EAT CUCUMBERS

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
1. neatleowrm ___________________________________________
2. ipmnupk _____________________________________________
3. buruecmc ___________________________________________
4. cnaro hussaq _______________________________________
5. onetacupal _________________________________________
6. yeachto _____________________________________________
7. udgor ______________________________________________
8. untbrutet qsahus _____________________________________
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*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<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>
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*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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Answers: 1) watermelon, 2) pumpkin, 3) cucumber, 4) acorn squash, 5) cantaloupe, 6) chayote, 7) gourd, 8) butternut squash.