Chef Louie loves making yummy food with courgettes, especially his favourite dish, ratatouille

Courgettes are crunchy on the outside but soft on the inside, and are full of healthy vitamins, like vitamin C, as well as potassium which helps keep us strong and healthy. Courgettes also help your tummy feel good because they are full of fibre!

Did you know that courgettes are also called zucchini?

Vitamin C helps your body stay strong, so you don't get sick, and helps cuts and bruises heal faster!

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Did you know that most of the vitamin C and potassium is in the dark green skin of courgettes? That's a good reason to make sure you eat the skin too!

Courgettes help keep us hydrated because they're mostly made of water.

Hydrated means your body has enough water so you feel good to play all day!

Courgettes can be cooked in so many ways: grilled, roasted, in soups, or even made into yummy muffins!

They are used by many in place of spaghetti or noodles—this is called making 'zoodles!' Zoodles are long, curly strips of courgette

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Courgette vocabulary

Fruit	Vine
Crunchy	Zucchini
Fibre	Hydrated

Vine - A long, twisty plant that spreads across the ground or climbs up walls

Did you know that courgettes are actually a fruit because they grow from a flower, even though we cook them like a vegetable?

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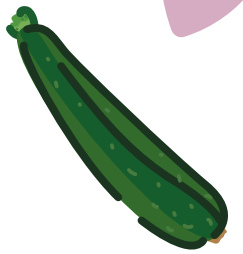
Would you like to try Chef Louie's courgette recipe at home?

Ask a grown-up to help you make your own yummy ratatouille with Chef Louie's special recipe!

Research Time - Ask a grown-up to help you find out what other dishes can be made with courgettes.



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