

September

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"
Each announcement ends with, "Remember, healthy food equals better grades and mood!"

<input type="checkbox"/> <p>Colorful fruits and vegetables that grow from the earth are packed with nutrients. Nutrients are things like vitamins and minerals that keep your body and mind functioning at their best. Will your lunch be a rainbow of colors today?</p>	<input type="checkbox"/> <p>Fruits and vegetables are foods harvested from plants. Nuts and beans are also harvested from plants. Nuts and beans are a very good source of the nutrient, protein, important for building strong muscles, including your heart muscle that beats 100,000 times a day! Cool Beans.</p>	<input type="checkbox"/> <p>The best fuel for a strong body and sharp mind is fruits and vegetables in all the colors of the rainbow. Each different color represents a special nutrient that your body needs. That's why it's important to eat a rainbow of colors every day! Will your lunch be a rainbow?</p>	<input type="checkbox"/> <p>Nuts and beans are a good source of protein. Protein is a nutrient that is important for every cell in your body. Can you guess how many living cells are in the human body? Answer: About 100 TRILLION!! Cool Beans.</p>	<input type="checkbox"/> <p>Former First Lady Michelle Obama says, "Let's Move!" So let's move at recess and PE today! And let's keep moving all weekend long with a walk or a bike ride around the neighborhood. See if you can find fruit trees ready to be harvested.</p>
<input type="checkbox"/> <p>Our vegetable harvest of the month is winter squash, rich in the mineral, iron. Winter squash are harvested in the fall season, but they're called winter squash because their hard shell helps them to last all winter long.</p>	<input type="checkbox"/> <p>Winter squash - like butternut squash and spaghetti squash are orange on the inside - just like a pumpkin squash, so they're great sources of Vitamin A for healthy skin, bones, and eyes.</p>	<input type="checkbox"/> <p>The Pilgrims survived a harsh winter because Native Americans shared their food. One special dish they shared was called Three Sisters, made with three super healthy plants that grow together: winter squash, kidney beans, and corn.</p>	<input type="checkbox"/> <p>The seeds of winter squash are healthy too. They are an excellent source of the mineral iron, which helps carry oxygen to every cell in your body - all 100 trillion cells!</p>	<input type="checkbox"/> <p>You moved your body all week at recess and in PE, so keep up the momentum and Let's Move this weekend with a game of catch or frisbee for fun and exercise. Throw further and faster at your local park.</p>
<input type="checkbox"/> <p>Every season there are new and delicious plants to harvest. The late summer harvests of September can be tangy red tomatoes and juicy red watermelon, both rich in Vitamin C, a nutrient that helps cuts to heal.</p>	<input type="checkbox"/> <p>This month, delicious melons and tomatoes are ripe for picking. Their red color tells you that they are rich in special nutrients called phytonutrients. Like the name suggests, phytonutrients help fight disease.</p>	<input type="checkbox"/> <p>Late summer is a great time to harvest and enjoy watermelon. It's watermelon season, meaning now is the time of year when watermelon is the most nutritious, packed with vitamins and minerals.</p>	<input type="checkbox"/> <p>Colorful fruits & vegetables have special nutrients that boost brain power - for tackling those tricky math problems. That's why eating five servings of fruits & vegetables a day is good. Five is good, more than five is great!</p>	<input type="checkbox"/> <p>Have you ever stopped to think about how amazing all the different foods are that grow from the earth? Like sweet red watermelons and orange cantaloupe melons. Here's something else that's amazing: It takes over ten visits</p>

				from a single bee to pollinate one melon!
<input type="checkbox"/> Fruits that grow in the summer season are different than fruits that grow in the fall season. Now that we're going into the season of fall, let's get the week off to a healthy start by trying a new and fresh fall fruit, like an apple or pear.	<input type="checkbox"/> Now that we're in the early fall season, we can enjoy ripe red fall apples, rich in vitamins and minerals and special nutrients called phytonutrients that help fight diseases. It was Benjamin Franklin who said, "An apple a day keeps the doctor away."	<input type="checkbox"/> Now that we're in the early fall season, we can enjoy ripe red fall apples, rich in vitamins and minerals and special nutrients called phytonutrients that help fight diseases. It was Benjamin Franklin who said, "An apple a day keeps the doctor away."	<input type="checkbox"/> Apples are an ideal snack - easy to carry, filling, and full of flavor. And they have the added bonus of having special "phyto" nutrients. Just like it sounds, phytonutrients help fight diseases.	<input type="checkbox"/> There are over 2000 different kinds of tasty & crisp apples! They are a sweet energizing addition to both fruit salads and green salads.