



WINTER SQUASH

LESSON

EDUCATOR

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

Winter squash is part of a healthy diet. It can help support 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 winter squash? Or if you don't already eat winter 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.