



# SUMMER SQUASH

## LESSON

### EDUCATOR

You will be getting summer squash today. **Here's a recipe you can use at home**, and you can hang the card on your refrigerator if you want to.

Summer squash is part of a healthy diet. It can help support your **heart health, your digestion, immune system, and vision**.

One way you can create a healthy diet is by using MyPlate. **Have you heard about MyPlate?**

### PARTICIPANTS

*If the participants answer "yes," ask them what they know about MyPlate. If the participants answer "no," explain what MyPlate is.*

### EDUCATOR

**MyPlate helps you figure out a healthy amount for each food group at every meal.**

**It is made up of 5 food groups: fruits, vegetables, protein, grains, and dairy. It is good to make half of your plate fruits and vegetables at every meal.**

**Using all the food groups on the poster, what is a complete meal you and your families like to make using summer squash? Or if you don't already eat summer squash, what is a complete meal you would like to try making with it? Put all the parts of the meal in their correct groups on the MyPlate poster.** You can also say your ideas out loud, and you can work together.

### PARTICIPANTS

*Participants answer the questions using the MyPlate poster.*

### KEY MESSAGES

1. MyPlate is made up of 5 food groups: fruits, vegetables, grains, protein and dairy.
2. Make half of your plate fruits and vegetables.
3. Try the fruit or vegetable and the recipe talked about in this lesson.