

# May

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"

Each announcement ends with, "Remember, healthy choices are KEY for success!"



Our fruit Harvest of the Month is an Avocado, delicious in burritos, sandwiches and salads. Avocados are a fruit because they have a seed inside. When the first English settlers arrived, they called an avocado an Alligator Pear because of its rough green shape.



We celebrate Cinco De Mayo - the 5th of May - this month, as a way to recognize Mexican culture and pride. Eating Mexican food is delicious any day of the month, with bean burritos filled with creamy avocado and chunky tomato salsa.



Para Cinco de Mayo and Mexican pride, let's move! How about turning on some latin salsa music this weekend and dancing to celebrate Cinco de Mayo. Dancing is an excellent and fun way to move your body.



The vegetable Harvest of the Month is a sweet orange carrot, great for adding color, crunch and Vitamin A to a fresh salad - in May, National Salad Month. Vitamin A is important to strengthen your body's immune system, your internal organs & cells that fight germs.



Avocados, or alligator pears as they were once called, are a source of "good fat," important for growth and energy. Bad fats are in animal foods like bacon and cheese. Too much bad fat can harm your body and cause disease. Good fats come from plants, like nuts and avocados.



Let's get the week off to a good start with healthy food choices to strengthen your immune system. Your immune system is made up of the different organs & cells inside your body. These organs and body cells all work together - like a team - to fight against disease.



The Cool Bean this month is the Pinto Bean, popular in Mexican food. For National Salad Month, a Taco Salad topped with protein-packed pinto beans, crunchy carrots and creamy avocados is an excellent choice for lunch or dinner!



Let's Move today and every day! Cinco de Mayo is this month, celebrating Mexican culture. The most popular sport in Mexico is soccer! Let's move today and all weekend long with a walk, a bike ride, or how about a game of soccer in the park?



Our fruit Harvest of the Month is an Avocado, a fruit because it has a seed inside. Avocados are packed with vitamins and minerals, and they have something else your body needs: Healthy fat, an important nutrient for growth and energy.



The month of May is National Salad Month, reminding us what a good idea it is to eat a salad every day! When you add fruits and vegetables, salads become a delicious way to get the recommended five servings of fruits & vegetables.



Carrots are in season for spring, and their bright orange color lets you know they have a lot of vitamin A, important for healthy vision and a healthy immune system.



Did you know the White House has a garden that grows food for the President's family? The White House garden is an organic garden, meaning they don't use bug poison. Food grown organically is good for people, and the bees and butterflies.



Pinto Beans are the Cool Bean of the Month, packed with protein, and something else only plant-foods have, fiber. Fiber sweeps food through, and then out of your body to keep your insides clean and disease free. Only plant-foods have fiber!



Rolling up your salad greens & beans inside a tortilla is a great idea for National Salad Month. Add avocado, and you'll be adding good fat to help your body absorb nutrients from all the healthy ingredients. Cool Beans!



For better health, let's move today and all weekend long with a walk, a bike ride, or how about kicking a ball around like they do in Mexico's favorite sport. Do you remember what it is? (Answer: Soccer)

<input type="checkbox"/> Let's start the week off right, by choosing natural foods, like fruits and vegetables, grown by farmers. The opposite is processed food, made with artificial flavors and ingredients. Natural foods boost energy. Processed foods drain your energy.	<input type="checkbox"/> It's the fourth week of National Salad Month. Here's a great lunch idea: Wrap up your salad greens & beans in a whole grain tortilla. Another great reason to eat more salad greens & beans - plant-foods help conserve water and energy, compared to animal foods like burgers and pizza.	<input type="checkbox"/> More than half of your body is made up of water. That's why it's important to drink water several times a day. Eating plant foods like melons & cucumbers can also help hydrate your body. Many fruits and vegetables have water inside them, naturally.	<input type="checkbox"/> The healthiest drink for refreshing after exercise is good old fashioned water. Water is actually a nutrient, important for every cell in your busy, brilliant body - over a trillion cells! Ditch the sugary & artificially flavored stuff. Hydrate with water and water foods, like watermelon.	<input type="checkbox"/> It's important to move your body every day to build strong bones. Exercise and sunshine are KEY for strong bones. Let's Move today, and let's make it a motion filled weekend with fun activity in the San Diego SUN!
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