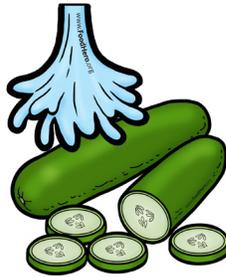


## Try this at home:

Scrub a cucumber under running water. Slice it thinly and add the slices to a glass or pitcher of water. Store in the refrigerator at least 2 hours before serving, then keep it cold to keep it safe. Drink within 2 days for best quality.



Cucumbers are 95% water

About how much of the human body is water?

- a. 20%
- b. 50%
- c. 60%

Answer: c  
Getting enough water will help to keep your body temperature in a healthy range.



## Pickles are made from cucumbers!

Find a recipe here: <https://foodhero.org/recipes/refrigerator-pickled-cucumbers>.



## Did you know?

Our bodies get vitamin K when we eat cucumbers. When we get a cut or scrape, vitamin K helps our blood to clot (stick together so that we stop bleeding).



## Grape and Cucumber Salad



## Ingredients

### Salad

- 3 cups **grapes**, cut in half or quarters
- 3 cups sliced **cucumbers**
- ¼ cup thinly sliced **green onion**

### Dressing

- ¼ cup **vinegar** (any type)
- 1 teaspoon **vegetable oil**
- 2 teaspoons packed **brown sugar**
- ¾ teaspoon **salt**
- ¼ teaspoon **hot sauce**, optional

## Directions

1. Wash hands with soap and water.
2. In a medium bowl, combine the grapes, cucumbers and green onion.
3. In a small bowl or a jar with a tight lid, mix or shake together the dressing ingredients.
4. Pour dressing over the salad and stir until mixed.
5. Refrigerate leftovers within 2 hours.

## Kids Can!



## Food Hero Cooking Class Challenge

Lots of kids say they can't wait to try food they help cook. You can help by:

- rinsing fresh fruits and vegetables like grapes, cucumbers and green onions.
- slicing grapes in half using a butter knife.

