

April 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | <p style="text-align: right;">1</p> <p>Let's start the month reading this educational book on MyPlate.</p> <p>English</p> <p>Spanish</p> | <p style="text-align: right;">2</p> <p>Check out this "Friendship Pocket" recipe that is easy, fun, nutritious and delicious!</p> <p>Recipe English & Spanish</p> |
| <p style="text-align: right;">5</p> <p>As warmer days approach, we want to make sure students know the importance of physical activity.</p> <p>50 Things to do with a Beach Ball - Eng / Span</p> | <p style="text-align: right;">6</p> <p>Check out this educational material on how we can use broccoli in many different ways.</p> <p>Broccoli</p> | <p style="text-align: right;">7</p> <p>Corn is a delicious vegetable that can be eaten alone or as part of a combination meal.</p> <p>Educational Handout</p> | <p style="text-align: right;">8</p> <p>Did you know that school breakfasts offer a variety of choices of food groups?</p> <p>School Breakfast Educational Handout</p> | <p style="text-align: right;">9</p> <p>School lunches offer all the food groups you need as a growing student.</p> <p>Learn about school lunches</p> |

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| <p style="text-align: right;">12</p> <p>Incorporating fruits & vegetables in your day is easy. Watch how you can enjoy a refreshing water!</p> <p>Educational Video</p> | <p style="text-align: right;">13</p> <p>MyPlate Enrichment Activity.</p> | <p style="text-align: right;">14</p> <p>Playing bingo is fun, and more so with food items!</p> <p>Enrichment Activity</p> | <p style="text-align: right;">15</p> <p>Whole grains are so important as they provide you with fiber and B-vitamins.</p> <p>Grains Educational Handout</p> | <p style="text-align: right;">16</p> <p>Interactive Friday. Take this quiz to see what MyPlate has to say!</p> <p>Quiz link</p> |
| <p style="text-align: right;">19</p> <p>Let's discuss how the Nutrition Facts Label has changed. Check out this educational side-by-side image.</p> <p>English</p> <p>Spanish</p> | <p style="text-align: right;">20</p> <p>Sugars can come in many ways, many foods. Let's learn a bit about "added sugars".</p> <p>Enrichment Activity</p> | <p style="text-align: right;">21</p> <p>Now that you know more about "added sugars", how can we make sure to replace sugary drinks with better choices?</p> <p>Handout</p> | <p style="text-align: right;">22</p> <p>Snack are very important for all of you kids. This is a list of healthy snacks to pick from.</p> <p>Healthy Snacks</p> | <p style="text-align: right;">23</p> <p>Are you getting enough physical activity each day? Let's discuss how much physical activity is recommended, and what type.</p> <p>Physical Activity</p> |
| <p style="text-align: right;">26</p> <p>With the climate getting hotter and hotter by the day, we begin to think about summertime fruits that you can enjoy. Learn about Watermelon with this Educational</p> | <p style="text-align: right;">27</p> <p>Who says ice pops cannot be healthy snacks? Let's learn how to make bananas into ice pops with this recipe.</p> | <p style="text-align: right;">28</p> <p>Cranberries are so delicious and they can be turned into a yummy jello.</p> <p>Cranberry recipe</p> <p>Educational handout.</p> | <p style="text-align: right;">29</p> <p>Today we are learning ways to Spring Back into healthy habits.</p> <p>Educational Handout</p> | <p style="text-align: right;">30</p> <p>Today we are discussing and learning the difference between seasonings, herbs, and marinades.</p> <p>Enrichment Activity.</p> |

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| Handout. | | | | |
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