

# December

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

Each announcement ends with, "Remember, health is a gift we give ourselves."

<input type="checkbox"/> <p>Our fruit Harvest of the Month for December is a juicy apple. Juicy fruit like apples give you good energy, so you can run faster, jump higher and play your very best game!</p>	<input type="checkbox"/> <p>Drinking 100% fruit juice is healthier than drinking soda, but... it has almost as much sugar as soda. So eating a piece of fruit is even better, plus the whole fruit contains fiber, which is very important for fighting disease.</p>	<input type="checkbox"/> <p>As a person grows, their height is measured in inches, but the energy in the food we eat is measured in calories. An apple has about 100 calories. Calories provide energy for your body, so you can enjoy playing games - and even "exercising" your brain!</p>	<input type="checkbox"/> <p>Our <i>Cool Bean of the Month</i> is the garbanzo bean. Garbanzo beans are the main ingredient in hummus, a delicious and creamy spread for veggies, crackers and sandwiches. Hummus came to America from the <i>Middle East</i>, a part of the world that is north of (above) Africa.</p>	<input type="checkbox"/> <p>Apples are our <i>fruit</i> Harvest of the Month. The December <i>vegetable</i> Harvest of the Month is cooked leafy greens -like spinach, kale, and broccoli. Leafy greens are a good source of the mineral calcium, important for strong bones. Got spinach?</p>
<input type="checkbox"/> <p>Get the week off to a healthy start by eating foods in season, like crisp and juicy apples, with healthy and natural sugar - for energy and strength. 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>Our December vegetable <i>Harvest of the Month</i> is leafy greens, or in other words... big green leaves. You can find more than ten different kinds of big beautiful green leaves at a grocery store or Farmers Market near you. Got Kale?</p>	<input type="checkbox"/> <p>The <i>Cool Bean of the Month</i> is the Garbanzo bean, in recognition of a Jewish holiday that is celebrated this month, Hanukkah. Garbanzo Beans are very popular in the Jewish country of Israel, and all through the part of the world called the Middle East.</p>	<input type="checkbox"/> <p>The weather is changing. With winter on the way, it means different fruits and vegetables will come into season. Citrus fruit is coming into season, with lots of vitamin C to fight off a pesky cold.</p>	<input type="checkbox"/> <p>Energy in food is <i>measured in calories</i> - not inches, <i>calories</i>. Physical activity burns up the energy, or calories, you eat. That's why moving your body helps you maintain a healthy weight. So, <i>Let's Move</i> today and all weekend long!</p>
<input type="checkbox"/> <p>Let's get the week off to a healthy start with colorful foods like juicy, energizing apples - our fruit <i>Harvest of the Month</i>. The natural sugar in fruit is a type of carb-o-hydrate. Our body needs carbohydrates from fruit for energy.</p>	<input type="checkbox"/> <p>Leafy greens are super foods, packed with more nutrients than most other foods, including calcium for strong bones. Trivia question: Do you know what old cartoon character got his super strength from spinach leaves? (A: Popeye)</p>	<input type="checkbox"/> <p>Greens, beans, and grain-foods all provide healthy carb-o-hydrates, an important nutrient for energy and strength. Plus, greens, beans, and grains all have fiber, important for keeping the inside of your body clean, and free from disease. Only plant foods are rich in fiber.</p>	<input type="checkbox"/> <p>Garbanzo beans and leafy greens are good foods to nourish us as the weather turns colder. That's because greens grow well during the cold winter season and because dried beans can be stored all winter long for a great protein source.</p>	<input type="checkbox"/> <p>Many will celebrate Winter Solstice near the end of December, because it means the sun will begin shining a little longer each day. This is good health news, because you actually get Vitamin D when the sun shines on your skin. So let's get outside and <i>Let's Move</i> today</p>

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