

# NUTRITION NEWS

## March 2020

### Dietitian's Corner

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Foods can protect us in many ways. While nothing can completely ward off a cold, a healthy immune system can ward off the germs that cause colds and the flu. So, what should you do, kiddos? Enjoy foods which contain Vitamin C and Beta Carotene.

Citrus fruits, cabbage, broccoli, pumpkin, **sweet potatoes**, and spinach have immune-boosting power. Zinc, a mineral and essential trace element, can help fight infections. Increase your intake of fish, oysters, poultry, eggs, milk, unprocessed grains and cereal.

Our diets should also include probiotics—healthy bacteria for your body, which too protects your immune system. Try yogurt, kefir, or a probiotic dietary supplement.

### Sweet Potatoes

Vegetable of the Month

Thank You Ham Farm

### Blueberries

Fruit of the Month

Thank You Blueberry Bill

**DON'T FORGET!**



**Happy National Nutrition Month, kiddos!** Nutrition Month is an annual nutrition education and information campaign created by the Academy of **Nutrition** and Dietetics. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Don't forget to submit a recipe in **Pomptonian's Healthy School Lunch Challenge**, which is in honor of National **Nutrition Month**. Instructions can be found in the cafeteria, as well as on Pomptonian's social media handles.

National Nutrition Month® 2020

## Word Search for Kids

Words may be horizontal, vertical or diagonal.

1. Apple
2. Breakfast
3. Cheese
4. Dates
5. Eggplant
6. Flour tortilla
7. Garden
8. Lunchbox
9. Mango
10. Noodles
11. Olive
12. Pork chops
13. Radish
14. Strawberry
15. Turkey
16. Vegetables
17. Water
18. Yellow squash

M	F	L	O	U	R	T	O	R	T	I	L	L	A	Y
E	C	O	H	S	K	I	U	S	I	D	R	A	T	Y
G	A	W	Q	E	I	W	N	R	U	O	N	X	I	E
G	I	M	A	N	G	O	O	I	K	S	O	S	M	L
P	R	U	T	I	Y	D	R	V	W	E	N	T	E	L
L	U	N	C	H	B	O	X	E	Z	K	Y	R	I	O
A	M	O	G	V	R	C	Q	R	E	R	L	A	S	W
N	I	O	S	H	E	E	R	G	S	A	V	W	L	S
T	E	D	E	S	A	Y	J	N	T	D	I	B	O	Q
A	T	L	Q	U	K	P	L	O	Q	I	T	E	X	U
P	D	E	L	A	F	I	P	S	U	S	F	R	D	A
V	E	S	W	C	A	V	E	L	Z	H	E	R	A	S
G	R	O	T	A	S	R	N	Y	E	O	M	Y	T	H
A	E	H	N	D	T	E	G	A	B	B	A	C	E	W
R	H	O	L	I	V	E	T	W	C	H	E	E	S	E
D	W	A	L	D	O	N	R	L	A	H	T	R	A	M
E	I	P	O	R	K	C	H	O	P	S	O	K	R	A
N	S	P	A	C	E	S	A	T	C	R	E	V	O	R
E	P	O	L	A	V	E	G	E	T	A	B	L	E	S



Eat the **rainbow** every day!

"This institution is an equal opportunity provider."

