



Harvest of the Week

Volume 1, Issue Zucchini

Health and Learning Success

Studies show a connection between physical activity and classroom performance, including better reading and math tests! Even short activity breaks during the day can improve concentration and behavior. **Harvest of the Week** focuses on improving students' health and well-being, which can lead to greater success in school.

Let's Get Physical!

Get moving while cleaning! Dance while you vacuum, fold laundry, wash dishes and clean your room.

For more activity ideas, visit: www.letsmove.gov.

Fun Facts

The flower of zucchini plants is also edible.

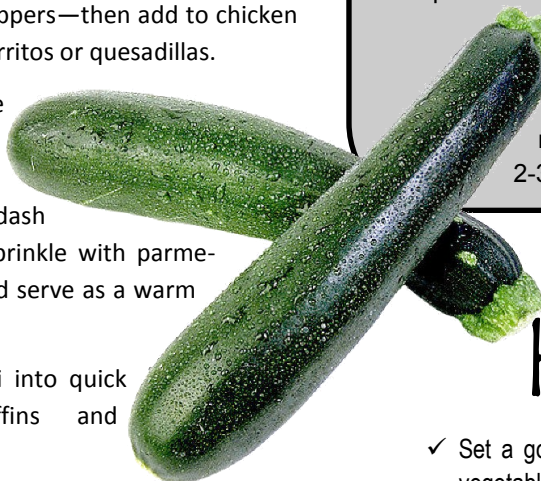
The world's largest zucchini was 69 1/2 inches long and weighed 65 pounds.

There's a band called *The Zucchini Brothers*.

Zucchini

HELP YOUR CHILD EAT HEALTHY

- Dip raw zucchini slices into low-fat salad dressing for a tasty snack or side dish.
- Saute chopped zucchini, yellow squash, onions and peppers—then add to chicken enchiladas, burritos or quesadillas.
- **S a u t e** zucchini sticks with fresh garlic and a dash of oregano. Sprinkle with parmesan cheese and serve as a warm side dish.
- Shred zucchini into quick breads, muffins and casseroles.



PRODUCE TIPS

- Choose zucchini with firm, shiny skin that is free of cuts and bruises.
- It should "give" slightly to gentle pressure.
- Store whole unwashed zucchini in a plastic bag in the refrigerator for 5-6 days.
 - Cooked zucchini should be stored in the refrigerator and used within 2-3 days.

HealthWise

- ✓ Set a good example for children by eating vegetables with meals and as snacks.
- ✓ Depending on their age, children can help shop for, clean, peel and cut vegetables.
- ✓ Ask your child what he/she learned about zucchini at school.

EXTREME ZUCCHINI

Makes 4 servings (1/2 cup each)

Ingredients:

1 cup zucchini, with skin, chopped into 1" cubes
 1 medium tomato, chopped into 1" cubes
 1/4 cup yellow bell pepper, diced
 1/2 cup onion, diced
 1/2 TBS low-fat mayonnaise
 Black pepper, optional
 Non-stick cooking spray

Directions:

1. Wash and cut zucchini, tomato, bell pepper and onion; set aside.
2. Heat a small sauce pan coated with cooking spray over medium heat.
3. Combine first 4 ingredients, add to heated pan and cook over medium heat until vegetables are tender, about 20 minutes, stirring occasionally.
4. Remove from stove top and mix in the mayonnaise.
5. Add pepper to taste.

Source: Cool Fuel Cookbook for Kids, Produce for Better Health Foundation and Shoney's, Inc.

Zucchini Nutrition Facts	
Serving Size	1 cup, sliced
Calories 20	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 4%	Vitamin C 35%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

