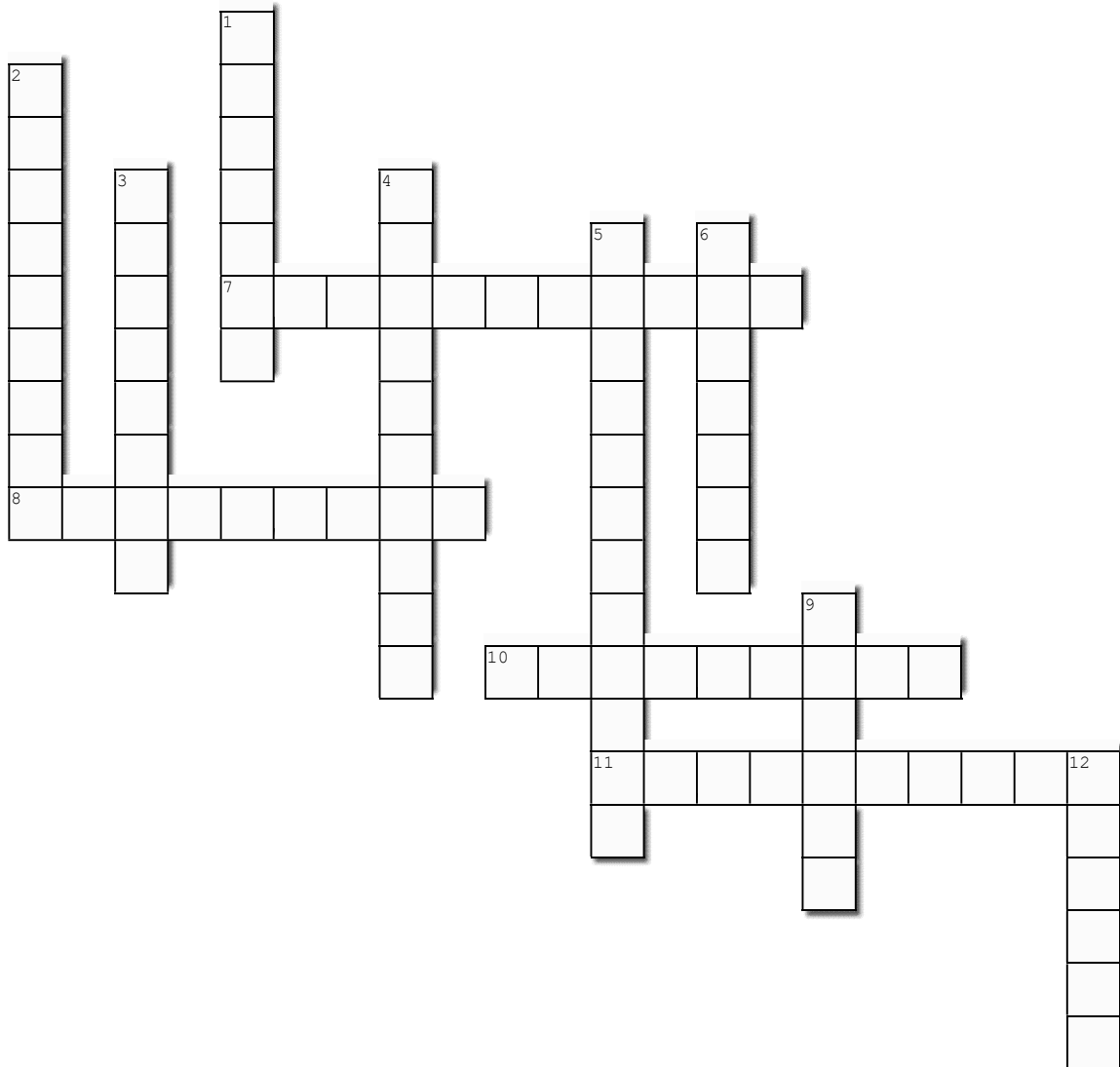


## Winter Squash

Use the clues to find the missing words from the sentences in the crossword puzzle. Have fun and good luck!



Created using the Crossword Maker on TheTeachersCorner.net

### Across

7. During the late fall and winter season \_\_\_\_\_ squash into your meals, to do so use the recipes from the handouts.
8. Because of squashes \_\_\_\_\_ you can store them for up to 2-3 months.
10. Along with a lot of vitamins, squash is a great source of \_\_\_\_\_.
11. Along with fruits, \_\_\_\_\_ are always a recommended part of a healthy diet.

### Down

1. Using \_\_\_\_\_ puree is a great alternative to using oil and butter when baking.
2. Squash not only provides great color to your food, is it extremely \_\_\_\_\_.
3. There are so many \_\_\_\_\_ in squash that help keep your bones strong and eyesight good.
4. Eating squash can provide \_\_\_\_\_ from certain cancers.
5. Along with the protection squash provides against some cancers, squash is a \_\_\_\_\_ against macular degeneration.
6. After 1-2 weeks of \_\_\_\_\_ squash, you get the best flavor out of them!
9. It is during this season that squashes are harvested.
12. This vegetable is the topic for the month. It is rich with many essential vitamins and nutrients that keep you healthy.