

September Daily Health Announcements



<p>Welcome Back students! This year our school is participating in the Building Healthy Communities program! This program will help our school focus on finding more ways to offer nutritious food as well as increase our daily movement!</p>	<p>When schools participate in the Building Healthy Communities program, the results are awesome! For the past 10 years, the BHC program has: improved students' nutrition, increased their physical activity, prevented and reduced childhood obesity, and increased academic performance.</p>	<p>Did you know that eating healthy foods can actually help you be a better student? Eating nutritious foods like fruits, vegetables, grains, protein, and dairy can help make sure your body and brain are healthy and ready to learn! This year, we'll learn all about healthy food choices with the Building Healthy Communities program!</p>	<p>Active bodies are healthy bodies! Being physically active throughout the school day can help students have better focus, memory, and get better grades!</p>	<p>You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods as well as ones you haven't tried in a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least 5 servings of fruits and vegetables a day — 2 fruits and 3 vegetables.</p>
<p>Did you know human teeth can be just as strong as shark teeth? Kids need calcium to build strong teeth, and milk is a great source of this mineral!</p>	<p>Calcium in dairy foods helps build strong teeth, but did you know it also helps build strong bones? You should drink 2-3 cups of milk per day or mix it up with other calcium- rich dairy foods like yogurt or cheese!</p>	<p>Water and milk are the healthiest beverage options, but if you want something else, it's OK to have 100% juice occasionally. But try to limit juice to no more than 1 serving a day, which is about 6 to 8 ounces.</p>	<p>If we eat too fast, we miss out on what we are meant to enjoy! It is healthy to chew food slowly and to be mindful of the taste and texture of our food. This also will help us stop eating when we feel full.</p>	<p>When you're thirsty, cold water is the best thirst-quencher. To be healthy, we should avoid sugary drinks, like sodas, juice- cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories and doesn't add important nutrients for our bodies.</p>
<p>Have you ever tried noticing each of your 5 senses? Try this mindful exercise: Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste!</p>	<p>Sometimes, children need to try something new several times before they like it, so don't be afraid to try new tastes! This helps us to grow and develop our taste buds!</p>	<p>It is a good idea to eat at the kitchen table and to avoid eating in the car or while watching TV. This helps you focus on how much you eat and can help prevent overeating.</p>	<p>Did you know kids should be active 60 minutes each day? Short sessions of movement throughout the day can add up. Be active by shooting hoops, playing tag, dancing or simply taking a walk!</p>	<p>Eat only when you're hungry. Do not eat because you are bored, tired, or stressed. Instead, create other habits. For example, take a walk, play a game, read a book, or call a friend.</p>
<p>All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colors have different effects, so it's healthy to eat a variety of different colors each day! Aim to fill half your plate with fruits and vegetables!</p>	<p>It is easy to be active at home! You can dust, vacuum, garden, or walk the dog! These activities add up to get the 60 minutes of physical activity we need each day!</p>	<p>Did you know a bunch of bananas is called a "hand"? Bananas are a delicious and healthy food because they contain Vitamin A, which helps your vision and helps to build strong bones! Next time you need a healthy snack, remember that bananas are a great choice!</p>	<p>Fruits and vegetables, like strawberries, cucumbers, or broccoli, are nearly 90% water! Eating enough fruits and vegetables throughout the day can help us stay hydrated, which is essential for survival! Aim for 5 servings!</p>	<p>The MyPlate icon uses sections to remind us that we need to consume foods from the five food groups. But this doesn't mean foods need to be separate on your plate! Some of our favorite healthy foods are a mix of food groups, like soups or sandwiches!</p>

Social media graphics for the month of September can be found [here!](#)

October Daily Health Announcements



<p>Fatty and greasy foods are not healthy for our heart. Cooking our foods differently, like baking potatoes instead of frying, helps keep our heart healthy!</p>	<p>When people think of vitamin C, they often think of colds. Vitamin C does play a role in the immune system, but it has many other roles, like maintaining healthy teeth, gums, and blood vessels</p>	<p>Did you know that honey is made by bees? Consuming honey boosts our immune system and protects us from unhealthy bacteria and viruses. Try using honey instead of white sugar to sweeten your foods and drinks!</p>	<p>Our brains work better when our body has been active. Next time you're struggling to focus, take a 5- minute physical activity break like taking a walk, practicing your jumping jacks, or dancing to get your blood pumping and your brain working!</p>	<p>Did you know household chores such as sweeping, vacuuming, raking leaves and taking out the trash are physical activities? Do some chores at home to get active! Aim for 60 minutes a day!</p>
<p>Clutter can cloud our mind. Take time each day to clear your space and clear your mind so you can refocus.</p>	<p>Did you know there are more than 600 different shapes of pasta worldwide? When choosing pasta as part of your grains group, look for whole grains! Whole grains give us lasting energy and helps us feel full!</p>	<p>Cereal is a very popular breakfast food, but many cereals have more added sugar than our bodies need! Instead, try a smoothie or plain yogurt sweetened with fruit and honey to skip the added sugar!</p>	<p>Our hearts create so much pressure with each pump it could squirt blood 30 feet into the air! Staying active and eating all 5 food groups help us keep our heart healthy!</p>	<p>Did you know your body has lots of water in it? You lose water all throughout the day without even noticing! Aim to drink water throughout the day to stay hydrated, especially after being active!</p>
<p>Try a body scan! Sit quietly in a chair and take 10 slow deep breaths. After, take notice of how your body feels. Slowing down and recognizing the present moment helps us feel better!</p>	<p>Did you know chickens can lay up to 300 eggs per year? The average American eats 280 eggs in a year! Eggs are a part of the protein group, which helps us build strong muscles!</p>	<p>Next time you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable. and can lead to unhealthy weight gain.</p>	<p>Carotenoids are plant pigments responsible for the yellow, orange, and red color in fruits and vegetables. Carotenoids serve as antioxidants, which help heal our body!</p>	<p>We need vitamins to live healthy lives! Without them, our bodies are more susceptible to illness such as the common cold or the flu. We get most our vitamins through eating a variety of fruits and vegetables!</p>
<p>Did you know that avocado has the highest protein and fat content of all fruits? Eating healthy unsaturated fat, like that from an avocado, helps to slow stomach emptying, which keeps you fuller longer and delays the return of hunger!</p>	<p>Playing football or raking leaves are some ways people enjoy being active in the fall. As the weather gets cooler, remember you can still be active outdoors! Aim for 60 minutes a day!</p>	<p>Did you know that only 3 out of 10 kids get enough exercise? We should be getting 60 minutes of physical activity each day! You don't need to do it all at once though! Taking 10- minute activity breaks throughout the day can help us get the exercise we need!</p>	<p>Pumpkins are usually labeled as vegetables, but since they contain seeds, they are actually a fruit! To eat, pumpkin can be baked, roasted, steamed or boiled. Its nutrients can help your immune system, eyesight, heart and skin! Try roasting pumpkin seeds for a healthy protein snack!</p>	<p>Happy Halloween! If you go trick-or- treating, make sure to be safe and take an adult with you. Be mindful of how much candy you eat in one day and consider donating the kinds you don't like!</p>

Social media graphics for the month of October can be found [here!](#)

November Daily Health Announcements



<p>Sleep is very important for our bodies to recharge. To fall asleep easier at night, it is best to be active throughout the day and to avoid screen time before going to bed!</p>	<p>Did you know that breakfast is the most important meal of the day? It helps us get through the day and helps us to learn better! Try to include at least 3 food groups in your breakfast!</p>	<p>Did you know you can choose a dessert that is healthy? Try enjoying fruit after dinner instead of cookies, cake or candy! Over time, your body will learn to crave healthier options!</p>	<p>Did you know the average American eats 10 pounds of cereal a year? When you choose cereal as part of your grain food group, look for kinds that are low in added sugar!</p>	<p>Did you know that when we listen to music, our heartbeat can sync to the rhythm? Cool! Dancing is a great activity to get our heart beating and blood pumping!</p>
<p>Cucumbers are 96% water! Eating vegetables each day like cucumbers are a great way to help us stay hydrated! You can even flavor a glass of water with cucumber slices!</p>	<p>Did you know that breakfast is the most important meal of the day? It helps us get through the day and helps us to learn better! Try to include at least 3 food groups in your breakfast!</p>	<p>Almost 10,000 different kinds of apples? Crazy! If you were to eat an apple a day, it would take 27 years to try them all! They come in many colors, and variety keeps us healthy!</p>	<p>When we have good posture, we are using our muscles to sit or stand upright with our shoulders back! This helps keep our muscles healthy. Remember to be mindful of how you carry yourself through good posture!</p>	<p>Did you know popcorn is a healthy whole grain snack? It is especially healthy if you air-pop your own and add your own seasonings, like a sprinkle of parmesan cheese!</p>
<p>Did you know a cow produces an average of 6 gallons of milk every day? Remember to eat your dairy foods, like milk, cheese and yogurt, to build strong muscles, teeth and bones!</p>	<p>Did you know melons are in the same gourd family as squashes and cucumbers? Snacking on fruits and vegetables is a great way to get to your goal of 3 or 4 servings a day and they help hydrate us!</p>	<p>Portions refer to the amount you choose to put on your plate. For example, you might have a 6-ounce steak. That is equal to 6 servings from the protein group - that's a big portion size and may be too much!</p>	<p>Did you know your brain is sometimes more active when you're asleep than when you're awake? Getting quality sleep is important for our brains to re-energize for the next day!</p>	<p>Thanksgiving is getting close! Try and help with chores around the house, like cleaning or cooking, as a way to help your family and be active at home!</p>
<p>With Thanksgiving coming up, take a few moments to sit quietly and think of 3 things about your body and health that you are grateful for!</p>	<p>Dairy makes a delicious and healthy snack! Dairy helps grow our muscles, bones and teeth! Try a cheese stick or low-fat yogurt as a snack!</p>	<p>Thanksgiving is here! Be mindful of how you create your plate. Aim to include all 5 food groups and to stop when you are feeling full!</p>	<p>Have you heard the saying that turkey makes you sleepy? Turkey has tryptophan, which helps to create a feeling of well-being and relaxation. Tryptophan is also found in other poultry and meat, cheese, yogurt, fish, and eggs! Have a happy and relaxing Thanksgiving</p>	<p>Thanksgiving Holiday</p>

Social media graphics for the month of November can be found [here!](#)

December Daily Health Announcements



<p>Building Healthy Communities hopes you had a wonderful Thanksgiving! Did you help cook anything? Cooking and eating with your family can help you all make healthier food choices!</p>	<p>Did you know music can help energize us? It may be getting colder outside, but we can be active inside! Try having a dance party to get your heart pumping!</p>	<p>Fiber helps your body digest food and helps us feel full. Fiber is found in fruits, vegetables, and whole grains.</p>	<p>Grains are important for giving our bodies energy and making us feel full! Remember to choose whole grains to have lasting energy and to feel fuller longer!</p>	<p>Did you know that certain types of fats in the dairy and protein food groups help your body build healthy nerves and fight off disease? These are healthy fats for our bodies!</p>
<p>There are more than 100,000 miles of blood vessels in your body! If you put them together, they could reach around the earth 4 times! Keep them healthy by choosing healthy fats to eat!</p>	<p>Did you know peppers come in 6 different colors? It's one of the most colorful vegetables as they grow green, yellow, red, orange, purple and even white! Remember eating a variety of colors helps our bodies in different way!</p>	<p>Did you know the average American consumes almost 25 gallons of milk a year? Dairy foods help us grow our muscles, bones and teeth to be strong!</p>	<p>Sharing health information with friends or family can help them become healthier too! Have you learned anything new recently that has changed how you choose to be healthy?</p>	<p>When we choose our grain foods, we should choose whole grains! Look for the whole grain stamp on your grain packages!</p>
<p>Do you ever get tired of drinking plain water? Try adding something to it to make it more exciting, fun and tasty! Try adding fruits or vegetables, like cucumber, strawberries, or lemon! Herbs taste good too, like basil or mint! Even just ice cubes can make water more appealing!</p>	<p>Did you know Building Healthy Communities has helped kids feel less worried, less angry and less forgetful? When we are healthier, we also feel better! Choosing the right foods and staying active improves our mood!</p>	<p>Serving size refers to the amount on the food label. This will vary, making it important to look at food labels because they tell you how many calories and nutrients are in one serving. But a package could have several servings!</p>	<p>Desserts are fun to eat, but don't provide the nutrients our body needs. It is best to keep desserts for special occasions, like a birthday or celebration. If you have dessert, be mindful and have a small portion!</p>	<p>You will have lots of time to be active over winter break! Try a fun winter activity like ice skating, playing hockey, snowboarding, sledding or skiing for a fun way to be active! Try building a snowman family!</p>

Enjoy your winter break!

January Daily Health Announcements



<p>Building Healthy Communities hopes you had a restful and active winter break! Sometimes it can take a few days to get back into the groove of having a schedule again. Take a few quiet moments to close your eyes, breathe deep, and think about how much you enjoyed time with your family and friends.</p>	<p>Feeling back in the groove of the new year yet? A helpful way to get back on track is by making a goal or 2 for your health this new year! Maybe you want to track your activity or the amount of water you drink. Call it your New Year Resolution! Challenge yourself!</p>	<p>Keeping a journal is a great way to track how much physical activity you do! Try it for a day, week or month! You'll be amazed to see how active you can be! Focusing on health is a great New Year resolution!</p>	<p>Although it is getting cold, we still need to make sure we are staying hydrated and drinking water! A creative way to get more liquid is by drinking soup! Soup also helps add veggies to our day! Try adding your own veggies!</p>	<p>It's chilly outside, but that doesn't mean you can't go out to play and get in your 60 minutes of physical activity! Building a snowman, sledding, skating, or walking in the snow are great ways to get active! Put on a hat and gloves and have fun outside!</p>
<p>Did you know Building Healthy Communities has helped kids increase the number of steps they take each day? Up to 700 more steps a day! Taking an extra walk after a meal can help you be more active. Aim for 60 minutes of physical activity a day!</p>	<p>Did you know that the first fruit eaten on the moon was a peach? Peaches are hydrating, contain calcium and have lots of Vitamin C!</p>	<p>Do you choose to take the stairs or the elevator? Try choosing the stairs any time you have the option – it will help you be more active and add more steps into your day!</p>	<p>It's cold this time of year but being active can help you stay warm! Try a winter sport you've never tried before, like skating or skiing. Simply making a snow angel is a fun physical activity break to wake your body up!</p>	<p>Quality sleep is crucial for a healthy and properly working mind and body. Try to get 8 hours or more of restful sleep each night! If you didn't get enough, try taking a short nap for a quick recharge!</p>
<p>It's Martin Luther King Jr. Day! He once said, "Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane." Health is what allows us to do, to accomplish, to socialize, to play, to work and to express! It is of utmost importance in our daily lives!</p>	<p>Did you know around 8% of children and 2% of adults have a food allergy? This occurs when the body's immune system incorrectly assumes a certain food is harmful and attacks it. Common examples of food allergies include reactions to peanuts, gluten and shellfish.</p>	<p>Did you know that some vegetables, like carrots or potatoes, grow under the ground? These are called root vegetables, which have lots of fiber and help keep our gut healthy!</p>	<p>Our heart is the most important muscle of our body! Fatty foods are harmful to our heart, so try to avoid fried foods, and choose lean protein foods, like chicken or fish instead!</p>	<p>Did you know there are thousands of varieties of cheeses? Cheddar, Mozzarella, Swiss and Provolone are just a few! What others can you think of? Cheese has calcium which helps us build strong bones and teeth! See if you can try a cheese soon that you've never tried before!</p>
<p>It's always healthy to try a food you've never tasted! Try to find a vegetable you've never tried, or one you have but in a different color. Variety is healthy for our bodies!</p>	<p>Did you know nuts are part of the protein food group? If you don't like one kind of nut, or are allergic, there are several other types of nuts and nut butters to choose from! All are very healthy for our body <u>and help us</u> build muscle</p>	<p>Did you know beans have protein and fiber in them? Canned beans can be added to soups or salads! Rinsing them off before eating can remove a lot of added salt your body doesn't need!</p>	<p>Did you know you can be active even while you're watching tv? Make a game of it! Try doing jumping jacks, running in place, sit-ups or stretches at each commercial break!</p>	<p>Try switching a greasy, fatty protein food for a lean protein food! Example: a grilled chicken sandwich versus chicken nuggets. This helps your heart stay healthy!</p>

Social media graphics for the month of January can be found [here!](#)



February Daily Health Announcements

<p>Did you know that 83% of kids that have had the Building Healthy Communities program have reported less trouble sleeping and 130% reported having more energy? Being active and eating well can help you be healthy too!</p>	<p>It's healthy to try new combinations of foods, as our taste buds change as we grow. Try 2 foods together you've never tried before - like peanut butter on apple or celery, or fruits like banana or berries in your cereal.</p>	<p>When you eat meat, its best to choose lean meats. The word "lean" means it doesn't have a lot of fat. Turkey, chicken and fish are great examples. These belong in the protein food group, which helps build our muscles!</p>	<p>Did you know that you need to wash your hands with soap and water for 20 seconds before you eat? Counting out loud can help us make sure we wash up long enough to kill the germs on our hands!</p>	<p>We need 3 servings of dairy foods each day. We want to eat low-fat dairy because it gives our body healthy nutrients we need but with less fat, which is healthier for our hearts. Look for 1/2%, 1%, or 2% milk!</p>
<p>Did you know February is heart health month? It is important to stay physically active during these colder months. The more active you are, the healthier your heart will be!</p>	<p>Did you know strawberries are the only fruit which has its seeds on its outer skin? Strawberries are eaten in many ways including fresh, dried, as a jam, or in a drink like water. They provide us loads of vitamin C!</p>	<p>Caffeine is a natural stimulant that is found in many foods and drinks like coffee or tea. It makes people feel energetic and alert. Its best to limit how much we consume because it can cause a fast heart rate, high blood pressure, dehydration, and weak bones and teeth!</p>	<p>Did you know it's smart to grocery shop on a full stomach? This helps us make healthier food choices. It is harder to resist impulse or poor choices when your stomach is empty.</p>	<p>What is the difference between fruits and vegetables? Fruits grow from the flowers of plants and contain seeds. Vegetables are the other parts of the plant, like stems, roots and leaves! See Graphic</p>
<p>Do you ever get tired of watching TV, or feel like you've watched too much? Challenging yourself to find alternative activities is healthy for your body and mind. See if you can avoid watching TV and be active instead!</p>	<p>Showing appreciation is important for the wholeness in our hearts and our mental well-being. Write a note of gratitude for someone who you care about!</p>	<p>Nut butter is rich in fiber, protein, and healthy fats, which help improve blood cholesterol and our energy level!</p>	<p>A healthy breakfast has at least 3 food groups in it. Some people have a hard time fitting in a vegetable. A great way to include veggies at breakfast is in a smoothie or in an omelet! Give it a try!</p>	<p>Did you know that some vegetables, like carrots and potatoes grow under the ground? These are called root vegetables because they are the root of the plant!</p>
<p>Protein foods help build our muscles grow strong, and so does being active! Aim for getting 60 minutes of physical activity each day!</p>	<p>Did you know cocoa provides antioxidants, magnesium, iron and calcium? Enjoy a small piece of dark chocolate or a hot cup of cocoa to warm up!</p>	<p>In your lifetime, your heart is going to beat more than 3 BILLION times! Red fruits and vegetables are healthy for our heart!</p>	<p>Some foods we eat can have too much sugar or fat, like cookies, cake or chips. These can make us hyper, tired or can hurt our stomachs. Choosing foods that fit into the 5 MyPlate food groups help us feel our best!</p>	<p>Did you know being physically active helps our whole body? Keeping a journal of our activity can help us see how active we are! Scheduling active times on our calendar can also help remind us to be active! See</p>

Social media graphics for the month of February can be found [here!](#)

March Daily Health Announcements



<p>Did you know BHC has helped kids eat 40% more fruits and vegetables than average? Fruits and vegetables are important for our bodies because they provide vitamins, minerals, fiber and hydration! Make sure to fill half your plate with fruits and vegetables at every meal!</p>	<p>Did you know almonds are members of the rose family? They are also related to the peach and the apricot. Almonds and other nuts have healthy fats that make us feel satiated (the opposite of hungry)!_</p>	<p>Lunch is an important meal for everyone. It provides energy and nutrients to keep the body and brain working efficiently through the afternoon. Lunch made at home can be healthy, delicious, and gives you control over the foods and ingredients included!</p>	<p>Vitamin E comes in many foods, like avocado or pumpkin. It keeps hearts healthy, protects cells and tissues from damage and helps red blood cells. Other food sources of Vitamin E include whole grains, leafy green vegetables, vegetable oils, egg yolks, nuts and seeds!</p>	<p>Did you know Building Healthy Communities has made it easier for most students to pay attention when doing their studies? 74% reported so! Getting enough sleep, eating a healthy breakfast, and taking physical activity breaks throughout the day helps us focus and learn better!</p>
<p>March is National Nutrition Month! It is a time to focus on making informed food choices and developing <u>healthy eating and physical activity</u> habits!</p>	<p>It's National Reading month! Reading at night instead of watching tv can help us fall asleep, and sleep is very important! Aim to get at least 8 hours of sleep every night!</p>	<p>Have you ever tried feta cheese? Try it in a salad or smoothie for a yummy kick! Cheese provides a good source of calcium, which helps to build and maintain bones and teeth!</p>	<p>Although humans are omnivores, which means eating both plants and animals, many people choose not to eat meat and are vegetarian. Those who don't consume any products from animals, like eggs or dairy, are known as vegans.</p>	<p>Pineapple is an impressive source of vitamin C and helps with digestion. Vitamin C in pineapple fights cancer, reduces inflammation, <u>and boosts the immune system.</u></p>
<p>Take time when eating and enjoy your food! It's important to chew slowly and be mindful of the taste and feel of what we are eating. This helps us tune into how certain foods make our body feel!</p>	<p>Avocado is an ideal source of healthy fats, fiber and antioxidants. Avocado goes well with all kinds of flavors such citrus, chocolate and berries</p>	<p>Did you know Michigan is the largest producer of both asparagus and squash in the country? Eating local produce is healthy for us and the environment too!</p>	<p>Whole grains give us energy and make us feel full, which makes them a great breakfast food, like oatmeal! You can add blueberries and milk to add more food groups and get your day off to a great start!</p>	<p>Every day is full of ups and downs. Today, try moving through your downs by taking 5 deep breathes and thinking positive thoughts.</p>
<p>Sugars in your diet can be naturally occurring or added. Reading the ingredient label on packaged foods can help to identify added sugars. Sometimes they can be hard to identify because there are over 60 different names for sugar listed on food labels! It is healthiest to consume natural sugar, such as fruit!</p>	<p>Quinoa is a whole grain which dates back to ancient Incan civilizations. It was very important and was so called the "Gold of the Incas." Remember that whole grains give us lasting energy!</p>	<p>Did you know our teeth is the only part of the human body that cannot repair itself? That's why it is important to take care of our teeth and make sure we consume Calcium <u>to help them</u> stay strong!</p>	<p>Snacks like cookies, cakes or other desserts contain a high amount of sugar, which can cause tooth decay. If you eat these foods, limit when you eat them, instead of snacking on them through the day, and brush your teeth afterward.</p>	<p>Did you know there are 3 kinds of fat? Unsaturated fats are found in plants and fish and are good for heart health. Saturated fats are found in meat, butter and cheese. Eating too much saturated fat can be unhealthy to our heart. Trans fats are found in snack foods, cookies, cakes and fried foods and are also unhealthy for our heart.</p>

Social media graphics for the month of March can be found [here!](#)

April Daily Health Announcements



<p>Spring is all about new beginnings, opportunities and growth. This is a great time to quietly and think about ways you want to grow and create healthy habits this spring!</p>	<p>Yellow fruits and vegetables are a great source of vitamins and antioxidants that can fight off cancer and help our heart and eyes. Certain yellow foods, such as mangos and bananas, are beneficial to the skin because of the high levels of vitamin A in them.</p>	<p>Purple fruits and vegetables are rich in anthocyanins, which are natural plant pigments that provide foods with their unique color! These benefit brain health, lower inflammation, and fight cancer and heart disease.</p>	<p>Lycopene is what gives watermelon its red color. Lycopene is a fight-o-chemical (phytochemical) which means it helps us fight off sickness!</p>	<p>Sometimes we eat because we feel bored. When feeling anxious or unsure of what to do, try doing a fun physical activity instead!</p>
<p>Fat is an important part of a healthy diet. Fat from the diet gives us energy and helps us feel full. Fat comes from nuts, oils, butter, and meats. Some kinds of fat are better than others and are good for our health.</p>	<p>Healthy dairy foods include low-fat milk, cheese, and yogurt. There is dairy in other foods, like ice cream, butter and sour cream, but these have more sugar and fat than our bodies need!</p>	<p>Avocado provides fiber, healthy fats and antioxidants. If you're not a big avocado fan, try it in a smoothie! You can't taste it so it's a neat way to enjoy the many benefits of avocado!</p>	<p>Beans and legumes are rich in nutrients such as protein, fiber, B-vitamins and calcium! Legumes are similar to meat in the nutrients it provides our body, but with no unhealthy fats. There are more than 18,000 different plants in the Legume or pea family!</p>	<p>Greasy foods are often fried, which means that they're cooked in a lot of oil, which is not healthy for our heart. That's why greasy foods are snacks we only want to eat on special occasions!</p>
<p>Some people are sensitive or allergic to dairy foods. Plant-based milks, like soymilk or almond milk, contain calcium and protein like dairy, so people who can't drink cow's milk can drink these instead!</p>	<p>Did you know Michigan is the number one state in blueberry production, with over 100 million pounds of blueberries every year? Blueberries are literally bursting with nutrients and flavor!</p>	<p>Pasta was first eaten in China, not Italy, like most people think! The earliest known noodles found in China are dated to 4 thousand years ago. Remember whole grain pasta is healthiest for our body!</p>	<p>The plant pigment called anthocyanin is what gives blue and purple fruits and vegetables their color. Beets, grapes and blueberries are great examples! Fruits and veggies that are purple or blue help our brain and heart!</p>	<p>Blue fruits and vegetables should get their own space on your plate! They contain powerful nutrients that help boost brain function and improve heart health!</p>
<p>We all have challenging moments. When you feel stressed, close your eyes, take a deep breath and think of something that makes you happy. Sharing a smile can make your day!</p>	<p>Did you know added sugars are not only added to our drinks, but are in many processed foods that we eat? It's important to read the nutrition label and consider our portion sizes so we don't eat too much added_sugar!</p>	<p>Pasta was first eaten in China, not Italy, like most people think! The earliest known noodles found in China are dated to 4 thousand years ago. Remember whole grain pasta is healthiest for our body!</p>	<p>Eating snacks helps us get by between meals. When we feel grumpy or tired, it may be our body telling us we are hungry or thirsty! Try a glass of water and a healthy snack from MyPlate!</p>	<p>One way to have healthy bones is to move your body! Jumping, skipping and running are all great ways to keep strong bones!</p>

Social media graphics for the month of April can be found [here!](#)

May Daily Health Announcements



<p>Red fruits and vegetables are colored by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy!</p>	<p>Did you know a dehydrated brain works harder to accomplish the same amount of activity as normal? Staying hydrated affects how we feel, think and function day to day! Remember to drink water when you feel thirsty or need a refresh!</p>	<p>Coconut water is high in potassium, an important mineral and a type of electrolyte. Coconut water is a low-sugar alternative to sports drinks. It provides hydration and electrolytes, which is what our body needs after exercise!</p>	<p>When you watch TV, you are usually sitting on the couch, which we call being sedentary. Sitting for too long can be bad for our health. Try doing many jumping jacks, sit ups or another physical activity during commercials!</p>	<p>Mangoes are one of the most popular fruits around the world and they have both vitamins A and C, which can help prevent sickness!</p>
<p>When you have the option, it is healthiest to choose white milk over chocolate, since it has less sugar! Avoid other flavored milks too, like strawberry or vanilla, since they have added sugar that our bodies don't need!</p>	<p>Did you know there are 8 types of B vitamins? B1, B2, B3, B5, B6, B9, B12, and biotin. Many of these vitamins have different functions, but the overall function of vitamin B is giving us energy! It also promotes cell health (produces red blood cells), healthy brain function, and good digestion.</p>	<p>You can get all eight B vitamins by eating a variety of foods: Meat, Whole Grains, Eggs and dairy products, Legumes, Seeds and nuts, And Dark, leafy vegetables like spinach or kale!</p>	<p>Did you know May is National Bike month? Biking is a great exercise for our leg muscles. Practice bicycle safety when riding by wearing your helmet and watching out for cars!</p>	<p>There are two groups of melons: watermelons and muskmelons. The most familiar muskmelons include cantaloupe and honeydew!</p>
<p>Apples are a great source of nutrition. They are high in fiber and vitamin C. Our body can't produce vitamin C, so we must get it from foods. Other foods with vitamin C include cantaloupe, red bell pepper and oranges!</p>	<p>Cucumber contain vitamin C, A, B, and K. Try putting a few slices of cucumber in your water for flavor and a nutrient boost! It will replenish your electrolytes, like potassium, calcium, magnesium, phosphorus, and sodium!</p>	<p>Did you know a whole grain has 3 parts? The outer shell and the inner core are where most nutrients come from like vitamins, healthy fats, and fiber, which is what makes us feel full! See Graphic</p>	<p>A grain that is not whole is called a 'refined grain' and only contains one part (the middle) of the grain. 'Refined' means 'changed' or having parts removed. It still gives us energy but has less nutrients.</p>	<p>You will know if a grain is whole if the package says so! There is also a whole grain stamp you can look for. It will tell you how much of the food is made of whole grains.</p>
<p>Our bodies need vitamins and minerals to grow and develop, and each one has a special role to play. B vitamins help the body convert food into fuel for our body, giving us energy. It also helps improve blood flow. You can get this from nuts, fish, meats and dairy.</p>	<p>Foods are put into groups because they are similar in some way; how it's made, where it comes from or what nutrients it provides our body. We should try to eat from all 5 groups every day because each food group helps our bodies in different ways!</p>	<p>When early explorers saw pineapple, they thought they looked like pinecones, which is how the tropical fruit got its name! Pineapple helps boost our immunity and aids digestion!</p>	<p>Are snacks healthy? It depends on the type of snack it is. Some are healthy, while other don't help our bodies. Healthy snacks keep our bodies satisfied until our next meal. Foods that fit into the 5 MyPlate food groups make great 'anytime' snacks!</p>	<p>Cucumbers have a high water content, which helps with hydration. Cucumbers are full of vitamins and minerals too, like vitamins C and K and potassium. They also have fiber which helps to fill you up!</p>

Social media graphics for the month of May can be found [here!](#)

June Daily Health Announcements



<p>Did you know June is National Dairy Month? Dairy foods like low fat milk, cheese and yogurt help you keep our bones, teeth and muscles strong! Aim to get <u>at least 3</u> servings every day!</p>	<p>Protein is good for repairing our body, like our bones, cartilage, skin, muscles and blood. It also keeps us fuller for longer, reducing the urge to snack, so we don't overeat!</p>	<p>Vitamin C boosts your immune system and is found in citrus fruits like oranges, lemons and grapefruit. It helps us heal wounds too!</p>	<p>Apples are a great source of many vitamins and minerals. The skin of the apple which is a rich source of pectin. Pectin is a soluble fiber that feeds friendly gut bacteria and will help to improve digestive health!</p>	<p>June is an excellent time to buy local fruits and vegetables. Visit a farmer's market to support local farmers and your body too!</p>
<p>Summer is almost here and it's important to stay hydrated! If you want something other than plain water, try flavored sparkling water! It gives the same sensation of drinking a soda, without the sugar! You can do this at home by adding fruits, vegetables or herbs!</p>	<p>When choosing a healthy snack, think of this SNACK acronym It reminds us how to choose snacks that help our body! Simple - easy to make Nutritious - MyPlate foods Affordable & Available - at home or school Colorful - eat a rainbow Kid-friendly</p>	<p>We want to eat many different colors of fruits and vegetables because they give us different nutrients called vitamins and minerals. They help our bodies stay healthy by keeping our cells strong, boosting our immune system, and helping our body heal from injuries.</p>	<p>Water represents about 2/3 of our body weight. Water is part of every living cell, and it's an important for digestion and helping move nutrients through our body parts.</p>	<p>Creating your own obstacle courses is a fun way to be active! You can do this indoors and outdoors. Try drawing your own hopscotch game with chalk on the sidewalk! Physical activity throughout the day helps us feel well and learn better!</p>
<p>Carrots are a great source of fiber, vitamin K, potassium and antioxidants. They also keep our eyes healthy! Carrots dipped in hummus is a healthy snack providing protein and heart-healthy fats!</p>	<p>There is a surprising amount of sugar and empty calories in our drinks, which can have a negative impact on kids' health and teeth! When too much sugar is added to foods, it makes us tired and droopy an hour after eating it!</p>	<p>Every year, the average person eats 16 pounds of watermelon! Watermelon is a healthy snack and is hydrating too!</p>	<p>Did you know beets are 87% water? They are also filled with nutrients like vitamin B, potassium, iron, and vitamin C. Fruits and vegetables are always a healthy snack to choose!</p>	<p>Growing vegetables and herbs at home can be a fun way to learn about where our food comes from. Try planting some seeds this summer and see what you can grow!</p>

Enjoy your summer break!

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