Great News!

Tuesday thru Friday
For the School Year 2009-10

Elementary School Students
Will have the opportunity to receive
Free Fruits & Vegetables
For A Snack
(provided funds are available)

This is made possible through the USDA Fresh Fruits & Vegetable Program.
J. SLICE
Rescues his friends from the CLUTCHES of LAZEE!

Town Takeover Plan:
1. Make kids sick
2. Make kids tired
3. Take over town

Healthy Kids Coloring & Fun Book!

National Watermelon Promotion Board
Watermelon Crossword Puzzle

Across
1. Our favorite new watermelon here is_____.
2. Watermelon tastes sweet and ________
3. The color of the inside of a watermelon is________
4. Everyone seems to have________ when they eat watermelon.
5. Watermelon tastes delicious and________
6. Watermelon grows on a________
7. Ask for a watermelon slice with your sandwich at________ time.

Down
1. Watermelon is great for_____. the first meal of the day.
2. A slice of watermelon is an________ it ships when you cut it.
3. Watermelon can have seeds or be________
4. Watermelon has lots of vitamins and minerals and is very________
5. Eating________ foods is good for your health.
6. Watermelon is great for an after-school________.
See how many juicy words you can find!

Watermelon for Breakfast
Watermelon Breakfast a Go Go
A Great Start at Home or on the Go

Enjoy:
- Low-fat granola
- Next: small chunks of watermelon
- Next: banana yogurt
- Next: low-fat granola
- Next: small chunks of watermelon
- Next: banana yogurt
- Top with: a slice of banana, toasted almonds or coconut, small chunks of watermelon or a strawberry.

Word Scramble
Unscramble the letters to form watermelon-related words.

<table>
<thead>
<tr>
<th>ESTEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGFSERRHEI</td>
</tr>
<tr>
<td>NEVI</td>
</tr>
<tr>
<td>MMYYU</td>
</tr>
<tr>
<td>ISEML</td>
</tr>
<tr>
<td>ARBEATSKF</td>
</tr>
<tr>
<td>HEUNNSSIN</td>
</tr>
<tr>
<td>NFRU</td>
</tr>
<tr>
<td>ODGO OFR UYO</td>
</tr>
<tr>
<td>J. ELCLS</td>
</tr>
</tbody>
</table>

J. Slice Advice

- Healthy food makes you feel good and gives you energy.
- Pack your plate with fruit and vegetables of all colors — the different colors have different vitamins and minerals.
- Watermelon is 92% water so it helps give your body the fluids it needs.
- A 2-cup serving of watermelon is an excellent source of vitamins A and C.
- Don’t eat alone if you can help it — sometimes that can cause you to eat too much.
- Get moving! Playing sports or even just walking actually gives you more energy.
- Fruit and veggies can be eaten at any time. Eat a slice of watermelon with your meal — don’t wait until dessert.
The children made apple turnovers using dough, butter, cinnamon, sugar, and apple pie filling.

They also taste-tested **Golden Delicious**, **Red Delicious**, and **Granny Smith** apples,
The Grapples

Crunch, Crunch! Guess what I just bit into? The wonderful lunchroom ladies made us great grapples. Listen as I paint a pretty picture in your mind of how my grapple looks, smells, tastes.

The first thing I will describe is how my grapple looks. As the grapples arrived in the red bucket I realized that they were as red as a sparkle red ruby. Upon further observation I saw that some of the grapples were yellow-orange red colors. As you can tell the grapple is a beautiful looking fruit.

The second thing I will describe is how my sweet grapple smells. As I smelled the grapple instantly it reminded me of my sistro fruity perfume. The aroma made me feel as if I was walking through threads of grape veins. It reminded me of my sweet smell of my home town. I hope the aroma of the grapple has awaking your senses!

The last thing I will describe is how my fruity grapple taste. As I bit into the grapple the sweet tasted danced
Get Up and Go!

JULY

Theme: Enjoy warm summer evenings by extending outdoor play past daylight hours.

Spotlight hide-and-seek: "It" carries a flashlight to shine on people when he finds them. When "it" turns off the flashlight, players must run for the house before being tagged. A tagged player becomes the new "It." More ideas:
- Catch lizards (and release them).
- Go on a "star hunt." Take a few sleeping bags, walk to a picnic spot, lie down, and look up for the whole family involved.

AUGUST

Theme: Get a workout while working.

Solar: Wash the car together. When finished, play a game of dodge ball using a wet sponge as the ball.
More ideas:
- Take your dog for a walk. No dog? Walk a neighbor's.
- Clean out the garage or rearrange furniture together.
- Spend an afternoon picking up litter in your local park.

SEPTEMBER

Theme: Use music and rhythm to turn playtime into active time.

Marching band: Make homemade instruments by putting dried beans or pasta inside plastic containers. Turn on some music, and shake the instruments while dancing or parading around.
More ideas:
- Crank a frozen or swimming-pool noodle and hold a limbo contest while music plays.
- Act out the animals while singing "Old MacDonald Had a Farm" (duke, lasso flip wings, donkey bucks, cat scratch).
- Borrow legumes, dance videos from the library, and practice some new moves.

OCTOBER

Theme: Fall activities to your youngster's interests and abilities.

Activity box: Give your child an index card box and a stack of index cards. Let her fill out the cards with activities she would like to try. Use the cards as a boredom buster.
More ideas:
- Invent imaginative young games in an active game of charades.
- Challenge current drivers to simple competitive tasks such as who can do the most push-ups in a minute or keep a ball in the air the longest.
- Invite a child who loves the outdoors to go on a hike.

NOVEMBER

Theme: Get the whole family involved.

Oldies but goodies: Ask grandparents to teach you and your youngsters how to play a game they remember from their childhood, such as kick the can or stickball.
More ideas:
- Go on a family bike ride through a local park. Remember to wear helmets.
- Visit a museum and walk, walk, walk.
- Have a fire drill. Practice the closest exits, and see how fast everyone can crawl from bed to outside.

DECEMBER

Theme: Share the fun.

Party time: Have a party and play games of musical chairs and hot potato.
More ideas:
- Learn to juggle or play Chinese jump rope (check your library for instruction books). Teach your new games to diverse people.
- Swap equipment with neighbors so you can try new sports without having to gear up.
- Join a nature class at the local community center.

Nutrition Nuggets

Resources for Educators, a division of Aspen Publishers, Inc. 120 N. Royal Avenue, Glen Ellyn, IL 60137.
Get Up and Go!

Put the fun in fitness! Here are ideas for adding physical activity to your child's schedule—month by month. Encourage your youngsters to get at least an hour total of active play every day to keep him at the top of his game.

**January**
Theme: Name one weekend each month “No TV Weekend.” Spend time playing instead.

**Copycat:** The leader announces an activity to be the “copycat” (e.g., hopping on one foot). Then, the leader quickly does a bunch of actions for the other player to copy (jumping jacks, silly dance). The game ends when the leader makes the copycat into doing the stopper.

More ideas:
- Have 3-minute contests: Who can score the most baskets, jump rope the most times, or do the most push-ups in 3 minutes?
- Learn yoga (look for classes in your county parks and recreation department).
- Go sledding or ice-skating.

**February**
Theme: Find ways to bring outdoor games inside.

**Mini-soccer:** Place shoelaces over opposite ends of the house. Using a small ball, take turns delivering the goods and trying to score by steering the ball with your foot.

More ideas:
- Play balloon volleyball over an imaginary net.
- Clear a space in the basement or garage for wallballing.
- Have an indoor “snowball” fight with loosely wrapped newspaper balls.

**March**
Theme: Look beyond organized sports. Invent in basic equipment (ball, jump rope), and invent your own games.

**Widen the river:** Lay two jump ropes 1 foot apart and parallel to each other. The space between the ropes is the river. Take turns jumping from one to the other.

**More ideas:**
- Obstacle a basketball through a homemade obstacle course (around a lawn chair, over a picnic bench, between two books, and back).
- Use a hula hoop from a clothesline as a target for Frisbee toss.
- Try to keep a gymnastic balance in the air using only your poms.

**April**
Theme: Make the inactive active.

**Puzzle hunt:** Hide the pieces to a small jigsaw puzzle in 21 pieces around the house. Set a timer for 15 minutes, and let your child race the clock to find the pieces and assemble the puzzle.

More ideas:
- When watching TV, have a sit-up contest during commercial breaks.
- Act out stories as you read them.
- During board games, assign an activity to each roll of the dice.
- Each time a 1 is rolled, walk around the table; every time a 2 is rolled, stand on one foot.

**May**
Theme: The activities as treats.

**Family yard sale:** Clean out clothes, setting up tables, and cleaning up afterward are all good exercise. Treat everyone to a lemonade stand or a meal after you are done.

More ideas:
- Celebrate special occasions at a mini-golf course.
- Make bowling or another activity a reward for good grades.
- Give homemade gift certificates for games of each or weekend hiking trips.

**June**
Theme: Explore playgrounds, parks, and school yards.

**Heads/Tails Hike:** On the way to the playground, get for heads, turn left. For tails, turn right. Flip a coin before walking to the playground.

More ideas:
- See who can swing the longest.
- Play hopscotch, or climb on a jungle gym.
- Take along a piece of chalk to draw a straight line on the playground. Pretend it’s a higher beam, and jump across it.

**Nutrition Nuggets:**