



Daily Nutrition Tips!



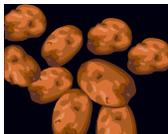
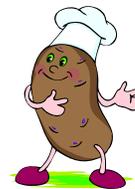
MONDAY	1 Medium lemon (58g) contains 17 calories and is an excellent source of vitamin C. 
TUESDAY	Cucumbers are a member of the gourd family along with melons, squash and pumpkins. Cucumbers are 95% water. They originated in India where they have been grown for 3,000 years. 
WEDNESDAY	Potato is the most widely consumed vegetable in America. In fact, a baked medium potato (173g) has 163 calories, no fat and provides an excellent source of potassium and vitamin C. Leave the skin on for added fiber and Nutrients. 
THURSDAY	A peach is the third most popular fruit grown in the United States and belongs to the rose family and emits a sweet aroma when they are ripe. 
FRIDAY	A Superfood for your heart, one cup of raspberries (123g) provides an excellent source of fiber, vitamin C and manganese for just 64 calories. The USDA ranked raspberries 10th in total antioxidant capacity out of over 100 common foods. 
MONDAY	Be active and get your family to join you and have fun together. Play with the kids or pets. Go for a walk, tumble in leaves, or play catch.
TUESDAY	Between 60 and 63 million acres of wheat are harvested each year in the United States. If all the acres were side by side, the wheat fields would cover more than 100,000 square miles, an area 10 times the size of the state of Vermont, twice as big as all the New England States, or one-third the size of the state of Texas. 
WEDNESDAY	A new variety of wheat can take as long as 17 years to develop before it is available for farmers to plant. 
THURSDAY	Wheat is the only grain with sufficient gluten content to make a raised or leavened loaf of bread.
FRIDAY	The U.S. Department of Agriculture and Health and Human Service's Dietary Guidelines for Americans stress the need for 6 to 11 servings of grain products (bread, cereals, rice and pasta) each day.



Roasted Fingerling Potatoes (yield 5 servings)

- 1 1/2 lbs fingerling potatoes
- 1/2 med. sweet onion, sliced thin and separated into rings
- 4-5 garlic cloves, minced
- 1 Tablespoon fresh dill chopped
- 1-2 Tablespoon olive oil

1. Cut potatoes into 1/2 to 1 inch sections
2. Place in a large bowl along with onion, garlic and dill
3. Drizzle with the olive oil, salt and pepper to taste
4. Mix to thoroughly combine, then place on a large sheet of aluminum foil, folding foil over on top and seal.
5. Place sealed packet over medium heat on grill and cook 20 to 25 minutes, turning half way through.



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Nutritional Information per Serving: Calories 158, Fat 6 g, Cholesterol 0 g, Sodium 9 mg, Carbohydrates 25 g, Fiber 3 g, Protein 3 g

Daily Nutrition Tips!



MONDAY	Brown rice is a whole grain because the bran and endosperm are left on the rice. It has more fiber than white rice. To save yourself time, find quick cooking brown rice in the store.
TUESDAY	Red, black and purple whole grain rice varieties are increasingly popular in the U.S. and offer all the whole grain goodness of brown. 
WEDNESDAY	Red carrots contain the same amount of antioxidant and lycopene as tomatoes.
THURSDAY	In China and Japan yellow and red carrot varieties are very popular. The purple carrot is making a comeback and is proving popular in several American States.
FRIDAY	Some of our favorite cereals, including Rice Krispies, started with a small grain of rice.
MONDAY	 Get outside and enjoy the beautiful spring weather. Shoot some hoops with friends or sit back and enjoy the sun's rays.
TUESDAY	 The Vienna Vegetable Orchestra plays in Europe and Asia. Their musical instruments are made of vegetables. They make their instruments before every concert. With the leftover vegetables a vegetable soup is made for the audience to sample after every concert. Create your own instrument from a vegetable today!
WEDNESDAY	Request a grilled cheese sandwich today for dinner with a nice bowl of tomato soup. 
THURSDAY	Rice is Japan's most important crop and has been cultivated there for over 2000 years.
FRIDAY	Japanese rice is a short grain rice that becomes sticky when cooked. Most rice is sold as hakumai ("white rice").

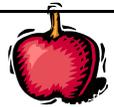
FRUIT AND VEGETABLE FIND

Search this puzzle for these words listed to the left. Circle the words and cross off until you find all the fruits and vegetables.

Apple	Y	G	R	A	P	E	C	T
Carrot	L	R	K	B	L	E	B	O
Corn	I	R	R	P	Z	A	A	R
Lime	M	Q	P	E	N	C	C	R
Tomato	E	A	V	A	H	O	Z	A
Banana	M	G	N	S	R	C	R	C
Cherry	P	A	R	N	A	E	P	V
Grape	O	T	A	M	O	T	E	X
Peas								
Pear								



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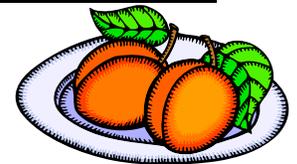


Daily Nutrition Tips!



MONDAY	Nectarines were first grown in China more than 4,000 years ago.	
TUESDAY	Nectarines are delicious eaten whole and are free of sodium, low in calories and fat. Nectarines are a great guilt free food.	
WEDNESDAY	Whole grains include grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt and rye. Whole grains even include popcorn.	 
THURSDAY	Foods with whole grains provide more protein, fiber and other vitamins and minerals than do non-whole grain foods.	
FRIDAY	The nectarine arrived in California over 130 years ago. The harvest usually begins in mid-May and lasts through September.	
MONDAY	A new study shows that corn has more antioxidants than any grain or vegetable.	
TUESDAY	The average Nectarine tree rises to 8-20 feet tall and produces fruit for 12 years.	
WEDNESDAY	Whole grains are digested slower than are refined grains, gradually releasing sugar present in the grain as starch.	
THURSDAY	The type of fiber in rye promotes a rapid feeling of fullness. Rye foods are a good choice for those trying to lose weight.	
FRIDAY	Eating more whole grain has been shown to help maintain weight loss.	

Nectarine Cobbler



1/2 cup butter
3 to 4 cups nectarines and its juices
1 cup sugar

2 teaspoons baking powder
1 cup whole wheat flour
1 cup skim milk

Put the butter in a deep casserole at least 9 inches in diameter and place in a cold oven. Preheat oven to 350°F. If the fruit is not juicy, sprinkle it with some sugar and set aside. Whisk together the baking powder, flour, and sugar in a bowl. Then add the milk and mix well. This mixture will be thin. When the butter has melted, pour the batter all at once into the dish, then pour the fruit and its juices into the center of the batter. Bake for 50-60 minutes, or until the batter is done and the top is golden brown. Serve hot, warm, or at room temperature. Yield: 8 servings

Nutrition Information per Serving: Calories 288, Cholesterol 31 mg, Sodium 97 mg, Fat 12 g, Saturated Fat 7 g, Trans Fat 0 g, Protein 4 g, Carbohydrates 45 g, Fiber 3 g, Iron 1 mg, Calcium 98 mg, Vitamin A 647 IU, Vitamin C 4 mg.



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MONDAY	Organize a family swim outing—be sure to swim with a buddy in supervised areas.	
TUESDAY	Walk, jog, or skip instead of driving to and from school, grocery store, library or park.	
WEDNESDAY	Whole grains are a healthy part of every diet for all ages.	
THURSDAY	Whole grains include whole wheat, oats, brown rice or wheat berries. Look for the words “whole grain,” like “whole grain” corn tortilla.	
FRIDAY	Apricots are full of betacarotene, fiber and vitamin C. Beta-carotene helps promote your vision while vitamin C helps you stay healthy.	
MONDAY	Whole grains may be eaten whole, cracked, split or ground. They can be milled into flour or used to make breads, cereals and other processed foods.	
TUESDAY	Whole grain foods include fiber, B and E vitamins, magnesium, iron and poly-unsaturated fats.	
WEDNESDAY	Aim for 25-35 grams of fiber every day. The average American consumes only 16 grams of fiber a day.	
THURSDAY	Fiber is in fruits, vegetables and whole grain foods and helps keep our digestive system working and help you feel full longer after a meal.	
FRIDAY	Pack a lunch for work if it's hard to find restaurants and delis that offer whole grains, fruit and vegetables.	



MOM'S BEST GRANOLA (Yields 28-1/2 cup servings)

- 7 cups rolled oats
- 1 cup wheat germ
- 1 cup unsweetened flaked coconut
- 1/2 cup unsalted sunflower seeds
- 1/2 cup sesame seeds
- 1 cup chopped almonds
- 1/2 cup vegetable oil
- 1/2 cup honey
- 1/2 cup boiling water
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract



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1. Preheat the oven to 325°F.
2. In a large bowl, stir together the oats, wheat germ, coconut, sunflower seeds and almonds. In a separate bowl, mix together the oil, honey, boiling water, brown sugar, salt and vanilla. Pour the liquid ingredients into the dry ingredients, and stir until evenly coated. Spread in a thin layer on a large baking sheet.
3. Bake for 60 to 90 minutes in the preheated oven. Stir every 30 minutes, until lightly toasted and fragrant. Granola will crisp up more when cooled.

Nutritional Information per Serving: Calories 232, Fat 13 g, Cholesterol 0 g, Sodium 46 mg, Carbohydrates 25 g, Fiber 6 g, Protein 7 g

Daily Nutrition Tips!



MONDAY	A fun activity to do as a family is a Scavenger hunt. Give each member a Ziploc bag to gather their treasures and a list of items to find like a stick, bark, leaf, etc. Then the winner could pick a family movie to watch together.
TUESDAY	1 cup of curly endive has 4 calories, 0 calories from fat, 2% potassium, 10% of Vitamin A, 2% Vitamin C, 1% Iron.
WEDNESDAY	Oats contribute both starch and dietary fiber to the diet because of a higher concentration of well-balanced protein than other cereals. Oats have greater potential value to provide protein, especially for vegetarians.
THURSDAY	Exercise is one of the most important activities a family can do together. Parents who take time to exercise on a regular basis with their family help their children develop a positive self-image.
FRIDAY	Uncooked oatmeal can be added to yogurt, salads, sandwiches, soups, cold cereal and trail mix. Each 1/8th cup of oats adds one gram of fiber.
MONDAY	A versatile vegetable for cooking is a tomato. It can be stuffed, baked, boiled, stewed, pickled and fried and are the base for many sauces.
TUESDAY	Oat hulls are a source of furfural and oat flour has been used as a food preservative in ice cream and other dairy products.
WEDNESDAY	Did you know each person in the U.S. eats 12.5 lbs of citrus per year.
THURSDAY	Endive becomes bitter when exposed to light. Store curly endive tightly wrapped in the refrigerator for up to 3 days.
FRIDAY	Oats are used in many things. The edible grains of a widely grown cereal grass, oats (avena sativa) appears in many beauty products. People appreciate their soothing, anti-inflammatory properties.



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Peanut Butter Oat Grain Cookies (Makes 3 dozen cookies)

- 1 cup Butter
- 1 cup Peanut Butter
- 3/4 cup Fructose (powdered)
- 3/4 cup Brown Sugar
- 2 Eggs
- 1 cup 7-Grain Cereal
- 3/4 cup Oats, Rolled, Regular Old Fashioned
- 2 tsp. Baking Soda
- 1 tsp. Vanilla



In a mixing bowl, cream the butter, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the remaining ingredients: stir into cream mixture. Drop by tablespoons 2 inches apart onto ungreased baking sheets.

Serving Size: 1 Cookie

Calories 150, Calories from Fat 80, Total Fat 9g, Saturated Fat 4g, Cholesterol 25mg, Sodium 110mg, Total Carbohydrates 14g, Dietary Fiber 1g, Sugars 9g, Protein 3g.

FRUCTOSE

Fructose is found naturally in many fruits and vegetables, and is one of the several components of honey. Fructose is the sweetest of all nutritive sweeteners with nearly one-and-a-half times the sweetness of ordinary table sugar in most application.

Daily Nutrition Tips!



MONDAY	Fresh corn on the cob will lose up to 40% of its sugar content after 6 hours of room temperature storage. The sugar is converted to starch.
TUESDAY	China produces about 19% of the world's corn crop, about 4 1/2 billion bushels.
WEDNESDAY	Corn's contribution to heart health lies not just in its fiber, but in the significant amounts of folate in the corn supplies. 
THURSDAY	Although we often associate corn with the color yellow, it actually comes in host of different varieties featuring an array of different colors, such as red, pink, black and blue.
FRIDAY	The Aztecs considered corn to be a sacred plant, perhaps in part because it thrived on the relatively infertile land where other vegetables could not survive.
MONDAY	U.S. researchers have led the way into finding many uses for corn—like in vitamins and amino acids. 
TUESDAY	Corn syrup prevents waste and saves consumers money by keeping bread fresh longer. 
WEDNESDAY	Corn exists today, not just as a plant, but also as a symbol. It stands for Iroquois identities. It stands for life. And it stands for spirit. 
THURSDAY	Send a "corny" card today. All you need is construction paper, glue, scissors, glitter and your own creativity.
FRIDAY	Most corn ends up as feed, so much stays in the Midwest or is shipped to Texas, California and North Carolina.

RECIPE- Corn and Black Bean Salad (Serving Size: 8)

- Ingredients:
- 1 lb. cooked black beans, drained
 - 10 oz. can of corn kernels, drained
 - 1/2 green pepper, chopped
 - 1/2 red pepper, chopped
 - 2 green onions, sliced
 - 1 Tbsp. minced parsley
 - 1 Tbsp. vegetable oil
 - 2 Tbsp. lime juice
 - Freshly ground black pepper, to taste



Toss ingredients together, except black pepper. Generously sprinkle salad with black pepper. Cover and refrigerate.

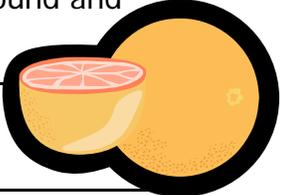
Nutritional Information per serving: Calories 124, Fat 2 g, Cholesterol 0 mg, Sodium 250 mg, Carbohydrates 21 g, Fiber 6 g, Protein 6 g



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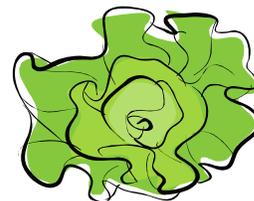
Daily Nutrition Tips!



MONDAY	It takes 25 gallons of water to grow one ear of corn.	
TUESDAY	Archaeologists have found ears of popcorn in the Bat Caves of New Mexico nearly 5,600 years old.	
WEDNESDAY	 Eat dinner today at the table with your entire family. Share stories from school, tell jokes or just listen to what everyone else has to say. Laugh, cry and show a big smile to those you love.	
THURSDAY	Fresh grapefruit from Arizona and California is available all year round and come in several colors including pink, red, white and golden.	
FRIDAY	A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.	
MONDAY	Discover the large array of products that are made with corn. Put together a display that shows and organizes these products. Include real items and pictures of the corn products. Show your family what you have learned.	
TUESDAY	Baby corn is almost always sweet corn, harvested just as it has begun to develop. This product is highly used in Asian cuisine.	
WEDNESDAY	Corn sweeteners supply more than 56% of the U.S. nutritive sweetener market.	
THURSDAY	Corn is all around us, in products such as baby food, glue, vitamins, antibiotics, condensed milk, peanut butter, chewing gum and ethanol.	
FRIDAY	 Today, try this new and fun activity. String candy corn like popcorn to make cool jewelry for you, your friends and family. You can also tape several strands in a doorway for a 70's style beaded curtain.	

RECIPE- Citrus Salad (Serving Size: 4)

- Ingredients:
- 1 lime- zested, peeled and sliced
 - 1 mandarin orange- zested, peeled and sectioned
 - 1 naval orange, peeled and sectioned
 - 1 grapefruit, peeled and sectioned
 - 1 shallots, diced
 - 1 Tbsp. lemon juice
 - 1 Tbsp. olive oil
 - 1/2 tsp. salt
 - 1 head romaine lettuce, torn



Directions: Place lime slices, mandarin sections, naval orange and grapefruit in a bowl. In a separate bowl, mix the lime zest, mandarin orange zest, shallots, lemon juice, olive oil and salt. Pour over the fruit. Arrange dressed fruit atop romaine lettuce to serve.

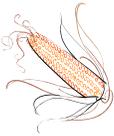


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Nutritional Information per serving: Calories 121, Fat 4 g, Cholesterol 0 mg, Sodium 308 mg, Carbohydrates 22 g, Fiber 6 g, Protein 3 g

Daily Nutrition Tips!



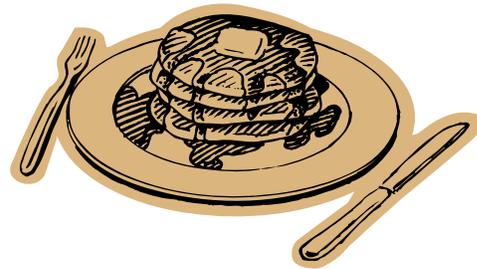
MONDAY	Corn is a vegetable plant first domesticated by Native American people somewhere over 6,000 years ago, in that part of North America today called Mexico.	
TUESDAY	Corn is the number one field crop raised in the United States.	
WEDNESDAY	Corn is a member of the grass family Tripsaceae. Its genus and species name is <i>Zea mays</i> L. It is a tall coarse annual grass, and its seeds are cereal grains. The cob (ear) is actually part of the flower structure.	
THURSDAY	Corn is produced on every continent in the world except Antarctica	
FRIDAY	One pound of corn equals approximately 1,300 kernels.	
MONDAY	One hundred bushels (about one acre) of corn equals approximately 7,280,000 kernels,	
TUESDAY	One ear of corn averages 800 kernels in sixteen rows.	
WEDNESDAY	Iowa, Illinois, Nebraska and Minnesota account for over 50 percent of the corn grown in the U.S. Other major growing states are Indiana, Wisconsin, South Dakota, Michigan, Missouri, Kansas, Ohio and Kentucky. This area is known as the "Corn Belt."	
THURSDAY	There are more than 3,500 different uses for corn products and more uses are being found each day. Many of the new products, like paints, are more environmentally friendly than their petroleum counterparts.	
FRIDAY	Unlike sweet corn, dent corn has a hard outer portion about the thickness of your fingernail. The inner portion of the corn kernel is soft and floury. Dent corn is used to make starches, oils, livestock feed, ethanol fuel and many other products like crayons, paints and paper. Dent corn also is used to make corn syrup sweeteners and other ingredients that appear in all kinds of foods from soft drinks to baked goods.	



Cornmeal Pancakes

- 1 cup Boiling Water
- 3/4 cup Cornmeal, fine ground, whole grain
- 1-1/4 cups Buttermilk
- 2 Eggs
- 1 cup sifted white flour
- 1 Tb baking powder
- 1 tsp sea salt
- 1/4 tsp baking soda
- 1/4 cup Vegetable Oil

Pour water over cornmeal, stir until thick. Add milk; beat in eggs.
Sift flour, baking powder, salt and baking soda. Add to cornmeal mixture. Stir in oil.
Cook on hot, ungreased griddle. Yield: about 14 pancakes.



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Nutritional Information per Pancake: Calories 102, Fat 4 g, Cholesterol 1 mg, Sodium 329 mg, Carbohydrates 13 g, Fiber 1 g, Protein 3 g

Daily Nutrition Tips!



MONDAY	Dry milling is the process in which corn is separated into flour, corn meal, grits and other products by soaking corn kernels in water, then removing the germ for processing into oil. The remaining parts of the kernel are ground and sieved into various fractions.
TUESDAY	Corn is used to produce fuel alcohol. Fuel alcohol makes gasoline burn cleaner, reducing air pollution, and it doesn't pollute the water. 
WEDNESDAY	One bushel of corn will sweeten more than 400 cans of Coca-Cola. Speaking of soft drinks, corn is the #1 sweetener in most soft drinks. 
THURSDAY	Corn leaves contain large amounts of sugar and were used as "chewing gum" by the Indians. They also made popcorn by roasting dry kernels in a fire. Corn was also ground to make flour, soup and pudding.
FRIDAY	Many people believe the acres of corn they see in the Midwest during growing season could be picked and eaten for dinner, or dried and popped. In fact, those acres are typically field corn, which is used largely for livestock feed, and differs from both sweet corn and popcorn.
MONDAY	 More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces— enough to circle the moon nearly four times if laid end-to-end.
TUESDAY	There are six different types of corn— sweet, dent, flint, pod, flour and popcorn. Popcorn is the only one that pops. Corn-on-the-cob, canned and frozen corn at the grocery store come from sweet corn.
WEDNESDAY	Most popcorn comes in two basic shapes when it's popped: snowflake and mushroom. Snowflake is used in movie theatres and ballparks because looks and pops bigger. Mushroom is used for candy confections because it doesn't crumble.
THURSDAY	Seckel pears are usually considered the smallest of all commercially grown pears. Seckels are also very sweet and are sometimes called "sugar pears." Seckels chubby, round shape; it's small neck and very short stem make it a perfect lunchbox-size pear. 
FRIDAY	Corn is one of the third most Important food crops of the world measured by production volume, behind wheat and rice. In terms of acreage planted, it is second only to wheat.

CORN WORD SCRAMBLE- unscramble the words below to discover some of the things that have corn products in them.



- nroc sekalf c _ _ _ f _ a _ _ _ ~ You can eat these for breakfast (best when eaten with milk).
- cei earcm _c_ _ _ _ _ m ~ I scream, you scream, we all scream for....
- acco oalc _o_ _ _ c _ _ _ ~ The best soda in the world that is bottled in Chattanooga.
- nuteap ttreub p _ _ _ u _ _ _ t _ _ r ~ Paired with jelly, it makes a delicious sandwich.
- upchket _ _ t _ u _ ~ Most people eat it with their french fries.
- mallmarowsh m _ _ _ _ _ a _ _ w ~ This makes S'mores yummy!
- golansie g _ _ o _ _ _ ~ Fuel for your car.
- etp odfo _e_ f _ _ _ ~ Your doggy eats it for dinner.



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MONDAY	Thailand, Vietnam, India and the USA are the top 4 countries in the world that export rice.	
TUESDAY	Science has helped more than double world rice production from 260 to 600 million tons over the past 40 years.	
WEDNESDAY	How about a picnic? Pack your favorite sandwiches, fruits and vegetables. Don't forget a blanket to sit on while eating with your favorite pals— inside or out.	
THURSDAY	In flavor, broccolini reminds many consumers of asparagus, being sweet and tender with a hint of broccoli-like bite.	
FRIDAY	After a farmer plants rice, it takes about 105 days before he can harvest it! Imagine if you and your family actually had to wait that long before you could eat rice.	
MONDAY	Rice farming is older than the great, great grandmother of your great, great grandfather. It is about 10,000 years old.	
TUESDAY	Broccolini is high in Vitamin C, potassium, fiber, iron and Vitamin A.	
WEDNESDAY	Pick your favorite songs and dance, dance, dance for 30 minutes today as part of your goal of 60 minutes of exercise every day!	
THURSDAY	Almost half the world's population consumes rice—about 3 billion people.	
FRIDAY	Broccolini has a long, slender stem, reminiscent of asparagus, and is topped with a small flowering bud that resembles a cross between broccoli and an asparagus tip.	

RICE SHAMROCKS



- You'll need:** heavy white paper
 rice
 green food coloring
 glue
 paper towels
 brushes
 shamrock patterns

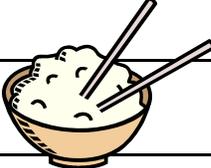


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Directions: Prepare rice a day ahead of the project. Place rice in a bowl with a small amount of water to which green food coloring has been added. Let it soak until desired shade of green has been reached. Drain off the water and let the rice dry on paper towels. Trace and cut out shamrock shapes with the heavy white paper. Have the children brush glue on their shamrocks and sprinkle green rice over the glue. Just in time for St. Patrick's Day.

Daily Nutrition Tips!



MONDAY	Try cabbage vegetable soup. Add your favorite vegetables and chopped cabbage to a boiling broth. Cook for 20 minutes and serve. Healthful and nutritious!
TUESDAY	Rice is one of the few foods in the world which is entirely non-allergenic and gluten-free. 
WEDNESDAY	Broccoli is sold with yellow flowers attached to the top and may be eaten with the rest of the vegetable. Most common cooking methods include sautéing, steaming, roasting, boiling or stir frying.
THURSDAY	Rice bran has a moist, oily inner layer which is heated to produce an oil. It is also used in making a pickled vegetable.
FRIDAY	There are over 15,000 varieties of rice. 
MONDAY	Rice cultivation is well-suited to countries and regions with low labor costs and high rainfall, as it is very labor-intensive to cultivate and requires plenty of rainfall for irrigation.
TUESDAY	If the weather is still too chilly to go outside, get cozy under lots of blankets in your favorite spot and read stories, nap and read some more. 
WEDNESDAY	Broccoli, also known as Baby Broccoli, is a cross between broccoli and Chinese kale.
THURSDAY	Broccoli harvesting is all done by hand.
FRIDAY	The rice seed we are able to buy is known as "rough" to rice farmers. At one time, the rough was enclosed by a hull or husk. During the process of milling, the hull and various bran layers or kernels are removed, and the rice is polished, giving the resulting seed a bright, white, shiny coating.

Nutrition Sudoku for Kids

Carrot		Egg	Banana	Ice Cream	Date	Fish		Ham
Ice Cream	Grapes	Bananas	Fish		Ham	Apple	Dates	Egg
Ham		Dates	Apple	Grapes		Ice Cream		Carrot
Dates	Carrot	Ice Cream	Egg		Apple	Ham		Grapes
Fish		Ham	Ice Cream		Grapes	Banana		Apple
Apple	Banana		Ham	Fish	Carrot	Dates	Egg	
Banana	Ice Cream	Carrot	Grapes	Ham		Egg		Dates
	Ham		Dates	Egg	Banana		Ice Cream	
Egg		Fish	Carrot		Ice Cream	Grapes		Banana

Use these words to complete the puzzle:
Apple
Banana
Carrot
Dates
Egg
Fish
Grapes
Ham
Ice Cream



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You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A-I to make it easier for you to check that all nine have been places in each row, column and 3x3 box.

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MONDAY	Rice is a good source of thiamin, niacin, phosphorus, iron, potassium and folic acid. Rice has no fat nor cholesterol and is sodium free.
TUESDAY	The carrot dates back about 5,000 years ago when the root was found to be growing in the area now known as Afghanistan.
WEDNESDAY	Many cookbooks for kids contain pictures to help illustrate the steps in recipes. With this, you can be more help with special, traditional recipes for the family.
THURSDAY	The wild rice plant looks like grass growing in water. In late summer, when its seeds mature, it looks like oats or wheat.
FRIDAY	Rice is a great source of complex carbohydrates, which is an important source of fuel our bodies need. 
MONDAY	The seeds of wild rice contain an antioxidant that some people believe might help reduce their chances of getting cancer.
TUESDAY	Purple carrots possess an entirely different class of pigments—anthocyanins—which act as powerful antioxidants.
WEDNESDAY	Red carrots derive their color mainly from lycopene, a type of carotene believed to guard against heart disease and some cancers.
THURSDAY	Yellow carrots accumulate xanthophylls, pigments similar to beta-carotene that support good eye health.
FRIDAY	The seeds of the rice plant are first milled using a rice huller to remove the chaff. At this point in the process the product is called brown rice. Further processing removes the germ and the rest of the husk (called bran), creating white rice.



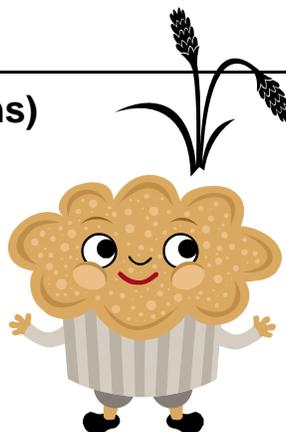
Wild Rice Muffins (makes 12 muffins)

Ingredients:

- 1 cup fat-free milk
- 4 tablespoons margarine or butter, melted
- 1 egg
- 1/2 cup wild rice, cooked, cooled
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 3 tablespoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt

Directions:

1. Mix milk, margarine, egg and rice in large bowl.
2. Add mixed flours, baking powder, sugar, salt, combining until the dry ingredients are moistened.
3. Spoon batter into 12 greased muffin cups.
4. Bake at 400 degrees F until browned, 20 to 25 minutes.
5. Remove from pans and cool on wire racks.



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Wild rice adds crunchy texture and a nutritional boost to these muffins. Try adding three-fourths of a cup of dried fruit and/or three tablespoons of chopped nuts before baking your muffins for more fiber, protein and other vitamins and minerals!

Nutritional Information Per Serving: Calories: 136, Carbohydrates: 19 g, Protein: 5 g, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 18 mg, Sodium: 494 mg.

Daily Nutrition Tips!



MONDAY	Today would be a great day to get you and your family to the zoo. What do the various animals eat?
TUESDAY	Dietary fiber is the term for several materials that make up the parts of plants your body can't digest. Fiber is classified as soluble or insoluble.
WEDNESDAY 	When eaten regularly as part of a diet low in saturated fat, trans fat and cholesterol, soluble fiber has been associated with increased diet quality and decreased risk of cardiovascular disease. Oats have the highest proportion of soluble fiber of any grain.
THURSDAY	Flax seeds can be added to cereal, yogurt, stuffing, rice and other grain dishes and greatly increases the fiber of your meal! 
FRIDAY 	Ask what you can do to help around the house today. Try helping by washing the car or trimming the hedges.
MONDAY	Watermelon, considered one of America's favorite fruits, is really a vegetable. 
TUESDAY	Aim for 25-35 g. of fiber every day. The average American consumes only 16 g. of fiber a day.
WEDNESDAY 	Foods containing fiber often are good sources of other essential nutrients. Depending on how they're prepared, these foods can also be low in trans fat, saturated fat and cholesterol.
THURSDAY	During the Civil War, the Confederate Army boiled down watermelons as a source of sugar and molasses. 
FRIDAY	Fiber is in fruits, vegetables and whole grain foods. They help to keep our digestive system working and makes you feel full longer after a meal. 

High Fiber Banana Bread—Moist and Healthful!



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Ingredients: 2 cups all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
3 medium ripe bananas (mashed)
7-8 pitted prunes (cut small)
7-8 pitted dried apricots (cut small)
2 Tbsp. fat free milk
1 cup all-bran cereal
1/3 cup softened margarine
1/3 cup maple syrup
2 eggs.

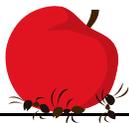


1. Preheat oven to 350 F.
2. In a small bowl, mix flour, baking powder and baking soda. Set aside.
3. In mixing bowl, stir together (mix well) mashed bananas, cereal, milk and dried fruit. Let mixture stand 5 minutes to soften cereal.
4. In mixing bowl, beat margarine and maple syrup. Add eggs and beat well. Stir in cereal mixture. Add flour mixture and stir until combined.
5. Spread batter into a loaf pan coated with cooking spray. Bake at 350 F for about 45-50 minutes. Let cool for 20 minutes before slicing. Makes 12 slices.



Nutrition Information per serving:
Calories 214, cholesterol 35 mg, sodium 187 mg, fat 6 g,
saturated fat 1 g, protein 4 g, carbohydrates 36 g, fiber 2 g,
iron 15%, calcium 4%, vitamin A 18%, vitamin C 8%.

Daily Nutrition Tips!



MONDAY	Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease and constipation.
TUESDAY	Yellow watermelons are just as sweet as the red varieties and have an almost identical taste. They make a wonderful addition to a fruit salad or to eat by itself.
WEDNESDAY	If you wish to increase fiber in your diet, remember to do it slowly. Be sure to drink enough fluids as well. And remember, you don't have to eat fiber all in one meal. Try adding a little for breakfast, lunch and dinner. 
THURSDAY	Whole grains can be found in bread, crackers, pizza crust, rice, pasta, couscous, cold salads, cereals and many other products. Add whole grains to your family's diet at every meal!
FRIDAY	Enjoy eating a healthful and nutritious lunch by adding more fruits, vegetables and whole grains! 

WHOLE GRAINS SUDUKO!

	FLAX	SPELT	OATS	BARLEY	RICE	SORGHUM		RYE
CORN	OATS	RYE		SPELT	WHEAT	RICE	BARLEY	FLAX
RICE	BARLEY	SORGHUM	CORN	FLAX	RYE	OATS	SPELT	
FLAX	WHEAT	OATS	BARLEY	SORGHUM	CORN			SPELT
RYE	SPELT		WHEAT	RICE	FLAX	BARLEY	OATS	SORGHUM
	RICE	BARLEY		RYE	OATS	FLAX	WHEAT	CORN
OATS	SORGHUM	RICE	FLAX	WHEAT		CORN	RYE	BARLEY
SPELT		FLAX	RYE		BARLEY	WHEAT	SORHUM	RICE
BARLEY	RYE	WHEAT	RICE	CORN	SORGHUM	SPELT		OATS

Use the following words to complete the Whole Grains Suduko Puzzle!

Wheat
Oats
Corn
Rice
Flax
Rye
Barley
Spelt
Sorghum

WATERMELON BANANA SPLIT— Makes 4 servings!



Ingredients: 2 large bananas
1 pint blueberries
1/2 cup crunchy nugget cereal
8 scoops of watermelon
1/2 cup low-fat vanilla yogurt



Directions: Using an ice cream scoop, scoop out 8 watermelon balls. Remove seeds if desired. Peel bananas and cut in half crosswise; then, cut each piece in half lengthwise. In each serving dish, place 2 pieces of banana, 2 watermelon scoops and 1/4 of the blueberries. Top with yogurt. Sprinkle with cereal. Enjoy!

Nutritional Information per Serving:
Calories 239, cholesterol 2 mg, sodium 48 mg, fat 2 g, saturated fat 1 g, protein 5 g, carbohydrates 54 g, fiber 5 g, iron 7%, calcium 8%, vitamin A 27%, vitamin C 43%.

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Daily Nutrition Tips!



MONDAY	 If you plant a single seed from an orange you will probably get more than one plant growing from it.
TUESDAY	Research found that the children who ate oatmeal were 50% less likely to become overweight, when compared to those children not eating oatmeal.
WEDNESDAY	Some fruits and vegetables contain beta carotene, which can reduce the chance of eye disease. One carrot a day can help prevent macular degeneration, which eventually leads to blindness.
THURSDAY	In 1873 three orange trees were brought from Brazil and planted in Riverside California. The trees started producing fruit in 1878 and today one of the original trees is still alive and producing fruit.
FRIDAY	Oats are the third leading cereal crop produced in the United States (after wheat and corn) and the fourth most important crop world-wide.
MONDAY	A fun exercise to do with kids as a family is to toss a balloon in the air and hit it upward with both hands. Then use other parts of the body, hip, knee, foot, head, elbow to do the same.
TUESDAY	Actually a fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.
WEDNESDAY	Over half the U.S. domestic oat production is grown in South Dakota, North Dakota, Wisconsin, Minnesota and Iowa.
THURSDAY	Did you know that if a turkey looks up when it is raining it can drown. A wild turkey has excellent vision and hearing, their field of vision is about 270 degrees.
FRIDAY	Read a favorite story to your children. Have them do the actions. If the story is about animals, they can pretend to be the animals. Be creative and have fun.

FRUIT WORD SEARCH

Find the words that have been hidden in the grid, then read the name of a piece of fruit that is related to the orange.

S T R A W B E R R Y
 G T N O M E L C Y C
 R O E C H E R R Y O
 A C P M G M R A B C
 O I E R I E E N A O
 R R A R B L H B N N
 A P A E U O C E A U
 E A U N F N A R N T
 P L U M G R E R A U
 B A P P L E P Y I T

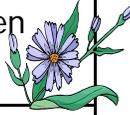
- | | | |
|-----------|-----------|------------|
| Apple | Cranberry | Peach |
| Apricot | Grape | Pear |
| Banana | Lemon | Plum |
| Blueberry | Lime | Prune |
| Cherry | Melon | Strawberry |
| Coconut | Orange | |



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Daily Nutrition Tips!



 <p>MONDAY</p>	<p>If there is snow in the area, a great outdoor activity to do is go outside and make a snowman together. Remember the hat, a scarf, buttons, carrot and sticks. Afterwards go inside for hot chocolate together.</p>	
<p>TUESDAY</p>	<p>Oats, like other cereal grains, are valued primarily as a source of carbohydrates to provide calories for energy needs.</p>	
<p>WEDNESDAY</p>	<p>Curly Endives outer leaves are deep green and have a slightly bitter taste. The center leaves are yellow and milder tasting. Used as a cooking green and raw salad.</p>	
<p>THURSDAY</p> 	<p>Be adventurous! When your children see or ask about a new fruit or vegetable they have never seen or heard of before, pick one up to try. They may find their new favorite fruit or vegetable.</p>	
<p>FRIDAY</p> 	<p>Children can learn social skills such as how to work together, through activity. Play "show me". Show how you look when you are happy, tired, hungry, full, angry and sad. A fun activity to do together.</p>	
<p>MONDAY</p>	<p>Oat consumption by humans dates back to 400 BC where it was described as a bulk former, a healing agent, and a desiccant when applied to the skin.</p>	
<p>TUESDAY</p>	<p>A fun family project would be making a gingerbread house together. You can bake the house using molds or buy a kit from a store. Children love to decorate and this could become a yearly project for the family together.</p>	
<p>WEDNESDAY</p>	<p>Curly Endives is available year round and is fat and cholesterol free. It is low in calories and high in folate.</p>	
<p>THURSDAY</p> 	<p>Fruits and vegetables that are in season are at the peak of freshness, favor and affordability. If you don't know ask the produce manager for help.</p>	
<p>FRIDAY</p>	<p>Oatmeal is in a wide variety of food products, including, cookies, breakfast cereals, breads and muffins, crackers and snacks and meat extenders.</p>	



CURLY ENDIVE SALAD (yield 1 serving)

- 1 head curly endive
- 2 scallions
- 1 tsp. dry mustard
- 1 tsp. beef bouillon
- 1/4 c. cider vinegar
- 1/4 c. water



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Wash endive thoroughly and chop in 1-inch long pieces. Chop scallions including greens. Combine lettuce and scallions in bowl. Combine remaining ingredients in glass measure. Microwave on high 2 minutes. Stir. Pour over greens and stir. Serve immediately.

Nutritional Information per Serving: Calories 54, Fat 0 g, Cholesterol 1 g, Sodium 835 mg, Carbohydrates 6 g, Fiber 3 g, Protein 3 g



Daily Nutrition Tips!



MONDAY	Focus on Fruits, eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried and go easy on the fruit juice.	
TUESDAY	Wheat is grown on more land area worldwide than any other crop and is a close third to rice and corn in total wheat production. In 2004, world wheat production was approximately 624 million tons.	
WEDNESDAY	During the early summer, wheat plants begin to fade from dark green to tan and then to a golden brown then the wheat is ripe and nearly ready for harvest. Now the wheat producer must race with the weather to get the wheat out.	
THURSDAY	Always keep an upbeat point of view about exercise. Realize that it is a part of life and it is very important not only for your health, but for the health of your entire family.	
FRIDAY	Take the family and go to an orchard and pick your own apples and make home-made apple pie together.	
MONDAY	Eating a diet rich in vegetables and fruit as part of an overall healthy diet may reduce your risk for stroke, coronary heart disease, type 2 diabetes, certain cancers (such as mouth and stomach) kidney stones and bone lose.	
TUESDAY	China is the leading producer of apples with over 1.2 billion bushels grown in 2001. The U.S. is number 2 and then Turkey, Poland and Italy.	
WEDNESDAY	Kids enjoy helping in the kitchen. Children can help shop for, clean, peel, or cut up vegetables. They will eat foods they help prepare.	
THURSDAY	An acre will produce enough wheat for about 2,500 loaves of wheat bread.	
FRIDAY	The Pink Lady is an exiting new bi-colored apple that originated in Australia. It is a cross of Golden Delicious and Lady Williams which was bred in 1973 by the Agriculture Department of Western Australia.	



Whole Wheat Muffins (yields one dozen)

- 2 c. whole wheat flour
- 1/2 tsp. salt
- 3 tsp. baking powder
- 2 beaten eggs
- 1 c. milk
- 3 Tbsp. brown sugar
- 2 Tbsp. melted butter or margarine.



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Stir together the dry ingredients. In a separate bowl, stir together the liquid ingredients. Combine both sets of ingredients, mixing only until the dry ingredients are moist. Bake in greased or papered muffin tins for 20 minutes at 375 degrees.

Nutritional Information per Serving: Calories 128, Fat 9 g, Cholesterol 25 g, Sodium 151 mg, Carbohydrates 10 g, Fiber 1 g, Protein 3 g



Daily Nutrition Tips!



MONDAY	Cut fruit into fun shapes like melon balls, cantaloupe smiles. Spread apples and pears with peanut butter for snacks. Peel and freeze a banana on a stick.	
TUESDAY	Make fruit your dessert. If you still need that scoop of ice cream, make it a banana split or try adding fruit to your other favorite desserts (like pudding)!	
WEDNESDAY	Unlike most other crops, hard red winter wheat is planted in the fall and harvested in the spring.	
THURSDAY	A child who is active will have stronger muscles and bones, a leaner body, because exercise helps control body fat and gives a great outlook on life.	
FRIDAY	Some varieties of wheat grow as tall as seven feet, but most are only between two and four feet tall.	
MONDAY	Allow children to plant and harvest some fruit and vegetables. They like to watch plants grow and usually will eat foods they have planted.	
TUESDAY	One family of four can live 10 years off the bread produced by one acre of wheat.	
WEDNESDAY	It takes about 95% of your diet and 5% of exercise to transform yourself physically.	
THURSDAY	Pink Lady apples have a beautiful pink blush and a refreshing and sweet, champagne-like taste making them the perfect summer apple. They are also great to use in summer recipes, thanks to their natural sweetness.	
FRIDAY	To keep meals and snacks interesting, vary your veggie choices. Favor the dark or vividly colored vegetables, especially the deep green and orange ones, enjoy the lighter colored vegetables for variety to your diet.	

Apple Fritters (yield 4 servings)

- Canola Oil
- 2 cups all-purpose biscuit mix
- 2 teaspoons sugar
- 1/2 teaspoon cinnamon
- 1 Pink Lady apple and cored and chopped
- 3/4 cup skim milk
- Sugar, cinnamon-sugar or confectioner's sugar

Heat oil in electric fryer for 10 minutes or heat 3 inches of oil in deep saucepan to 375 degree.

Meanwhile, in medium mixing bowl stir together biscuit mix, sugar and cinnamon. Stir in apple. Add milk and stir just until moistened.

Drop by rounded tablespoonfuls, about 3 or 4 at a time, into hot oil turning once, until deep golden brown, about 3 to 5 minutes.

Lift out with slotted spoon and drain on paper towels. Sprinkle with your choice of sugar while warm.



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Nutritional Information per Serving: Calories 344, Fat 9 g, Cholesterol 2 g, Sodium 748 mg, Carbohydrates 60 g, Fiber 2 g, Protein 6 g



Daily Nutrition Tips!



MONDAY	A great exercise that the whole family can do is to go on a nature walk and collect colorful leaves, you might also rake the leaves and play in them.
TUESDAY	Oats, like other cereal grains, are valued primarily as a source of carbohydrates which provide calories for energy needs.
WEDNESDAY	When families eat together they enjoy each other, find out what everyone's done that day and children also learn table manners and pick up family values. They also can enjoy a healthful variety of foods together.
THURSDAY	A favorite veggie is a tomato. Low fat, saturated fat free, very low sodium, cholesterol free. High in vitamin A and C. Good source of Potassium.
FRIDAY	Oats have a higher concentration of well-balanced protein than other cereals. Oats contain phytochemicals (plant chemicals) which have been associated with protection from chronic diseases such as cancer.
MONDAY	Mandarin oranges of all kinds are primarily eaten out-of-hand, or the sections are utilized in fruit salads, gelatins, puddings or on cakes. Very small types are canned in syrup.
TUESDAY	A good snack before dinner could be, 1/4 c. peanuts, 1/2 c. milk, 1 cheese stick, 1/4 c. cottage cheese, or 2 slices of lean lunch meat.
WEDNESDAY	Eighty percent of U.S. households have oatmeal in their cupboards.
THURSDAY	Research has discovered that the antioxidants found in oats reduce cholesterol by reducing the ability of blood cells to stick to the inside of artery walls. So eat a cup of oats a day and you will be okay.
FRIDAY	The mandarin orange is considered a native of south-eastern Asia and the Philippines. It is most abundantly grown in Japan, China, India and the East Indies, and is esteemed for home consumption in Australia.



MANDARIN ORANGE SALAD

- 3 to 4 c. salad greens broken (leaf, Bibb lettuce, spinach, spring greens)
- 1/4 c. sliced onions
- 1 (11 oz.) can mandarin oranges, drained
- 1/4 c. slivered almonds, toasted in butter
- 1/4 c. canola oil
- 2 tbsp. vinegar
- 2 tbsp sugar
- 1/2 tsp salt
- 1/4 tsp pepper



Make the dressing with the oil, vinegar, sugar, salt and pepper. Chill in refrigerator for 2 hours before tossing with the salad ingredients.

Combine the greens, onions, mandarin oranges and almonds.



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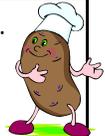
Nutritional Information per Serving: Calories 259, Fat 18 g, Cholesterol 0 g, Sodium 305 mg, Carbohydrates 23 g, Fiber 3 g, Protein 3 g



Daily Nutrition Tips!

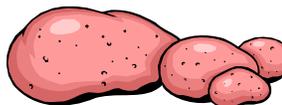


MONDAY	Choose whole-grain foods, such as whole wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
TUESDAY	One bushel of wheat contains approximately 1 million individual kernels. A modern combine can harvest 1,000 bushels of wheat per hour.
WEDNESDAY	Fingerling Potatoes are used for roasting, boiling, baking and salads.
THURSDAY	Wheat is grown in 42 states in the United States. One bushel of wheat yields enough flour for 73 one-pound loaves of white bread.
FRIDAY	One 60 pound bushel of wheat provides about 42 pounds of flour. Wheat is not native to the United States and was not even grown by the colonists.
MONDAY	Wheat was first planted in the United States in 1777 as a hobby crop.
TUESDAY	The wheat kernel, sometimes called the wheat berry, is the seed from which the wheat plant grows.
WEDNESDAY	More foods are made with wheat than from any other cereal grain. Assuming a sandwich was eaten for breakfast, lunch and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.
THURSDAY	There is approximately 5 cents worth of wheat in each loaf of bread sold. A family of four could live 10 years off the bread produced by one acre of wheat.
FRIDAY	Set aside time each day for physical activity, such as timed-walk, jog, skate cycle, or swim. Adults need 30 minutes of physical activity most days of the week, children 60 minutes everyday or most days.



Sweet Fingerling Mash (yields 6 servings)

- 1 lb fingerling potatoes washed and quartered
- 1 lb sweet potatoes peeled and cut into 1 inch dice
- 1/2 cup milk
- 1/4 cup butter
- 3 Tablespoons maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon nutmeg



1. Boil fingerling and sweet potatoes together until tender, approximately 12-15 minutes. Drain and place in large mixing bowl. Set aside.
2. In a small saucepan over medium heat, melt butter and add milk to warm. Do not bring to a boil.
3. Pour mixture over potatoes. Add maple syrup, salt, pepper, nutmeg and whip until smooth.
4. Serve immediately.

Nutritional Information per Serving: Calories 225, Fat 8 g, Cholesterol 21 g, Sodium 209 mg, Carbohydrates 36 g, Fiber 4 g, Protein 3 g

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