

# December

shutterstock.com • 1538756504

	<p>1</p> <p>Whole grains offer a load of benefits. Read the educational handout below to learn what foods are high in whole grains, and quiz yourself in what you already consume as part of your healthy diet. <a href="#">Whole Grains</a></p>	<p>2</p> <p>Complete the <a href="#">maze</a> and decode the Nutrition sentences below for a fun <a href="#">Nutrition activity</a>.</p> <p>Try this "<a href="#">No Bake Cheerio Bars</a>" recipe to include whole grains in your diet as a fun, delicious snack.</p>	<p>3</p> <p>Let's take a closer look at <a href="#">Healthy Snack Tips for Kids</a>.</p>	<p>4</p> <p>It's Friday, and we don't want to spend the upcoming weekend watching TV. We want to make sure and stay active in order to live a healthier lifestyle. Check out these tips on how to <a href="#">Stay Active</a>.</p>
<p>7</p> <p>Let's practice some grammar with this "Cook-Off Craze"! Get together with a parent, sibling or friend, and follow the instructions on the handout to complete a fun filled activity today. <a href="#">Activity</a></p>	<p>8</p> <p>Unscramble your Whole Grains knowledge with this <a href="#">activity</a>!</p>	<p>9</p> <p>My Plate is so full of fun when you apply your knowledge of the five food groups into this <a href="#">Crossword puzzle activity</a></p>	<p>10</p> <p>This <a href="#">Strawberry Yogurt Parfait</a> makes a great snack that offers a variety of nutrients such as carbohydrates, protein, calcium, vitamin D and minerals necessary for growth and development.</p>	<p>11</p> <p>As part of your daily supper, we offer milk as a beverage because it offers an array of nutrients necessary for growth and development at various stages of lifecycle. Learn the many benefits of milk in this <a href="#">English/Spanish educational handout</a>.</p>

<p style="text-align: right;">14</p> <p>I know you had a blast last week completing the "Cook-off Craze" activity, so I now bring you a <a href="#">Winter Feast Activity</a> for today. Enjoy!</p>	<p style="text-align: right;">15</p> <p>Vitamins play a very important role in every action in our bodies. Click in the educational activity below to learn the ABC's of Vitamins.</p> <p><a href="#">Handout/Activity</a></p>	<p style="text-align: right;">16</p> <p>Bananas are so versatile, and today I want to share with you one way you can use bananas in a recipe along with the peanut butter we provide with your supper meals.</p> <p><a href="#">Banana Sushi Rolls</a></p>	<p style="text-align: right;">17</p> <p>MyPlate always wins with good nutrition. Over the upcoming holidays, practice these tips to make celebrations fun, healthy and active!</p> <p><a href="#">Educational handout</a></p>	<p style="text-align: right;">18</p> <p><a href="#">Waldorf salad</a> is an easy, nutritious, and delicious salad you can try making at home for the Holidays. You can substitute the raisins for Craisins from your school meals, and enjoy!</p>
<p style="text-align: right;">21</p> <p>With the Holidays come the sweets and other foods that may be loaded with calories. Check out this educational handout that gives you tips on how to transform your favorite Holiday meals into more nutritious ones.</p> <p><a href="#">Holiday Makeover MyPlate</a></p>	<p style="text-align: right;">22</p> <p>Let's learn how the Dietary Guidelines help us become healthier.</p> <p><a href="#">DG Handout</a></p>	<p style="text-align: right;">23</p> <p>How to enjoy yogurt in five different ways...Find out <a href="#">here!</a></p>	<p style="text-align: right;">24</p> <p>Building healthy meal habits is important to pave the way for a healthful lifestyle. Here is an educational handout that gives you ten tips on <a href="#">How to Build Healthful Mealtime Habits.</a></p>	<p style="text-align: right;">25</p> <p>Beverages can be packed with sugar and calories. Let's learn how to make better beverage choices.</p> <p><a href="#">English Handout</a></p> <p><a href="#">Spanish Handout</a></p>
				