



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>Welcome 2021! And with a new year come new goals and resolutions. Let's discuss the Healthy Kids Pledge below so that you can begin to think what you can set as your healthy goal this year.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">5</p> <p>Having read and discussed yesterday's pledge, use the blank pledge below to set yourself a goal, and pledge to do your part in contributing to your daily health.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">6</p> <p>As a growing child, Calcium and Vitamin D are essential nutrients for healthy bone development. Click below to pledge for strong bones and teeth.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">7</p> <p>We encourage you to be a "High Five" kid. Eating fruits & vegetables brings you an array of fiber, vitamins & minerals. Continuing with our healthy pledges, click below to pledge to be a "High Five" kid.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">8</p> <p>Protein is an essential nutrient for growth & development. Protein foods include beans, lentils, nuts, fish, chicken, meat & eggs. Pledge to make lean proteins part of your daily diet.</p> <p>English</p> <p>Spanish</p>
<p style="text-align: right;">11</p> <p>Consuming healthy snacks is easy following these tips:</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">12</p> <p>Sharing meal times with family members is very important. Research shows that eating together as a family plays a positive role in healthy eating. Check out these Family Mealtime Tips!</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">13</p> <p>When eating out, it is important to take control of your food choices. See below for tips on making healthy choices when eating out.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">14</p> <p>You can turn any recipe into a healthier version of itself following these tips.</p> <p>English</p> <p>Spanish</p>	<p style="text-align: right;">15</p> <p>Increasing fruits & vegetables is easy following these tips.</p> <p>English</p> <p>Spanish</p>

<p style="text-align: right;">18</p> <p>Beef "<i>Picadillo</i>" is a favorite in our area. Using lean beef, and adding fresh vegetables is a way to make it more savory and nutritious. See below for a recipe made for 6 servings.</p> <p>Recipe</p>	<p style="text-align: right;">19</p> <p>Blue & purple foods contain a pigment called Anthocyanins. Depending on its pH, its color may appear red, blue, purple or black. This pigment acts as antioxidant and may prevent chronic health conditions. Let's practice finding some blue and purple food examples in this worksheet.</p> <p>English (key)</p> <p>Spanish (key)</p>	<p style="text-align: right;">20</p> <p>Chlorophyll is a pigment found in green foods such as green leafy vegetables. These are loaded with B vitamins as well as antioxidants. Work on this following worksheet to practice identifying some Chlorophyll containing foods.</p> <p>English (key)</p> <p>Spanish (key)</p>	<p style="text-align: right;">21</p> <p>Carotenoids are beneficial antioxidants that can protect you from disease and enhance your immune system. These are found in orange colored foods. Use the worksheet below to practice which foods contain Carotenoids.</p> <p>English (key)</p> <p>Spanish (key)</p>	<p style="text-align: right;">22</p> <p>You may think foods that are white, or pale yellow may not offer much nutritional benefits. However, foods that contain Anthoxanthins actually contain a good amount of antioxidants and anti-inflammatory properties that are very beneficial to your overall health. Learn which foods contain Anthoxanthins.</p> <p>English (key)</p> <p>Spanish (key)</p>
<p style="text-align: right;">25</p> <p>Ever heard "<i>An apple a day keeps the doctor away</i>"? That is because apples are packed with nutrients, not to mention they are delicious! Let's learn what apples have to offer us, and check out the recipe!</p> <p>Apples Recipe</p>	<p style="text-align: right;">26</p> <p>Have you ever tried Asparagus? They are delicious and packed with nutrients that help keep your blood and bones healthy!</p> <p>Asparagus Roasted Asparagus Recipe</p>	<p style="text-align: right;">27</p> <p>Do you ever think about growing your own vegetables? Some are easy to grow by the window sill, and so versatile to use, not to mention nutritious!</p> <p>What are Beets? Educational Handout on Beets</p>	<p style="text-align: right;">28</p> <p>Blueberries are not only a beautiful cyan color, but they are fun to eat and packed with antioxidants. Let's explore more on blueberries by clicking on the links below.</p> <p>More on Blueberries Spanish Overnight Oats with Blueberries Recipe/Receta</p>	<p style="text-align: right;">29</p> <p>You may find broccoli in your supper meals, and did you know that it is very nutritious and quite delicious?</p> <p>Educational Video on Broccoli Spanish Video Recipe/Receta</p>