

Monday	Tuesday	Wednesday	Thursday	Friday
<h1 data-bbox="850 167 1249 256">February</h1> <p data-bbox="541 264 1558 293">Each announcement begins with, "Time for your Daily Scoop of good nutrition news!"</p> <p data-bbox="606 302 1493 331">Each announcement ends with, "Remember, a healthy life is a happy life."</p>				
<input data-bbox="107 375 159 415" type="checkbox"/> <p data-bbox="107 427 464 646">This month's fruit <i>Harvest of the Month</i> is dried fruit, because fruit that is dried in the summer can be enjoyed throughout the winter months. Raisins are grapes that have been dried. Raisins and other dried fruits are sometimes called "nature's candy."</p>	<input data-bbox="485 375 537 415" type="checkbox"/> <p data-bbox="485 427 842 646">The Chinese New Year is celebrated right around this time of year, so the <i>Cool Bean of the Month</i> is the soybean, which is popular in Chinese food. Soybeans are sometimes called the miracle bean because they're so super healthy.</p>	<input data-bbox="854 375 907 415" type="checkbox"/> <p data-bbox="854 427 1232 670">Our <i>Harvest of the Month</i> is dried fruit. <i>Fresh</i> fruit becomes <i>dried</i> fruit when the fruit is warmed at low temperatures. When it goes through that warming process, the fruit's juice evaporates, but its nutrients remain, making raisins, apricots and other dried fruits a delicious and nutritious snack.</p>	<input data-bbox="1251 375 1304 415" type="checkbox"/> <p data-bbox="1251 427 1587 618">February is <i>American Heart Month</i>. So whenever you see a heart shaped Valentine this month, let it be a reminder to make healthy and nutritious choices to keep your heart healthy and beating strong.</p>	<input data-bbox="1631 375 1684 415" type="checkbox"/> <p data-bbox="1631 427 1988 646">Almost any kind of fruit can be made into dried fruit - apricots and cranberries, pineapples and bananas. Mix dried fruit with nuts and seeds for a delicious and super charged snack: Nuts & seeds for protein power, dried fruit to re-charge.</p>
<input data-bbox="107 678 159 719" type="checkbox"/> <p data-bbox="107 730 464 1057">Dried fruit is our fruit <i>Harvest of the Month</i> for February. The vegetable <i>Harvest of the Month</i> is a root vegetable. Root vegetables grow underground, like carrots. It is a dark reddish color and kind of shaped like a heart - a great choice for <i>American Heart Month</i>. Can you guess which root vegetable it is? Hint: It's good to eat for a strong Heart BEAT. (Answer: Beet).</p>	<input data-bbox="485 678 537 719" type="checkbox"/> <p data-bbox="485 730 842 950">The February vegetable <i>Harvest of the Month</i> is the dark red and sweet <i>beet</i>, a root vegetable that grows underground. Beets are super healthy, with Vitamin A for good eyesight, and Vitamin B for a strong heart.</p>	<input data-bbox="854 678 907 719" type="checkbox"/> <p data-bbox="854 730 1232 1031">When you eat sweet red <i>beets</i>, you're helping your body's red blood cells. Red blood cells have the important job of traveling inside your blood, and delivering the oxygen that we <i>breathe</i> to every part of your body. Guess which body organ <i>pumps</i> the blood & blood cells through your body? Here's a hint: It beats. (Answer: the Heart)</p>	<input data-bbox="1251 678 1304 719" type="checkbox"/> <p data-bbox="1251 730 1587 974">Sometimes natural foods are called "whole" foods. Natural & whole foods are best for your body, mind and spirit. That's why <i>whole-grain</i> brown bread is healthier than processed white bread. <i>Whole-grain</i> brown rice is healthier than processed white rice.</p>	<input data-bbox="1631 678 1684 719" type="checkbox"/> <p data-bbox="1631 730 1988 922">With the Chinese New Year in mind, one of the most popular sports in China is Ping Pong, also called "table tennis." <i>Let's Move</i> our bodies today and all through the weekend with a fun game or sport like ping pong.</p>
<input data-bbox="107 1065 159 1105" type="checkbox"/> <p data-bbox="107 1117 464 1360">Let's get the week off to a healthy start by drinking lots of water. A study showed that kids who drank a glass of water before their school day did better on tests! Add a squeeze of citrus fruit, from an orange, grapefruit or lemon, for added flavor and nutrients.</p>	<input data-bbox="485 1065 537 1105" type="checkbox"/> <p data-bbox="485 1117 842 1336">Our <i>Cool Bean of the Month</i> is the soybean, rich in protein and popular in China. A Chinese "rice bowl" made with colorful veggies and soybean tofu is a healthy and delicious meal <i>from</i> China, but enjoyed by people all around the world.</p>	<input data-bbox="854 1065 907 1105" type="checkbox"/> <p data-bbox="854 1117 1232 1336">Shopping at the local <i>Farmers Market</i> is a good place to find locally grown and <i>fresh</i> beets. Fresher food has more vitamins, like the B vitamin in beets. B vitamins help your blood cells carry oxygen to every part of your body for energy.</p>	<input data-bbox="1251 1065 1304 1105" type="checkbox"/> <p data-bbox="1251 1117 1587 1336">Exercise is very important for a strong and long life, so <i>Let's Move</i> today and all weekend long, and let's hydrate with plenty of water, made even tastier with a squeeze of citrus fruit juice like grapefruit or lemons - in season all winter long.</p>	<input data-bbox="1631 1065 1684 1105" type="checkbox"/> <p data-bbox="1631 1117 1988 1336">A popular way to eat our <i>Cool Bean of the Month</i> - the Soybean from China - is <i>Edamame style</i>. You squeeze the cooked soy beans out of their pod with your fingers, and pop 'em right into your mouth for a protein packed super snack.</p>

<input type="checkbox"/> Let's get this <i>last week of American Heart Month</i> off to a <i>heart</i> healthy start by choosing nutritious food, getting daily exercise, and drinking plenty of water, because a healthy heart means a stronger and longer life.	<input type="checkbox"/> Michelle Obama, our 44th first lady says "Let's Move" for a stronger, longer, and happier life! Let's move today by walking around the neighborhood to see if you can spot colorful fruit on citrus trees.	<input type="checkbox"/> Did you know that your body has electricity running through it?! Electrical impulses help your brain tell your muscles what to do. The mineral, potassium, helps recharge your body's electricity. Eat dried fruit for a good source of potassium.	<input type="checkbox"/> Shopping at the local Farmer's Market is healthy for you and the planet too. Locally grown food is harvested fresh, so it's packed with nutrients. And locally grown food doesn't have to travel so far in gas guzzling trucks, so it's kinder for planet Earth too.	<input type="checkbox"/> It's Friday. Lets Move today and all weekend long. Try moving this weekend with a game of table tennis - otherwise known as ping pong. Or try regular tennis at the tennis courts at a nearby local park.
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