

Cucumbers

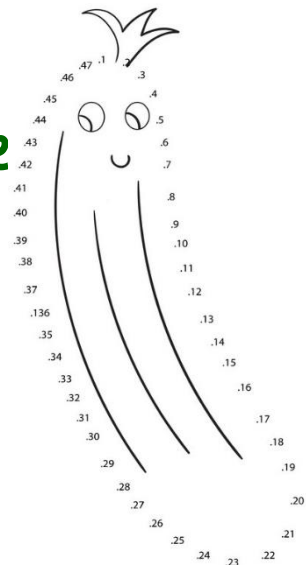
Did you know..

- Cucumbers contain most of the vitamins you need every day!
- Cucumbers are related to Watermelon, Pumpkins and Squash!
- They grow on a vine with anywhere from 25 – 125 Cucumbers!
- Can you believe that Cucumbers have been around since 1494?!



**Can You Find These
Words and connect the
dots?**

**CUCUMBER
HEALTHY
GREEN
DELICIOUS
SQUASH
VITAMINS**



Nutrition Information

Cucumbers are 96% water, which means they don't have as many nutrients as a drier vegetable like squash; but they are low in fat, sodium, and calories.

Cucumbers contain: Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

One-half cup of sliced cucumbers has just 8 calories!