

Zucchini

Today you will get to try zucchini. Zucchini is a type of squash that grows on vines. The outside skin of a zucchini is thin, smooth and dark green. Inside, zucchinis have a white colored flesh with edible seeds. Zucchini can be eaten raw or cooked. It is delicious as a fresh snack, baked in breads, and in soups or stir fry.



Fun Fact: The largest zucchini in the world was 69 ½ inches and weighed 65 pounds. However, zucchini is best when it is picked small, about 6-8 inches. As the zucchini grows larger, it loses its tender texture.

Body Benefits: Zucchini has many nutrients that will help you grow strong and play hard.

Zucchini belongs to the **green Vegetables** section on *MyPlate*.

