

NOVEMBER

Heritage and Ethnic Foods

Announcements



1. Ask your family to include your favorite fruits or vegetables for dinner! Surprise them with the information you learned in school and encourage them to try new fruits and vegetables too!
2. Popeye was right; spinach not only helps you build strong muscles, but it tastes great too!
3. The cafeteria is serving _____ today! _____ are not only good for you but also taste great too! Get yours today at lunch!
4. Run around today at recess. Play tag or catch with your friends to burn some energy.
5. Did you know, there are over 60 different types of grapes? Some have seeds and others are seedless.
6. Did you know that a raisin is a dried grape?
7. Thirsty? Swap the sugary beverage like soda for either low-fat or fat-free milk! Soda is full of extra calories without nutrients whereas milk is full of calcium that helps our bones grow strong!
8. Make your plate colorful at lunch today. Add the _____ that are being offered to make your lunch even healthier for you!
9. Did you know that the watermelon is part of the cucumber and squash family? This sweet tasting treat goes with any meal or snack.
10. No one likes to be sick. Try foods that are packed with Vitamin C – a nutrient that can help you fight off a cold! Oranges, grapefruit and pineapple are all great sources of vitamin C....did you know a green pepper has vitamin C too?