

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Have a silly Red Lunch today!</p> <p>See back page.</p>	<p>2</p> <p>Remember to Eat a Rainbow.</p>  <p>See top page.</p>	<p>3</p> <p>Clap If You Know A Food That's Red.</p> <p>See top page.</p>	<p>4</p> <p>*Examine the seeds of a strawberry, apple or tomato.</p> <p>*Let kids discover the fruit that has seeds on the outside. Have a magnifying glass for seeing them up close.</p>	<p>5</p> <p>Put on your imagination glasses. What do you see?</p> <p>Give each child a fruit/vegetable. Stretch their imaginations by asking, "What does the food look like?" For example, hold a banana and say, "I see a crescent moon." Hold a strawberry and say, "I see a lady bug."</p> 	<p>6</p>
<p>7</p> <p>Challenge parents to see who can eat the most <i>orange</i> foods this week.</p>	<p>8</p> 	<p>9</p> <p>Form the letter "A"* on a plate using carrots.</p> <p>*Carrots and other veggies & fruits that are deep orange have lots of vitamin A that is good for a healthy body. Name other "A" foods (winter squash, pumpkin, papaya, mango, peaches, etc.)</p> 	<p>10</p>	<p>11</p> <p>Squeeze <i>oranges</i>* for homemade <i>orange</i> juice.</p> <p>*How many oranges did it take to make a cup of juice?</p>	<p>12</p> 	<p>13</p> <p>After reading <i>This is the Way We Eat Our Lunch</i> by Edith Baer, try one of the recipes in the book!</p>
<p>14</p> <p>Try Good Luck Greens.</p> <p>See back page.</p>	<p>15</p>	<p>16</p> <p>Make discoveries on a Supermarket Scavenger Hunt.</p> <p>See top page.</p>	<p>17</p> 	<p>18</p> <p>*Have a Green Tasting Fair!</p> <p>*Try kiwi, honeydew, celery, broccoli, asparagus, spinach, bell pepper.</p>	<p>19</p> <p>Sing Broccoli is Good for You & add verses about other green veggies.</p> <p>See top page.</p>	<p>20</p> <p>*Eat a new <i>green</i> food!</p> <p>*Use the Food Guide Pyramid to make your selection.</p>
<p>21</p> <p>List 10 colorful foods to put on a <i>Banana Split</i>.*</p> <p>* To make 2 <i>Banana Splits</i>: Cut a banana in half crosswise and put ½ a banana on each dish. Cut each half in half lengthwise; top with cottage cheese or frozen yogurt; top with strawberries, blueberries, pineapple, etc.</p>	<p>22</p>	<p>23</p> 	<p>24</p> <p><i>Show and Tell</i> about yellow foods!</p> <p>Fill a brown bag with <i>yellow</i> foods (banana, chips, lemon, pineapple, squash, yellow apple, yellow candy). Find them on the Food Guide Pyramid. Discuss how often we should eat each food and why.</p>	<p>25</p>	<p>26</p> <p>*Banananimals! Use peel and scissors to snip a Bananimal.</p> <p>*Tell what it is (i.e., octopus) and where it lives (swims in a banana milkshake).</p> 	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>Define fruits and veggies in your own Webster's Fruit & Veggie Dictionary.</p>			



Supermarket Scavenger Hunt

Learn more about fruits and vegetables with this grocery store tour! Find 10 of the following fruits or vegetables below. Write 2 or 3 descriptive words about each food. Describe the taste, texture, smell, or appearance!

<u>Fruit</u>	<u>Description</u>	<u>Vegetable</u>	<u>Description</u>
1. Avocado	_____	1. Asparagus	_____
2. Mango	_____	2. Collard Greens	_____
3. Kiwi	_____	3. Bell Pepper	_____
4. Apricot	_____	4. Spinach	_____
5. Raspberry	_____	5. Radish	_____
6. Prune	_____	6. Tomato	_____
7. Pear	_____	7. Sweet Potato	_____
8. Papaya	_____	8. Cauliflower	_____



Broccoli Is Good For You

(Sing to the tune of "Happy Birthday")

Broccoli is good for you,
Broccoli is good for you.
O good broccoli, good broccoli.
Broccoli is yummy, too.

Additional verses: substitute, asparagus, spinach, cabbage, etc.



Eat A Rainbow

Here is something to remember
when you're eating dinner.
Choose foods that have color,
and that are brighter than
the others.

Red, orange, bright yellow, and
green; these foods will help you to
have healthy eyes, skin, and body.

So when you decide what you
will eat tomorrow, remember the
colors and eat a rainbow!

If You Know A Food That's Red

(Sing to the tune of "If You're Happy and You Know It.")

If you know a food that's red, clap your hands.
(Clap, clap. Shout out a red food.)

If you know a food that's red, clap your hands.
(Clap, clap. Shout out a red food.)

If you know a food that's red, put your finger on your head.

If you know a food that's red, clap your hands.
(Clap, clap. Shout out a red food.)

Additional verses: substitute different colors (green, orange, blue, yellow, etc.) and different motions (stomp feet, snap fingers, twirl around, say Hooray).



Happy St. Patrick's Day!!!





Good Luck Greens

Boiling for long periods of time is the traditional Southern way of cooking cabbage. Enjoy it with a different flair in **Good Luck Greens**, a special Irish dish in which the cabbage is baked.

Ingredients:

3 cups shredded cabbage, washed
6 ounces canned evaporated skim milk
2 eggs, well beaten
1 tablespoon sugar
1/2 teaspoon salt
onion, optional
1 cup shredded cheddar cheese
paprika, as desired

Directions:

1. Coat 2-quart baking dish with vegetable cooking spray.
2. In large bowl, combine egg, milk, sugar, and salt; stir in cabbage and onion until well blended.
3. Pour mixture into prepared baking dish.
4. Top with cheese and paprika.
5. Bake covered at 325°F for 45 minutes and enjoy!

Silly Red Lunch



Dine on...

Tomato salad
Hearty Beef Vegetable soup
Saltine crackers “painted with red food coloring”
Red applesauce
Strawberry flavored milk



Additional Activities

- ◆ Write a poem using the words sweet potato, vitamin, eye, and skin.
- ◆ With adult assistance, wash, cut, and remove seeds from a peach, pear, cantaloupe, or any fresh fruit/vegetable.
- ◆ Spend 30 minutes outside to get some warm *yellow* sunshine!
- ◆ Cut out a shamrock and write on it one green food and a benefit of being healthy.
- ◆ Voila! Become a chef! Write a one-day menu using fruits and vegetables from the Food Guide Pyramid.
- ◆ Decorate an old T-shirt with St. Patrick’s Day symbols and your favorite green foods.
- ◆ Look for eyes that cannot see on a sweet potato.



Incredible Edible Veggie Bowls

Ingredients & Supplies:

1 green, yellow or red bell pepper, washed*
1 celery stalk, washed*
1 carrot, washed* and peeled
Your favorite low-fat salad dressing
- Knife (you will need help from your adult assistant)
- Cutting board

Directions:

1. Cut the pepper in half (from side to side). Clean out the inside. Cut the other half into skinny slices.
2. Cut the carrot into circles or skinny sticks.
3. Cut celery into skinny sticks.
4. Put a little salad dressing in the bottom of a pepper “bowl”.
5. Put celery sticks, carrot sticks, and pepper slices into the remaining “pepper bowl”.
6. Enjoy the veggies and the bowl!



* Tell children they should always wash fruits and veggies before eating them.



Children's Good Health Calendar

March 2004

Have a Rainbow of Health...



**It's
National
Nutrition
Month!**

A joint publication by the Jefferson County Department of Health,
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with Nutritious Food!