

November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>A balanced diet provides your body with the nutrients it needs to function properly.</p>	<p>2</p> <p>Drinking water helps the body's cells and organs function correctly.</p>	<p>3</p> <p>Farm to School helps bring healthy, local foods from farms to students.</p>	<p>4</p> <p>Amino acid- the building blocks of protein. Protein is in meat, eggs, nuts and more.</p>	<p>5</p> <p>The U.S. farmer feeds _ people. A. 89 B. 110 C. 125 D. 155</p>	<p>6</p> <p>Watermelons are about 92% water; cucumbers are about 96% water.</p>	<p>7</p> <p>Pork has thiamine, which helps the body convert food into energy.</p>
<p>8</p> <p>Eat the rainbow! Choose a variety of colored foods daily and through the week.</p>	<p>9</p> <p>Reading nutrition labels on food products can help you make healthy food choices.</p>	<p>10</p> <p>ChooseMyPlate.gov</p>	<p>11</p> <p>True or False? Calcium, an important mineral, is found in the dairy group.</p>	<p>12</p> <p>Honey- a natural sweetener that has many vitamins, minerals and antioxidants.</p>	<p>13</p> <p>Soybeans are among the best sources of plant-based protein.</p>	<p>14</p> <p>We eat roots. Some examples are carrots, radishes and turnips.</p>
<p>15</p> <p>Broccoli is part of the cabbage family. We eat the unopened flower buds and stems.</p>	<p>16</p> <p>Eggs contain protein and Vitamin D which helps your bones and teeth grow strong.</p>	<p>17</p> <p>Carbohydrates in grapes are slowly digested so the energy you get from grapes lasts longer.</p>	<p>18</p> <p>Beef has zinc which help keep your immune system healthy, heal wounds and more.</p>	<p>19</p> <p>You should drink at least 8 cups of water daily to stay hydrated.</p>	<p>20</p> <p>Vegetables and grain contain _. A. Sugars B. Protein C. Starch D. Calcium</p>	<p>21</p> <p>It is important to thoroughly cook meat, eggs, and fish before you eat them.</p>
<p>22</p> <p>Cabbage is high in Vitamin K which helps make your blood healthy.</p>	<p>23</p> <p>True or False? Fruits and vegetables should take up the most space on your plate.</p>	<p>24</p> <p>You should get at least one hour of physical activity daily.</p>	<p>25</p> <p>Beets are naturally sweet and full of nutrients.</p>	<p>26</p>	<p>27</p> <p>Carrots are a rich source of Vitamin A which helps keep your eyes healthy.</p>	<p>28</p> <p>Exercise is good for health. It gives you energy and builds bones and muscles.</p>
<p>29</p> <p>_ is the best source of calcium. A. Bread B. Yogurt C. Apples D. Beef</p>	<p>30</p> <p>ChooseMyPlate.gov</p>	<p>Answers 23 - T, 29 - B 5 - D, 11 - T, 20 - C,</p>	<h1>Nutrition</h1>			