

Spotlight on Nutrition

Fun, Family, Fitness and Nutrition Tips

Mason City Schools



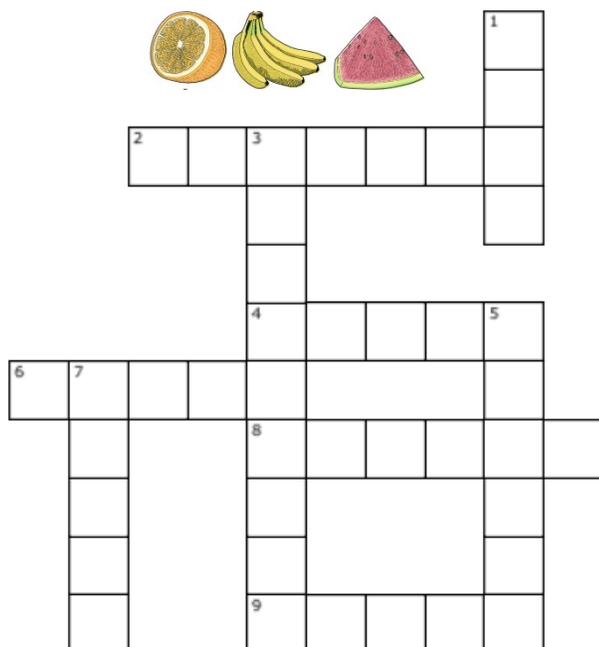
Office of Child Nutrition

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FLU FIGHTING FOODS

crossword puzzle



Across

- 2. Your favorite type of Thanksgiving pie is jam packed with vitamin A.
- 4. This substance comes from bumblebees and also contains antioxidants that help fight off the flu.
- 6. This liquid is an important part of your diet all year round. It helps keep you hydrated when you're sick.
- 8. This colorful fruit contains vitamin C, an essential nutrient in fighting off the flu.
- 9. This variety of potato, orange in color, contains vitamin A.

Down

- 1. This fish (typically found on sandwiches) contains selenium, which helps to boost your immune system.
- 3. This vegetable is considered a fungi, which contains nutrients that help fight infection.
- 5. This dairy product contains "probiotics", which help to keep our immune systems strong and healthy.
- 7. One of these a day keeps the doctor away, as well as the flu.

December 4th-10th is National Hand Washing Awareness Week

Hand washing is one of the best ways to protect yourself and your family from getting sick.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community- from your home and workplace to childcare facilities and hospitals.

When should you wash your hands?

- Before, during and after preparing foods
- Before eating food
- Before and after caring for someone who is sick
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling money
- After touching garbage

