

Stanley G. Falk School - Roosevelt Location K-6 Fresh Fruit & Vegetable Program Menu December



Monday	Tuesday	Wednesday	Thursday	Friday
2 Move it Monday!! 12 Reach For the Sky! (six on each side)	3 Cucumber Spears	4 Watermelon Chunks	5 Kale and Blueberry Salad Cup	6 Honeydew Drops
9 Move it Monday!! 10 Large & Small Arm Circles	10 Grape Tomatoes w/ ranch dipping cup	11 Petite Banana	12 Avocado Dip (Guacamole) & Carrot Crunchers	13 Blueberry Cup
16 Move it Monday!! 5 Squats	17 Sugar Snap Peas	18 Mango Spears	19 Cauliflower Clouds w/ ranch dipping cup	20 Strawberries

Reading Corner

Two Old Potatoes and Me



By: John Coy

In this book, a girl discovers two old potatoes that have begun to sprout at the back of the cupboard. She goes to throw them away, but her dad suggests instead that they try to grow new potatoes from the old ones. The story details how they prepare the soil, care for the plants, and protect the plants from potato beetles. Their patience and hard work are rewarded with a brimming bucket of new potatoes.

Parent

Resources

<https://www.nutrition.gov/subject/life-stages/children>

<https://www.fns.usda.gov/tn/parents>

<https://www.choosemyplate.gov/health-and-nutrition-information>

<https://kidshealth.org/en/parents/elementary-exercises.html>

Move It Mondays

Make one day of the week your day to exercise...

Push-ups on the counter:

Place both hands on the counter top, extend your legs behind you at an angle, bend your elbow into the counter top, then push back up!
For more fun and inexpensive exercises to do with kids click the link below

#FalkForward Fresh Veggie Feature: Avocado

The avocado is a tree, long thought to have originated in south Central Mexico, classified as a member of the family Lauraceae. The fruit of the plant, also called an avocado, is botanically a large berry containing a single seed known as a pit or a stone.



Try it... You are going to LOVE it!

Here's an easy Avocado Dip recipe for you to try:

Ingredients:

4 ripe, fresh avocados, halved & pitted – 1tbsp. fresh lemon juice – 1/2 small red onion – 1 ripe Roma tomato, seeded - lime juice – salt& pepper to taste.

Directions:

Gently mash all the avocado with the lime juice, leaving some chunks. Gently fold in the tomato and the red onion. Add salt & pepper to taste. Serve with fresh veggies for dipping.