Wellness Wednesday Messages

These messages help bridge nutrition education that is occurring in the classroom with foods served at school to increase consumption of nutrient-rich foods and decrease food waste.

Use each message as an announcement on Wednesday mornings and encourage your students to try new foods at the school cafeteria.

USDA MyPlate

Dairy Food Group (Milk, Yogurt, Cheese)  
  Benefits of Drinking Milk!  
  Yummy Yogurt  
  Cheese—Bean + Cheese Burrito  

Vegetables Food Group
  Romaine Lettuce  
  Carrots—Super Vision!  
  Cabbage  

Fruits Food Group
  Prickly Pineapple  
  Raisins—Dried Powerhouses  
  Apples—Keep the Doctor Away  

Grains Food Group (Bread, Cereal, Pasta)
  Totally Tortilla!  
  Pizza Dough  
  Bread—Chicken Sandwich  

Protein Food Group (Meat, Beans, Nuts)
  Legumes, Say What?  
  Chicken Egg Rolls  
  Chicken Nuggets
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**Introduction for Week 1**

**Wellness Wednesdays**

Good morning! We are starting a new program called Wellness Wednesdays. Every Wednesday we will be sharing information on healthy foods during the morning announcement. We will follow the message with a trivia question for a drawing to win a prize! Write down your answer on the trivia form provided and drop it in the trivia box in the cafeteria by Friday of each week. Be sure to try the healthy food highlighted each week during lunch!
Hi students! Today is Wellness Wednesday.
The healthy message today is USDA MyPlate.

Did you know that MyPlate is a tool that helps to tell us how much of each of the food groups we should be eating at every meal? There are five food groups:

1. Dairy (blue food group)
2. Vegetables (green food group)
3. Fruits (red food group)
4. Grains (orange food group)
5. Protein (purple food group)

It is important to choose foods from all five food groups so we can grow strong, stay healthy, think well in class and play hard at recess.

Trivia Question

Can you name one food from each of the five food groups?
Hi students! Today is Wellness Wednesday.

The healthy message today is Dairy Food Group.

The Dairy food group is the first food group we are learning about. Did you know that this food group includes milk, yogurt, cheese, cottage cheese and ice cream? All of the foods in this food group contain important health benefits like calcium, vitamin D, protein, potassium and vitamin A. We should have three servings of dairy foods every day to help us build strong bones and teeth and to build muscle.

Milk comes from cows. There are many different types of cows. Here in America, two types of cows commonly produce milk. Holsteins are black and white cows that make a lot of milk. Jersey cows are brown, and their milk is usually used to make cheese.

Trivia Question

Do you know how much milk a cow makes each day? You may have to do a little homework to answer this trivia question.
Hi students! Today is Wellness Wednesday. 
The healthy message today is Benefits of Drinking Milk!

Did you know that California has been the nation’s leading dairy state since 1993 when it surpassed Wisconsin in milk production?

- Milk contains important nutrients such as calcium, vitamin D, protein and potassium.
- Calcium and vitamin D help provide us with strong and healthy bone growth.
- Protein and potassium are great for muscles and help the heart to function properly.
- The serving size for children is two to three cups per day.
- It is easy to get three servings a day. Have one serving of any food from this group at breakfast, lunch and dinner.

Our school cafeteria serves both plain and chocolate milk. Milk is also sold at the snack window for ($0.50). Pick some up and be on the way to getting three servings of dairy today!

Trivia Question

What other food items have calcium and vitamin D?
Hi students! Today is Wellness Wednesday.
The healthy message today is Yummy Yogurt.

Did you know that yogurt is made from milk and is an excellent source of calcium, protein and potassium? Yogurt is a cultured milk product, which means it is made by adding live cultures (probiotics) to milk. Probiotics keep our stomachs healthy and make yogurt thick, creamy and tasty.

Yogurt has been made and eaten for hundreds of years by many different cultures but only within the last few decades have different types of yogurts made their way to grocery stores. The most recent addition is Greek yogurt, which is thicker and higher in protein.

Yogurt makes a yummy snack and counts as one of the three servings of dairy foods we need to eat every day.

Trivia Question

How can yogurt help you stay healthy?

Bonus question:

• Can you name another dairy food that is made using live cultures (probiotics)?
Hi students! Today is Wellness Wednesday.
The healthy message today is Cheese-Bean + Cheese Burrito

Did you know that a specialist in selling cheese is sometimes called a cheesemonger? Cheese is another dairy food that uses live cultures and aging to create many different tastes and textures. There are 1,400 different types of cheese. The United States makes about 200 of these types. About one-third of all milk produced in the United States is used to make cheese, and cheddar cheese is the most popular type in the nation.

Cheddar cheese is a good source of protein and calcium. We can find cheddar cheese in the bean and cheese burrito in the cafeteria. The bean and cheese burrito tastes great and is packed full of protein. Be sure to enjoy it for lunch!

Trivia Question

Can you name another food in the cafeteria that has cheese in it?
Hi students! Today is Wellness Wednesday. The healthy message today is Vegetables Food Group.

Did you know that vegetables are important sources of many nutrients, including vitamin A, vitamin C and many others? These nutrients are important because they help keep our eyesight sharp and heal our bodies faster when we get scrapes or cuts. Vegetables come in all colors of the rainbow. We should eat about two servings of vegetables every day to help us stay healthy.

Vegetables taste great when eaten raw. Try raw carrots, broccoli, lettuce and sugar snap peas or eat cooked vegetables such as corn, potatoes and peas.

Trivia Question

Can you name three vegetables you like to eat in the school cafeteria?
Hi students! Today is Wellness Wednesday.
The healthy message today is Romaine Lettuce.

Did you know that we need at least two servings of vegetables per day? Today we can get our two servings in the cafeteria for lunch, and the salad bar is a great place to start.

Let’s talk about salad. The salad today is made of romaine lettuce. Romaine is considered a dark green vegetable, and it is high in vitamins A, K and C; calcium; and fiber. All of these nutrients are important for our growth, eyesight and bones. One serving size equals two cups, which is about the size of two fists.

Let’s try eating our vegetables today. In fact, (principal’s name) and many of our teachers eat dark green vegetables. Let’s be sure to ask (principal’s name) and our teachers which dark greens they ate today when we see them!

Trivia Question

Can you list three other dark green vegetables that are good for your body?

Bonus question:
- What else could you add to your salad to make it taste great and get your second serving of vegetables today?
Hi students! Today is Wellness Wednesday.
The healthy message today is Carrots—Super Vision!

Did you know that carrots are root vegetables that grow underground? They were first brought to America by colonists in Jamestown in 1607. They are known for being orange in color but they can also be white, yellow or purple. Carrots are very high in vitamin A, which is good for our eyesight, especially for seeing at night.

Carrots can be an ingredient in meals such as soups and salads. They are also very tasty to eat as side dishes, cooked and warm or raw and crunchy. Let’s be sure to eat our carrots tomorrow at lunch to help with our super vision!

Trivia Question

Can you name another vegetable that is high in vitamin A? You might have to do some homework to find out!
Hi students! Today is Wellness Wednesday.
The healthy message today is Cabbage.

Cabbage is an Old World vegetable related to broccoli and kale, and it comes in a variety of sizes and shapes. Cabbage can be purple or green. It can be eaten raw, cooked or pickled and is a main ingredient in coleslaw. Did you know that cabbage is 90 percent water? Cabbage is high in vitamin C, which helps keep our bodies strong so we don’t get sick.

One common way to eat cabbage is in a popular Chinese dish called egg rolls. Egg rolls contain chicken, cabbage, carrots, bean sprouts and other vegetables all wrapped in a delicious package for us to eat. We can get chicken egg rolls in our cafeteria for lunch. Be sure to try them!

Trivia Question

Can you name three other vegetables that are often used in Chinese dishes?
Hi students! Today is Wellness Wednesday.
The healthy message today is Fruits Food Group.

Now that we have talked about the Vegetables food group we’ll learn about the Fruits food group. Did you know that fruits can be whole, sliced, canned, dried, frozen or cooked? Most of us enjoy eating fruits because of their sweet taste. Fruits are also packed full of potassium, fiber, vitamin C and B vitamins that help us stay healthy and heal faster after being bruised.

To get these health benefits, we should eat 1½ cups of fruits every day. It is easy to do! Add fruits to cereal, yogurt, salad and as a topping to dessert, or simply enjoy as a snack.

Trivia Question

Can you name three fruits you enjoy eating at the school cafeteria?
Hi students! Today is Wellness Wednesday.
The healthy message today is Prickly Pineapple.

Did you know that pineapple originates from South America and that Christopher Columbus brought it back to Spain as one of the exotic prizes of the New World? Pineapple looks like a huge pine cone—tough and spikey on the outside—but it is yellow and very sweet on the inside. We most commonly think of Hawaii when we talk about pineapple.

Be sure to try the pineapple in our school cafeteria. Pineapple is an excellent source of vitamin C.

Trivia Question

How do fruits benefit your body?

Today’s tip:

- You can also buy dried pineapple slices at the store. They are sweet and tasty. Give them a try and eat them with your family as a healthy snack!
Hi students! Today is Wellness Wednesday.
The healthy message today is Raisins—Dried Powerhouses.

Did you know that raisins are dried grapes? Half of the world’s raisins are produced in California. The Raisin Capital of the world is Fresno, California. According to 18th century legend, California’s first raisin crop was grown by nature, not farmers: A massive heat wave hit the valley before harvest, and most of the grapes dried on the vine before farmers could pick them.

It takes more than four tons of grapes, about the weight of an elephant, to make one ton of raisins. As grapes dry they shrink, and though they are smaller than their grape counterparts, raisins are packed full of energy, vitamins and minerals. Be sure to try the raisins in our school cafeteria.

Trivia Question

Do you know what fruit a dried prune comes from? You may have to ask your family or friends to find out.
Hi students! Today is Wellness Wednesday.
The healthy message today is Apples—Keep the Doctor Away!

Did you know that apples are one of the most widely grown tree fruits? There are thousands of different kinds of apples. Some that we may be familiar with include Fuji, Gala, Red Delicious, Granny Smith and Honey Crisp. While most apples are eaten fresh, they are also used for making fruit juice and for cooking.

Pilgrims planted the first apple tree in the United States in the Massachusetts Bay Colony. Today, apples are grown in all 50 states. Apples are full of nutrition, providing good sources of fiber, energy, carbohydrates and vitamin C.

Trivia Question

Can you name the type of apple served in the cafeteria for lunch?
Hi students! Today is Wellness Wednesday.
The healthy message today is
Grains Food Group.

Grains is the fourth food group we will learn about. Did you know that this food group includes bread, rice and cereal? Whole kernels of grains are called berries but they are very different from the sweet strawberries and blueberries that we like to eat. Grains are a good source of protein, carbohydrates, fiber and B vitamins. These nutrients give our bodies the energy needed to learn in class and to play hard by being active.

Grains can be whole or refined. Whole grains are usually brown in color, have more nutrition than refined grains and have a tasty, nutty flavor. Refined grains are white and have less nutrition than whole grains but are still good for us. We should eat half whole grains and half refined grains. Children should eat four to six servings of grains a day. One serving is equal to one slice of bread, one cup of cereal or a half cup of cooked rice or pasta.

Trivia Question

Can you name three foods in the cafeteria that are in the Grains food group?
Hi students! Today is Wellness Wednesday.
The healthy message today is Totally Tortilla!

Did you know that a tortilla is a type of flatbread made from ground corn or wheat? Tortillas have been eaten for thousands of years in Mexico where they are included in the diet much like bread is for us here in the United States. The word tortilla comes from the Spanish word torta, which means little round cake.

One six-inch tortilla equals one serving from the Grains food group. We need four to six servings from this group every day.

One lunch choice in the cafeteria that includes a tortilla is the cheese quesadilla. This meal is high in carbohydrates, protein and calcium to help us have enough energy to get through the day. Be sure to try one during lunch!

Trivia Question

Can you name another food item from the cafeteria that includes a tortilla?
Hi students! Today is Wellness Wednesday. The healthy message today is Pizza Dough.

Pizza is a baked pie that was first made in Italy. It has a bread-like crust and is covered with toppings such as tomato sauce, cheese, meat and olives. Did you know that in 16th century Naples, Italy, pizza was known as a dish for peasants and was often sold on the street? In 1889 a pizza-maker served the first Pizza Margherita in honor of the queen consort of Italy to represent the colors of the Italian flag: red (tomatoes), white (mozzarella cheese) and green (basil). This pizza is most similar to the kind we eat today.

Pizza crust is from the Grains food group and counts as one of our food-group servings. Let’s gobble up the cheese pizza in the cafeteria during lunch and know that we are eating a slice of Italy!

Trivia Question

What fruits and/or vegetables can you add to your pizza to make it even tastier?
Hi students! Today is Wellness Wednesday.
The healthy message today is Bread—Chicken Sandwich.

Did you know that the first bread dates back more than 30,000 years? It is believed that early bread was probably a cooked version of ground cereals with water. Flatbread became common in the diet of many early civilizations and continues today as the Mexican tortilla, North American johnnycake, Jewish matzo, Middle Eastern pita, Ethiopian injera and Indian chapatis or naan.

Bread is a great source of iron, vitamins and protein. Whole-grain bread is also high in fiber, which is good for digestion. For the best health benefits from bread, either stone-ground or whole grains (not refined) should be the first ingredient on the food label.

One slice of bread equals one serving from the Grains food group. It is fine to eat two servings at once (a whole sandwich) because we need four to six servings each day.

Trivia Question

Can you name two sandwiches you can choose in the cafeteria and tell how many servings of Grains each one provides your body?
Hi students! Today is Wellness Wednesday. 
The healthy message today is Protein Food Group.

The Protein food group is the last of the five food groups we will learn about. Did you know that the Protein food group includes meat, fish, eggs, beans, soy products, nuts and seeds? All of these foods are high in protein.

Protein is a very important part of our healthy eating. It helps us grow and makes our muscles stronger so we can be physically active. We need two servings of protein every day. One serving can be one egg, 12 almonds, one slice of deli meat or one tablespoon of peanut butter.

It is important to eat protein throughout the day so our bodies benefit more. Try including foods from the Protein food group at breakfast or lunch, as well as dinner.

Trivia Question

Can you name another food that is not in the Protein food group that is also high in protein?
Hi students! Today is Wellness Wednesday.
The healthy message today is Legumes, Say What?

You may be thinking, “Legumes … what are those?” Beans and peas! Kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils are also legumes, and they are delicious! Did you know that legumes are an excellent source of plant protein? In addition to being high in protein, they also provide our bodies with fiber and important minerals such as iron, zinc, folate and potassium.

One very tasty type of legume is edamame, or soybeans. We can find edamame during lunch as one of our selections. They are popular in Japan and make delicious snacks or side dishes.

Trivia Question

Name one or two of the tasty legumes that are available during lunch.

Reminder:

- Be sure to eat some of these nutrient-packed legumes during lunch tomorrow! They are especially good in salads.
Hi students! Today is Wellness Wednesday. The healthy message today is Chicken Egg Rolls.

Did you know egg rolls originated in Eastern China and then spread throughout the world? The original version was a spring roll that was prepared for the first planting festivals before the Chinese New Year.

We serve chicken egg rolls each month for lunch. Chicken is in the Protein food group and provides a great source of protein. Chicken egg rolls also have cooked vegetables wrapped inside and are a good source of fiber. Let’s be sure to eat chicken egg rolls next time we find them on the cafeteria menu so we can stay fueled up for all of our activities during the year of the horse.

Trivia Question

What is the benefit of eating protein? How is it good for your body?
Hi students! Today is Wellness Wednesday.
The healthy message today is Chicken Nuggets.

Did you know that chicken nuggets were invented in the 1950s by Robert C. Baker, a food science professor at Cornell University? Dr. Baker’s discovery made it possible to form chicken nuggets in any shape. Just like the chicken in chicken egg rolls, chicken nuggets are a great source of protein.

We serve chicken nuggets every (Monday). We bake them in the oven instead of deep-frying them in oil. Baked nuggets are a healthy source of protein for lunch … and they are fun to eat!

Let’s be sure to eat fruits and vegetables with our chicken nuggets. They make a great combination.

Trivia Question

Name three foods that are great sources of protein.
Hi students! Today is Wellness Wednesday.
The healthy message today is Combination Foods—Salad.

Combination foods are made up of foods from more than one food group. Combination foods are some of our most favorite school lunches. For example, a cheeseburger can contain a bun from the Grains food group; lettuce from the Vegetables food group; cheese from the Dairy food group; and a ground meat patty from the Protein food group. Pizza contains crust from the Grains food group; tomato sauce from the Vegetables food group; and cheese from the Dairy food group.

Combination foods provide an opportunity to mix a variety of foods from each of the five food groups so we can get the most nutrients and health benefits from what we eat.

Trivia Question

Name one combination food that is served in our cafeteria and identify the food group for each ingredient. If any of the five food groups is missing, list a food to add to the meal so each food group is represented.
Hi students! Today is Wellness Wednesday.
The healthy message today is Eating Breakfast Every Day.

Did you know that good nutrition begins with breakfast? Eating a healthy breakfast provides the first fuel of the day for our brains and bodies, giving us the energy we need to start the day! The fuel we get from breakfast helps us think and focus better in class and gives us energy to play during recess.

A balanced breakfast has at least one food from each of the “3 out of 5” food groups:

1. Grains
2. Vegetables OR Fruits
3. Dairy OR Protein

Breakfast is the most important meal of the day. Be sure to eat at home or in the school cafeteria before the first bell rings in the morning!

Trivia Question

Make a healthy breakfast by using the “3 out of 5” model. Write down your favorite balanced breakfast that contains at least one food from these food groups: Grains; Vegetables OR Fruits; Dairy OR Protein.
Hi students! Today is Wellness Wednesday.
The healthy message today is Healthy Beverages!

Did you know that drinks can provide our bodies with nutrients just as foods do? It is important to choose the right beverages so we can keep our bodies healthy and strong. Low-fat milk has many health benefits for our bodies. Water doesn’t contain nutrients but it is essential to life. We need to drink water to stay hydrated and help our brains function well. We can add orange, lemon or cucumber slices to provide a nice flavor to our water. A good source of vitamin C is 100 percent juice. Another nutritious option is a smoothie made of milk, yogurt and fresh fruit.

Some drinks are really high in sugar. Drinking one soft drink is like eating two candy bars! Drinking too many sugary beverages can lead to cavities, weight gain and other health problems. Choosing the right beverages helps keep our bodies functioning properly. Next time we select a beverage let’s stop and rethink our drinks! Will our drinks be good for our bodies or are we choosing soft drinks, sports drinks or juices with added sugar? We may want to reconsider and choose healthier options.

Trivia Question

Can you name three drinks that are good for your body and three drinks that are high in sugar and provide no health benefits?
Hi students! Today is Wellness Wednesday.
The healthy message today is Healthy Snacks—Brain Food.

Did you know that snacks are like mini-meals? Healthy snacks can provide our bodies with important nutrients to give us energy between meals. A good rule is to choose snacks from the food-group foods. Some healthy snacks include:

- Whole-grain crackers with cheese and a tomato slice
- Whole-grain cereal with milk
- Celery with peanut butter and raisins
- Cottage cheese with peach slices
- Yogurt with fresh fruit

Our bodies use food as energy to keep us moving, just like cars use gas to keep them moving. Cars run better with high-quality gas, and our bodies will perform better with foods that are high in vitamins and minerals—the food-group foods!

Our cafeteria offers snacks every day at school. Next time we are hungry during snack time, let’s get some healthy snacks like milk, fruit or baby carrots!

Trivia Question

Can you name two snack items you enjoy eating that are healthy? Tell why they are healthy.
Hi students! Today is Wellness Wednesday. The healthy message today is Drinking Plenty of Water.

Did you know that drinking water is important to our health because water makes up more than two-thirds of the weight of our bodies? A person can survive without water for only about three days! Fortunately, we have a clean supply of water so we can drink it regularly. We should drink water when we are thirsty and have about eight glasses of water or four regular 16-ounce bottles of water each day.

Water is all natural and refreshing! For a little extra flavor, we can spice up water by adding fruit or herbs. The best part is that when we are done with our water we can eat the fruit as a snack!

Water is also found in many foods. When we eat these foods they hydrate our bodies. For instance:

- Watermelon is made of 91 percent water along with healthy benefits.
- Cucumber is made of 95 percent water along with healthy benefits.

Trivia Question

Can you name two other foods that have a high amount of water in them? You may have to do some homework to find the answer.
Hi students! Today is Wellness Wednesday. The healthy message today is Benefits of Exercise!

Endurance means lasting strength. We build more endurance when we do aerobic activity. Aerobic means requiring air. We can always tell when we are doing aerobic exercise because our hearts beat faster and we breathe harder. We can test this by running in place for 30 to 60 seconds or doing 25 jumping jacks. When we are done we can feel our hearts beating faster!

It is important to exercise for 60 minutes or one hour every day to stay healthy. Doing aerobic activity every day helps strengthen our hearts, which are muscles. This activity also improves our cells’ ability to breathe, and our cells need oxygen to keep us healthy and fight off disease.

Aerobic exercise is a lot of fun, especially if we do it with friends or family! Examples of aerobic activity include basketball, bicycling, ice skating, in-line skating, soccer, swimming, tennis, walking, jogging, running and dancing.

Trivia Question

What types of aerobic exercise can you do at home with your family?
Hi students! Today is Wellness Wednesday.
The healthy message today is Variety, Variety, Variety.

Did you know that the foods we eat provide our bodies with different vitamins and minerals that help us grow, stay healthy and learn in school? It is important to have a variety of foods, which means to have a number of different types.

- Foods from the **Dairy** food group provide us with calcium, vitamin D and protein for strong bones.
- Foods from the **Vegetables** food group provide us with vitamin A for good eyesight and healthy skin.
- Foods from the **Grains** food group provide us with B vitamins for energy.
- Foods from the **Protein** food group provide us with protein to help keep our muscles strong.

**Trivia Question**

What main nutrient does the **Fruits** food group provide, and how does that nutrient benefit your body?

**Today’s tip:**

- Remember to eat a variety of foods from each of the food groups so your body and mind can be healthy and strong!
Hi students! Today is Wellness Wednesday.
The healthy message today is Dessert—Make It Healthier.

Almost everyone enjoys dessert, a sweet bite, after dinner. Did you know that it is easy to make dessert a little healthier? In ancient civilizations people enjoyed dried fruits, honeycombs or nuts for dessert. Today we have expanded these sweet treats to include cakes, pies and cookies. Ice cream has actually been around since the fourth century. (We are in the 21st century, and each century is 100 years long, so that is 1,700 years ago.) Even George Washington and Thomas Jefferson served ice cream to their guests.

Desserts such as cakes and cookies don’t have many nutrients that help our bodies. However, a few additions can create healthier and tastier treats. Let’s try some of these combinations next time we eat dessert: Ask to have a glass of milk with our cookies or ask to have fresh fruit on our ice cream or in our pudding. Better yet, try some yogurt with fruit and nuts.

Trivia Question

What is your favorite dessert, and how will you make it healthier next time you eat it?
Hi students! Today is Wellness Wednesday.
The healthy message today is Making Every Meal Count!

Did you know that the foods we eat every day can benefit our bodies and keep our minds sharp? Some foods help our bodies more than others. Foods that come from the food groups benefit us the most. Other foods such as chips, candy, cake and soft drinks provide little or no health benefits. We can eat these “extras” on special occasions and in small amounts—like special treats. For breakfast, lunch, dinner and snacks we should try to choose from the five food groups so we can get all the nutrients that allow us to grow up strong and healthy. When choosing meals let’s be sure to keep these tips in mind:

- Get our calcium-rich foods from the Dairy food group.
- Vary our vegetables—try new ones from the Vegetables food group.
- Focus on fruits by including the Fruits food group in salads or snacks.
- Make half our grains whole—make a sandwich with whole-wheat bread from the Grains food group.
- Go lean with protein by eating peanut butter, chicken or fish such as tuna from the Protein food group.

Trivia Question

Name an “extra” food you have eaten as a snack. What food-group food can you trade or add to make your snack healthier?
Hi students! Today is Wellness Wednesday.
The healthy message today is
Being a Role Model to Friends + Family.

Did you know that we can be healthy role models every day at school and at home? What does it mean to be a healthy role model? It means that we can serve as an example or “model” to our friends and family by making healthy choices and encouraging them to do the same. Here are a few ways to be a healthy role model.

At School:
• Cheer on our friends and classmates to eat a variety of foods during lunch, which can provide us with about one-third of the nutrients we need for the day.
• Talk about why it is important to bring or buy healthy snacks—remember they are brain foods!
• Show our friends and classmates when we make a healthy choice.

At Home:
• Ask our family to serve a variety of food-group foods with meals and snacks.
• Ask family to be active with us: dance to music or go on a walk.
• Tell family how important it is for everyone to eat breakfast every single day to start the day off with energy.

Trivia Question

Name one way you can be a healthy role model to your friends at school and one way you can be a healthy role model to your family at home.
Hi students! Today is Wellness Wednesday.

The healthy message today is Hands—Wash for the ABCs.

Did you know that washing our hands regularly is the best way to keep from getting sick? Our hands touch all kinds of surfaces and things that may carry germs that can make us sick. That is why it is important to wash our hands properly. Use warm water and soap. Be sure to scrub and lather the soap between our fingers and under our nails, too. Do this for about 20 seconds … as long as it takes to sing the ABCs! Then rinse hands and be germfree.

We should wash our hands before eating and cooking and after playing on the playground.

Trivia Question

Can you name three other times when you should always wash hands?

Today’s reminder:

● Don’t forget, washing your hands is the best line of defense from getting a cold.