

5 A DAY AND SQUASH

KIDS ACTIVITY SHEET

Try this fun & easy recipe

SIMPLE SPAGHETTI SQUASH

1 (3-pound) spaghetti squash
1/4 cup water
1 32-oz. jar low-fat, low-sodium spaghetti sauce

With the help of an adult, cut squash in half lengthwise; discard seeds. Place squash halves, cut side down, in baking dish; add 1/4 cup water. Cover with plastic wrap and vent one corner. Microwave on HIGH for 15 minutes until squash is tender when pierced with a fork. Scrape inside of squash with a

fork to remove spaghetti-like strands. Set aside. Heat spaghetti sauce in microwave until hot, 2-3 minutes. Pour sauce over cooked spaghetti squash and enjoy!
Makes 4-6 servings. This is an official 5 A Day recipe.

To bake: Place squash halves, cut side down, in a baking dish; add 1/2" water to dish. Bake at 350° for 45 minutes or until squash is tender.



Produce for Better Health
Foundation

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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

HOW TO READ A NUTRITION LABEL

The Nutrition Facts labels on the back of food packages tell us the serving size and how many servings are in the package. It also acts as a guide to making healthy food choices by telling us how many calories and how much fat, cholesterol, sodium (salt), carbohydrates, and protein are in a serving.

Here is the Nutrition Facts label from a jar of pasta sauce. See if you can find the answers to the following questions:

1. How big is a serving?
2. How many calories are in 1 serving?
3. How much sodium (salt) per serving?
4. What amount of fat is in 1 serving?
5. How much protein is in a serving?

Next time you go grocery shopping with mom or dad, help them make the healthiest choices by checking the labels together!

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 10%	Vitamin C 10%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Answers: 1.) 1/2 cup 2.) 60 3.) 390 mg 4.) 0g 5.) 2g

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