

Fresh Fruit and Vegetable Program Nutritional Education

JELLOW SQUASH

It is believed that Squash came from Mexico and Central America but now Squash grows all over the world.

There are two types of Squash - summer and winter.

Summer Squash has thin edible skin and soft seeds while winter Squash has thick and hard skin with hard seeds.

Squash is considered to be a fruit because the seeds are on the inside!

Can you find...

R	J	D	N	Z	V	Z	V	Х	V	Z	V	Х	E	Х
E	S	E	E	D	S	G	U	F	U	F	A	M	Т	R
т	M	N	L	L	E	Z	Х	С	Q	A	Т	S	W	K
N	J	N	A	W	В	E	С	W	F	L	v	0	Z	N
I	I	I	D	L	V	Н	K	L	F	L	L	R	S	F
W	Z	F	S	L	I	Z	N	R	W	L	Z	М	V	В
N	Q	F	J	N	F	A	Х	Х	E	Х	D	G	E	0
F	F	J	I	J	V	G	W	Y	D	М	Z	N	Х	P
С	R	Z	L	N	I	K	P	M	U	P	M	L	I	D
Т	M	U	Q	E	D	Н	R	E	В	В	Х	U	V	G
С	A	E	I	L	Z	M	U	W	J	P	W	M	S	Z
M	D	E	V	Т	0	K	F	N	D	т	С	E	J	Х
P	E	G	S	V	N	F	С	В	E	R	Y	F	U	U
R	A	U	W	0	G	K	М	W	G	С	I	N	S	N
Α	Х	P	E	F	Z	0	V	A	N	Н	V	R	Х	L

FALL SEEDS YELLOW FRUIT SUMMER ZUCCHINI

PUMPKIN WINTER

