

November

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"
 Each announcement ends with, "Remember, healthy choices are a KEY for success."

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| <input type="checkbox"/> <p>November is the month when people all around the world celebrate healthy harvests that grow from the earth: fruits, vegetables, grains, nuts and beans!</p> | <input type="checkbox"/> <p>The <i>Cool Bean of the Month</i> is the kidney bean, packed with protein to help you grow strong. Kidney beans got their name because they're the same color and shape as the actual kidney organ inside your body.</p> | <input type="checkbox"/> <p>Persimmon is the fruit <i>Harvest of the Month</i>. A vegetable <i>Harvest of the Month</i> is winter squash. Winter squash, like pumpkins, are harvested in the fall season. They're called winter squash because their hard shell helps them to last all winter long.</p> | <input type="checkbox"/> <p>A colorful fruit to <i>harvest</i> in November is a bright orange persimmon. Persimmons are juicy and sweet, with a delicious cinnamon taste. Persimmons are rich in Vitamin A, for strong eyes.</p> | <input type="checkbox"/> <p>Let's move at recess and PE today! And let's keep moving all weekend long with a walk around the neighborhood to enjoy fall colors as some tree's leaves are changing from green to golden.</p> |
| <input type="checkbox"/> <p>Let's get the week off to a healthy start by eating the best food for our body, mind, and spirit; fresh food that grows from the earth, like our harvest of the month, the sweet and juicy persimmon, with Vitamin A for maintaining good vision.</p> | <input type="checkbox"/> <p>The <i>Cool Bean of the Month</i> is the Kidney Bean, good food for your kidneys. Your kidneys have the very important job of cleaning your blood - 50 gallons of blood - pumping through your two kidneys each and every day!</p> | <input type="checkbox"/> <p>The Pilgrims survived a harsh winter because Native Americans shared their food. One dish they shared was called <i>Three Sisters</i>. It got its name because <i>Three Sisters</i> is made with three plants that grow <i>intertwined</i>: Beans, corn and squash. The beans climb up and around the corn stalk, and the squash grows low, shading the soil to keep it moist.</p> | <input type="checkbox"/> <p>The <i>Three Sister's</i> dish by Native Americans is a great idea for Thanksgiving. Made with healthy harvests that grow together in the garden: winter squash, kidney beans, and corn. <i>The Three Sisters</i> dish is delicious and nutritious with vitamins, protein, and fiber.</p> | <input type="checkbox"/> <p>THANKS-giving day is near, a day to celebrate all the amazing food that grows from the earth. Some will eat turkey; others will choose nuts and beans for protein. Many will enjoy pie made from pumpkins and sauce made from cranberries, all thanks to the incredible garden we call planet Earth.</p> |
| <input type="checkbox"/> <p>Over the holidays, let's move with family and friends. A ball game, hike, or a group walk around the neighborhood is a great way to add fun and togetherness this THANKS-giving day.</p> | <input type="checkbox"/> <p>Every different part of your body is made up of cells - 100 trillion cells! From your beautiful eyes to your pumping heart all the way down to your toes. Bright orange foods like persimmons help keep those cells healthy and strong.</p> | <input type="checkbox"/> <p>Crisp sweet Persimmons have a super special nutrient called Beta Carotene. Beta Carotenes are in brightly colored fruits and vegetables and help you to fight serious diseases (like cancer).</p> | <input type="checkbox"/> <p>Our harvests of the month, persimmons and winter squash, are orange on the inside. That pretty orange color lets you know they are great sources of Vitamin A, important for strong eyes and strong bones.</p> | <input type="checkbox"/> <p>The seeds of winter squash are healthy too. They are an excellent source of the mineral iron, which helps carry oxygen to every cell in your body - all 100 trillion cells!</p> |

Extra Announcements:

- * Let's get the week off to a healthy start by eating fresh and colorful foods in season. Fresh and colorful foods are the most nutritious, packed with nutrients to help your brain remember history lessons, like... the name of the ship that Pilgrims made their historic voyage to America on, in the year 1620. Do you know the name of the ship? (Answer, Mayflower)
- * A bright orange persimmon fruit is a very unusual Fall fruit. They change from firm and crisp when picked, to super soft and juicy after sitting in the fruit bowl. Whichever way you like to eat them, their Vitamin A is important for good vision.
- * Getting active and moving your body is key for a healthy and happy life. The cool fall weather makes it a great time of year to get outside and move your body - with a bike ride, walk or group activity like tag football.