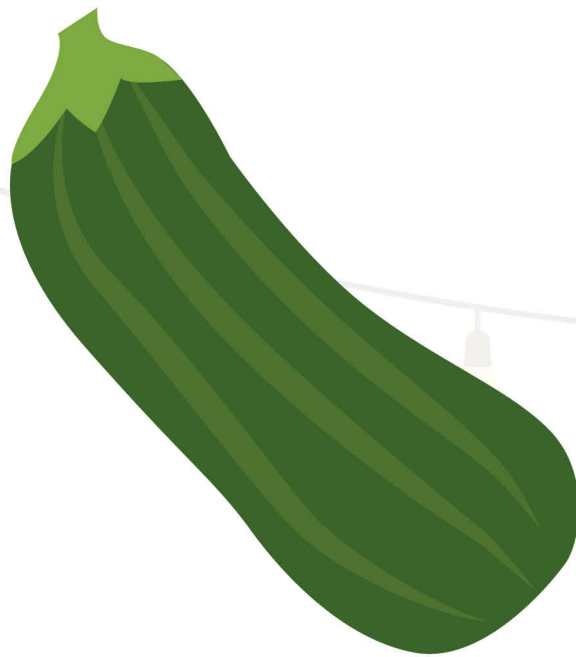


# FOOD FESTIVAL

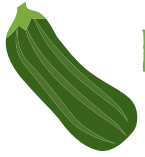
By Aspens

June



Courgette

# Courgette



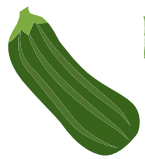
Fact  
1

The courgette is a summer squash. It can be dark or light green.

Courgettes are a type of fruit and look similar to cucumbers.



Fact  
2



Fact  
3

The flower of the plant is also edible.

They are a good source of vitamin C and provide dietary fibre.



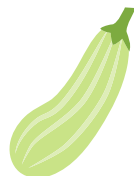
Fact  
4



Fact  
5

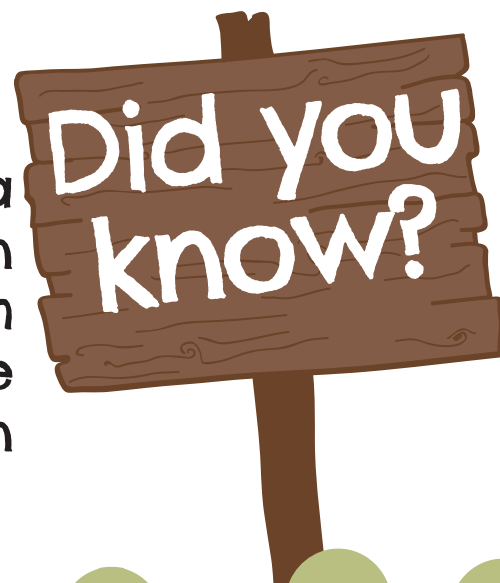
The world's heaviest courgette on record was grown by Bernard Lavery of Llanharry, Rhondda Cynon Taff, UK in 1990 weighed in at 29.25 kg.

## International Fact



Fact  
6

A courgette is also known as a zucchini. Courgette is the more common name among French and British English speaking people. Zucchini is the common term used in American English speaking countries.





# FOOD FESTIVAL

By Aspens

## Word Scramble



Can you un-scramble the letter below to reveal a fruit and vegetable?

TAOOMT

--	--	--	--	--	--

RCTROA

--	--	--	--	--	--

SPANHCI

--	--	--	--	--	--	--

OCNR

--	--	--	--

TCLUTEE

--	--	--	--	--	--	--

LNEETWOAMR

--	--	--	--	--	--	--	--	--	--

ZNUIICCH

--	--	--	--	--	--	--	--

UCBMUCRE

--	--	--	--	--	--	--	--

Name:

School Name:

Class:

TOMATO, CARROT, SPINACH, CORN LETTUCE, WATERMELON, ZUCCHINI



# FOOD FESTIVAL

By Aspens

## Recipe from Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes COURGETTE! The winning dish will feature on our menu.

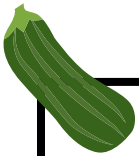


### NAME OF DISH



### INGREDIENTS

### METHOD



Name:

School Name:

Class: