Gardening

Children learned:
- When we cut fruits & vegetables in half, if we see a seed - it’s a fruit!
- A vegetable is any part of the plant other than the fruit - these are leaves, stems, roots, seeds or flowers.

Fruit / Veggie of the week

Plant strawberries in March or April but cover when frost is predicted.

They need full sun for the highest yields, at least 6 hours per day.

Nutrition

Switch to fat-free or low-fat (1%) milk

Children learned:
- Foods from the dairy group give us calcium & vitamin D.
- Calcium is used for building strong bones & teeth.
- Switching to fat-free or 1% milk gives us the nutrients we need without the extra solid fat.

the ‘Cow & Barn’ - children placed good sources of calcium foods on the cow & non-calcium sources in the barn.

Veggie Pizza (serves 4)

Ingredients:
- 1 lb. whole grain pizza dough (makes two 14” pizzas)
- 1 zucchini
- 1 yellow squash
- 2 large tomatoes
- ½ cup diced fresh mozzarella
- 3 basil leaves
- 1 tsp. fresh oregano
- 1 Tbsp. extra-virgin olive oil

Directions:
1. Roll pizza dough & stretch over the back of a cookie sheet.
2. Lightly oil pizza dough & place on a hot grill. Cook until golden brown. Set cooked dough aside.
3. Slice squash & zucchini lengthwise, season with salt / pepper & extra-virgin olive oil. Place on grill - cook 3 minutes per side.
4. Sliced tomatoes, dice grilled squash & zucchini & place on pizza crust.
5. Place diced mozzarella & fresh herbs on pizza crust.

Fitness

Fitness with Kathy

Children learned:
- That doing ‘jumping jacks’ increases our muscle strength.

Do physical activity each day:
- A total of 60 minutes for children, 30 minutes for adults.

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Recipes

Cooking with Chef Dave

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