

This veggie is prickly on the outside and tart on the inside. Don't be afraid to try it. You might like it.

This veggie is yellow-green when you first pick it. It ripens to yellow-orange. It looks like a bumpy cucumber.

This squash was one of the primary foods of the Aztecs and Mayas. It is also called mirliton and christophene.

**Look in this pocket  
to find smart cafeteria  
foods with veggies!**

**Look in this pocket  
to find fun activities!**

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