. How do you like to eat it (fresh, cooked, baked)?

c. Which new variety would you like to try from the Cucurbit family?

Reasons to Eat Cucumbers

Eating a ½ cup of sliced cucumbers is a good way to get vitamin K. This vitamin helps your blood clot when you are cut. Cucumbers are mostly water. Your body needs water to keep every part working. All fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily.

Water Champions:*

Cabbage, celery, cucumbers, grapefruit, melons, spinach, strawberries, and tomatoes.

*Water Champions contain at least 90% water.

How Much Do I Need?

A ½ cup of cucumbers is about one cupped handful of sliced cucumbers. This is about one medium cucumber. 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 much you need. Make it a goal to eat fruits and vegetables and be active for at least 60 minutes every day. You also need to drink plenty of fluid every day – about eight cups! Be sure to drink water before, during, and after physical activity.

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.

Answers: 1) watermelon, 2) pumpkin, 3) cucumber, 4) acorn squash, 5) cantaloupe, 6) chayote, 7) gourd, 8) butternut squash