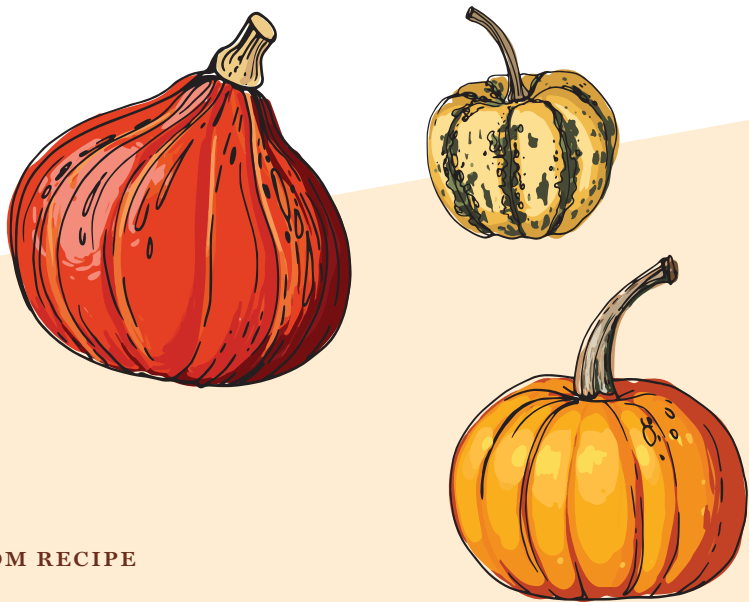


Winter Squash



Did you know?

Winter squashes were first cultivated in a region of present-day Mexico over 9,000 years ago, where their shells were often used for food and drink containers. The word *squash* comes from *askutasquash*, the Narragansett word for “the things that may be eaten raw.” Winter squash varieties include acorn, pumpkin, delicata and spaghetti.

PUMPKIN	
Nutrition Facts	
Serving size	½ cup
Amount Per Serving	
Calories	30
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monosaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	
Calcium 24mg	
Iron 1mg	
Potassium 298mg	

*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CLASSROOM RECIPE

Pumpkin Pudding

Ingredients

- 1 (15-ounce) can pumpkin or
2 cups cooked mashed squash
(such as Hubbard)
2 teaspoons pumpkin pie spice
(or 1 teaspoon cinnamon, ½
teaspoon ginger, ¼ teaspoon
nutmeg and ¼ teaspoon cloves)
- ⅛ teaspoon salt
1½ cups milk
1 (4-serving) package instant
vanilla pudding mix

Directions

1. In a large bowl, mix pumpkin, pumpkin pie spice and salt together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time. Refrigerate leftovers within 2 hours.

NUTRITION INFORMATION

HOW MUCH DO I NEED?

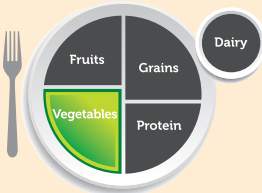
A ½ cup winter squash is about one cupped handful. The amount of fruits and vegetables each person needs depends on age, sex and physical activity level.

Recommended Daily Amounts of Vegetables

	5 – 8 yrs	9 – 13 yrs	13 – 18 yrs
Male	1½ – 2½ cups	2 – 3½ cups	2½ – 4 cups
Female	1½ – 2½ cups	1½ – 3 cups	2½ – 3 cups

Featured Resource

At [choosemyplate.gov](https://www.choosemyplate.gov), kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



Explore Pennsylvania's Winter Squash

What You Need

3–5 different winter squash varieties (1 each variety per every four students), whole and sliced

Nutrition Facts labels for each variety
Dry erase board and markers

Steps

1. Examine squash noting color (skin and flesh), texture, sound and smell.
2. Chart observations on board.
3. Analyze nutrition information. Chart the 3 highest nutrient levels.
4. Compare and contrast varieties.
5. Discuss differences in nutrient levels and how they may be related to characteristics like flesh color.

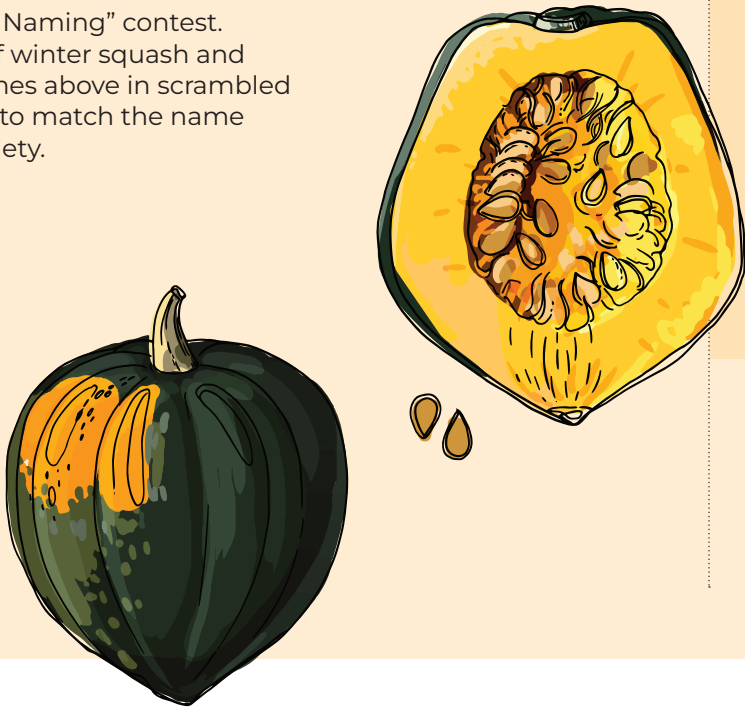
CLASSROOM ACTIVITY CORNER

Celebrate National School Lunch Week by having students write journal entries every day of what they ate for lunch. Have students write journal entries every day for a week of what they ate for lunch. Have students monitor how they feel (e.g. tired, energetic, etc.). Use the [NutritionData® Data Entry tool](#) to complete a nutrient analysis of their lunches. Compare journal entries between school lunches and lunches from home.

CAFETERIA CONNECTION

Winter squash are available in many varieties. Butternut, acorn and spaghetti are most common, but students may not be as familiar with others like banana and kabocha. Help students taste and learn about different varieties.

- Work with your school nutrition staff to set up a “Winter Squash” display in the cafeteria. Label each variety and provide the nutrition information.
- Invite school nutrition staff to help with the Explore Pennsylvania’s Winter Squash activity (above).
- Organize a “Squash Naming” contest. Display a number of winter squash and post the variety names above in scrambled order. Ask students to match the name with the correct variety.



READING NOOK

Expand your lesson with these selected books about different squashes!



Carlos and the Squash Plant

BY JAN ROMERO STEVENS
AGES 4–8



Mrs. McNosh and the Great Big Squash

BY SARAH WEEKS
AGES 3–7



Pumpkin Circle: The Story of a Garden

BY GEORGE LEVENSON
AGES 3–8

Just the Facts

- Winter squash is one of the oldest-known crops in PA, and is in season July to December.
- To make pie, pilgrims hollowed out a pumpkin, filled it with apples, sugar, spices and milk, then put the stem back on to bake.
- Squash provides an excellent source of vitamin A.

paharvestofthemonth.org



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Sources:
Adapted from the CalFresh Healthy Living program
<https://extension.psu.edu/forage-and-food-crops/vegetables>
<https://www.mypate.gov/eat-healthy/what-is-mypate>
<https://www.paharvestofthemonth.org/index.php/downloads>
<https://www.foodhero.org/recipes/pumpkin-pudding>

This institution is an equal opportunity provider. This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

