

April

Each announcement begins with, *“Time for your Daily Scoop of good nutrition news!”*

Each announcement ends with, *“Remember, eating plant food is good for you and the planet too!”*

<input type="checkbox"/> <p>Let's get the month of April off to a healthy start - and a happy start too! Eating more fruits and vegetables can improve your mood! It's true, healthy food equals a happier mood.</p>	<input type="checkbox"/> <p>Earth Day is this month, and did you know that one of the most important things you can do to keep our planet healthy and green is... to eat healthy?! It's true! Healthful fruits & veggies use far less water and energy to produce than burgers and pizza!</p>	<input type="checkbox"/> <p>Our fruit Harvest of the Month is a little green fruit with fuzzy brown skin that's kind of shaped like an egg. It's a kiwifruit. Of all the fruits, kiwifruits have the most nutrients; for growing a strong body & sharp mind.</p>	<input type="checkbox"/> <p>Kiwifruit is a little green, sweet and tart fruit that grows on a long and winding vine. Of all the fruits, Kiwifruit has the most nutrients, especially vitamin C, which helps to heal wounds.</p>	<input type="checkbox"/> <p>With Earth Day in mind, Let's Move today and all weekend long with a bike ride. Bikes are powered with clean and green energy: People pushing pedals!</p>
<input type="checkbox"/> <p>Our fruit Harvest of the Month is the kiwifruit, named after the kiwi bird in New Zealand! Kiwifruit is rich in a special nutrient (lutein) that helps your eyes to have good and strong vision.</p>	<input type="checkbox"/> <p>If you had to, you could survive for weeks without food, but only a few days without water. It's important to drink plenty of water everyday, and equally important to eat fruits with water in them - like watermelon, strawberries and cucumbers.</p>	<input type="checkbox"/> <p>The vegetable Harvest of the Month is asparagus, sometimes called an asparagus spear because of its long, spear-like shape. Every inch of the long asparagus spear is packed with vitamin E, important for protecting you from germs that can make you sick.</p>	<input type="checkbox"/> <p>All around Planet Earth, people love to eat beans. India loves lentils. Asia loves soybeans. And America loves Navy beans. Beans are a “green” protein choice for Earth Day because they use far less energy and water to grow than animal protein.</p>	<input type="checkbox"/> <p>With Earth Day coming soon, Let's Move with a nature walk, and take time to appreciate “Mother Earth.” Walking is good exercise, and a wonderful way to enjoy all the pretty plants and beautiful birds that live in your neighborhood.</p>
<input type="checkbox"/> <p>Isn't it amazing all the different foods that grow from our home, Planet Earth? Creamy bananas. Seeds from sun-flowers. And peas in a pod. Amazing food that grows from Earth is one reason why we celebrate Earth Day!</p>	<input type="checkbox"/> <p>Fruits and vegetables have vitamins A, B, C and E... but did you know that Vitamin D comes from outer space? It's true! Vitamin D is made in our bodies when the Sun - in outer space - warms our skin. Earth and the Sun are cosmic partners in your health.</p>	<input type="checkbox"/> <p>Your whole body is made up of living cells. Protect those precious cells - all 100 trillion – by eating foods rich in Vitamin E, like sunflower seeds and asparagus. You could think of asparagus spears like a weapon - to help protect your body cells from disease.</p>	<input type="checkbox"/> <p>Every cell in your body - all 100 trillion of them - need water to energize and thrive. You can hydrate your body cells with water and with fruits and vegetables. That's right, fruits and vegetables are water foods, for delicious hydration.</p>	<input type="checkbox"/> <p>Exercise, plus Vitamin D are very, very important for strong bones, so Let's Move today, and all weekend long with a nature walk or a bike ride for fun in the Sun, and Vitamin D from the sun.</p>

<p><input type="checkbox"/></p> <p>One way to get your week off to a healthy & earth-friendly start is by choosing meatless meals. "Meatless Mondays" is a national health program encouraging people to replace meat-protein with bean-protein, at least one day a week.</p>	<p><input type="checkbox"/></p> <p>Oatmeal and other breakfast cereals are grain foods, with important nutrients called carbohydrates. Be sure to look for cereals with a label that says "whole grain," because whole grains have a whole lot more nutrition for a strong body and sharp mind.</p>	<p><input type="checkbox"/></p> <p>Beans are a popular plant-protein choice all around Planet Earth - from America to Africa to Asia. And because beans are a plant-protein, they use far less water and land to grow than animal protein, like chicken and beef - making beans the earth-friendly green protein choice.</p>	<p><input type="checkbox"/></p> <p>Shopping at the local Farmers Market is a good place to find local and fresh food. Fresh food has more vitamins, like the Vitamin E in asparagus, which protects your blood cells. Your blood cells have the important job of carrying oxygen to your heart.</p>	<p><input type="checkbox"/></p> <p>Nutritious food and daily exercise are key to a healthy and happy life. A world champion jump roper says 10 minutes of jump roping is equal to 30 minutes of running! So, let's jump into some fun activities today and all weekend long!</p>
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