October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 A ***Nutrition Facts Label*** helps you know what is in the foods you are eating so that you can determine if the food you choose is right for you. Click below and learn about the recent changes you will see in new **Nutrition Facts Labels**. English Spanish	**2** Each ***Nutrition Facts Label*** provides you with a ***serving size***, and ***servings per container***. This is the first item we want to look at when reading a label. Watch the video below to guide you in understanding what a **Serving Size** tells you, and don't forget to click on the links to access your educational handout! Understanding Serving Sizes Video English Spanish	**3**

4	**5** *Calories* are a way of describing how much energy your body can get from eating that particular food. Knowing how to read a *Nutrition Facts Label* helps you understand if you are consuming adequate calories. Calories Video English Spanish	**6** *Percent Daily Value* helps you determine if the food you are eating is high or low in a particular nutrient. Less than 5% DV is considered low, and more than 20% DV is considered high. Daily Value Video English Spanish	**7** *Sugars* add up quickly in foods and beverages. The Dietary Guidelines for Americans recommends no more than 10% of daily calorie intake coming from sugars. How can you keep track of sugar intake? Click below to learn how. Added Sugars Video English Spanish	**8** *Folate* is such an important Vitamin that helps your body make new cells. It is so important that the new *Nutrition Facts Labels* now includes Folate. English Spanish	**9** Knowing how to understand the *Nutrition Facts Label* helps you make more informed choices that help guide you to a healthier lifestyle. English Spanish Interactive Nutrition Facts Label	**10**
11	**12** No School	**13** Get to know the Nutrition Facts Label by finding the label-related words hidden in this word search English Spanish	**14** Bring some color to the Nutrition Facts Label by completing the activity below. English Spanish	**15** Not all foods have food labels. Foods that are fresh do not have food labels. Let's practice identifying items that do have food labels. English (English Key) Spanish (Spanish Key)	**16** Let's dive into detail as far as what the numbers in the Nutrition Facts Labels mean. By clicking below, you will find a list of claims and what each of them mean. English Spanish	**17**

18	**19** Below learn about the five different food groups. English Spanish	**20** How much of each food group should we have? Click below to learn how much food from each group is recommended. English Spanish	**21** What counts as one serving? English Spanish	**22** Practice organizing food groups with the activity below. English (English Key) Spanish (Spanish Key)	**23** Practice what you have learned, and match the food groups accordingly. English (English Key) Spanish (Spanish Key)	**24**
25	**26** MyPlate is a visual representation to help you find a healthy eating style. Learn how to make MyPlate part of your daily eating style! English Spanish	**27** Check out this My Plate Tip Sheet to help you start eating a variety of foods daily in a simple way!	**28** Good nutrition plays a key role in healthy growing. Preschoolers can also follow my plate with this simple guide. English Spanish	**29** Let's practice MyPlate with these fun activities. English Word Scramble Spanish	**30** Getting ready for Halloween? Holiday snacks can be healthy too. Check out this recipe which includes some items you may be receiving with your supper meals! Monster Teeth 	**31**