Squash Heart Disease

Help Herbie learn how squash keeps your heart healthy!
Unscramble the squash names to help the blood flow through Herbie’s heart.

A. kunppim  B. rubtutent  C. hsiegptat  D. oncceorkk

E. nacro  F. cihuzinc  G. nyptapat

Squash Names
- Acorn
- Butternut
- Crookneck
- Pattypan
- Pumpkin
- Spaghetti
- Zucchini

What’s that?
It’s Heart Healthy Squash!
Squash Lesson Plan

**Background Information**- The rich vitamin value of vegetables can be greatly reduced by excessive cooking. Minerals can also seep into the boiling water. For best nutritional results, microwave or lightly steam your vegetables.

Squash can be grown year round, although the dense winter variety has more nutritional value. It can help to lower your blood pressure, fight against cancer causing diseases and is good for your eyesight. It is high in fiber and promotes good digestion.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.


**Engage**

**Explore**
1. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.
2. Read the captions in the picture and discuss. Why do we eat foods that are good for you? Are all foods good for you?

**Explain**
1. Talk about the benefits of eating squash.
2. Discuss how the heart pumps blood from your head to your toes and back again.

**Elaborate**
1. Research to learn about each type of squash from the activity sheet and illustrate them.
2. Find out which kinds of squash your local grocery store or farmer’s market sells.
3. Learn about blood pressure by taking your pulse before and after exercising.
4. Find Squash recipes and prepare a dish.
5. Make a heart model with clay.
6. Plant squash seeds.

**Evaluate**
1. Complete the “Unscramble the squash words” to help Herbie learn the names of different kinds of squash.
2. Draw your own or color a picture of a healthy heart. Show the blood flow.
3. For one week, keep a chart of the vegetables eaten daily.

**Literature connection**

**References**
- [http://www.quitehealthy.com/](http://www.quitehealthy.com/)
- [http://www.livestrong.com/search/?mode=standard&search=squash](http://www.livestrong.com/search/?mode=standard&search=squash)