

Arbor Fun Page



Fruit & Veggie of the Month

Word Search

DECEMBER **SQUASH**
PEAR **BUTTERNUT**
FIBER **ACORN**
ANTI-BAC **VITAMIN A**

D O C D H I K Q N M
 E W Z V A C O R N O
 C T O G G E T R E L
 E V X B E O R S I A
 M U I V P H J Q R N
 B U T T E R N U T T
 E O R I A C B A P I
 R M E P R M D S K B
 R A B D K O I H H A
 E T I S X A M N S C
 I U F B L Q W N A T



PEAR

Pears are originally from Asia and are closely related to apples (also from Asia!). Pears contain a kind of acid that prevents cancer and is also antibacterial. This acid helps get rid of harmful bacteria in our digestive tract that can cause pain and swelling. The skin of the pear contains a lot of healthy fiber, so make sure you eat the outside! Try different kinds of pears—red, gold, brown—they all taste a little different. Add sliced pears to your salad for a slightly sweet, crunchy bonus!



SQUASH

There are different types of squash that come in different shapes, sizes, and colors. Acorn squash is an acorn-shaped green or yellow one. Butternut squash is large, tan, and shaped like a pear. Spaghetti squash is yellow and is stringy like a plate of spaghetti. Pumpkin is even a squash, so if you like pumpkin, that means you like squash! Winter squash, like pumpkin, get their color from carotenes, which can become vitamin A in your body—a key nutrient for great night vision and healthy skin. Try squash roasted, steamed, or raw on salad!