

October

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"
 Each announcement ends with, "Remember, when you have your health... you have everything."

<input type="checkbox"/> <p>Let's get October off to a healthy start by eating colorful foods to boost brain power - so you can write sensational sentences and powerful paragraphs in Language Arts.</p>	<input type="checkbox"/> <p>An October fruit <i>harvest of the month</i> is a juicy green pear. Juicy fruit, like pears, give you extra energy so you can play longer and stronger. They also provide your body with fiber, which helps move food through your body for good <i>digestion</i>.</p>	<input type="checkbox"/> <p>Our fruit harvest of the month is a delicious pear. Pears have fiber to help keep your body clean and healthy on the inside, important for fighting diseases. Only plants have fiber!</p>	<input type="checkbox"/> <p>Fruit juice is healthier than soda, but a whole piece of fruit is even healthier than juice. The actual fruit has fiber... and fiber is very important for keeping the inside of your body clean, which can protect against disease. Apples and pears are fall fruits.</p>	<input type="checkbox"/> <p>The wife of our 44th President, Michelle Obama, says "Let's <i>Move</i>" our bodies every day to live longer and stronger. Walking or biking to school is a great way to move your body.</p>
<input type="checkbox"/> <p>Let's get the week off to a healthy start. Walking to school is a great way to stay active and start the day. Consider walking to school one day this week!</p>	<input type="checkbox"/> <p>Colorful foods that are harvested from <i>plants</i> - like green pears and red apples, these plant-foods are <i>real food</i> because they grow from the earth. Eating <i>real food</i> helps us look and feel our best.</p>	<input type="checkbox"/> <p>Our vegetable <i>Harvest of the Month</i> is a pumpkin. Pumpkins are a type of squash, fun for carving into Jack-o-lanterns, but also delicious for making delicious and nutritious soups and stews. And yes, delicious for seasonal pumpkin pie!</p>	<input type="checkbox"/> <p>Plant foods that are orange in color - like our vegetable <i>Harvest of the Month</i>, pumpkins, are rich in Vitamin A. Vitamin A is important for healthy and strong eyesight. Can you think of other orange foods that grow from the earth?</p>	<input type="checkbox"/> <p><i>Let's move</i> at recess and PE today! And <i>let's keep moving</i> all weekend long. Try a walk or a bike ride around the neighborhood and see if you can spot a garden in someone's yard.</p>
<input type="checkbox"/> <p>Get the week off to a healthy start by eating foods <i>in season</i> like cool, crisp fall apples. Do you know what famous American said, "An apple a day keeps the doctor away?" Hint: First name is Benjamin.</p>	<input type="checkbox"/> <p>Beans are rich in protein for strong muscles. One of the most popular beans in America is the <i>Navy bean</i>, named for the United States Navy, because the United States Navy has relied on these small white beans to keep its sailors strong at sea.</p>	<input type="checkbox"/> <p>Orange foods, like pumpkins and other winter squash, are rich in a nutrient called Beta Carotene. Beta Carotene is a special type of nutrient called a <i>phytonutrient</i>. Like the name suggests, <i>phytonutrients</i> help <i>fight</i> diseases, like cancer.</p>	<input type="checkbox"/> <p>Our vegetable harvest of the month is a pumpkin. And pumpkin <i>seeds</i> make a delicious snack because seeds are packed with protein for strong muscles and fiber for good digestion.</p>	<input type="checkbox"/> <p><i>Let's Move</i> our bodies this weekend with a walk through the Farmers Market to pick out <i>two</i> pumpkins - one for making a pumpkin <i>soup</i> recipe, and the other for carving into a Jack-O-Lantern.</p>

<input type="checkbox"/> Let's get the week off to a healthy start by filling our plate with natural, real food - <i>food that grows in a garden!</i> Today is NATIONAL FOOD DAY . This Day reminds us, "Eat Real America," for better health and a greener world.	<input type="checkbox"/> Food that grows from the earth is natural and nourishing. With Halloween coming up, remember a natural apple from a tree is real food, apple flavored candy is not.	<input type="checkbox"/> When you eat fruits and vegetables in their growing season, they're the freshest and the most nutritious. What's your favorite fall harvest to eat?	<input type="checkbox"/> Bright orange foods like pumpkins and sweet potatoes have a special nutrient called Beta Carotene, which is a phytonutrient in plant-foods. <i>Phytonutrients help plants fight disease. When we eat plants, they help us fight disease too!</i>	<input type="checkbox"/> Fall weather is great weather to get outdoors and move. <i>Let's Move</i> this weekend with a game of frisbee or tag football for a strong body and sharp mind.
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Extra Announcements:

- * It's getting close to Halloween, so remember that candy invites little invisible germs into your mouth that can chew holes in your teeth called *cavities*. Fight back the germs by brushing your teeth at least two times a day for two minutes.
- * Apples are called "nature's toothbrush," because biting and chewing on an apple can reduce the amount of germs that cause cavities. Sweets like candy and cupcakes are treats for special occasions. Be sure to brush your teeth for two minutes two times a day for a healthy mouth and bright smile.
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