November 2nd
The best way to stay healthy is being physically active and eating healthy foods. What’s your favorite physical activity?

November 9th
Did you remember on Friday we talked about sugary cereal? Did you talk to your parents about the negative effects of sugar?

November 16th
Did you have an apple this weekend with peanut butter on it? Did you dip your apples in low fat yogurt? Apples are a great fall fruit and they grow right here in our community.

November 23rd
How did the water drinking go over the weekend? You can drink water anytime just remember to drink plenty of it.

November 30
Attention teachers: It’s time to tell students what your favorite healthy snack is and why.

Fun Fact Friday

November 6th
Did you know that many of your favorite cereals contain lots of sugar? Too much sugar isn’t good for your teeth. This weekend talk to your parents about why it’s better to eat cereal with less sugar.

November 13th
Did you know that apple peels contain lots of nutrients? Try dipping your apple in low fat yogurt or peanut butter this weekend.

November 20
Did you know your body consists of lots of water? Your body is made up of almost 60% water and your muscles and brains are nearly 75% water. Every time you exercise you sweat and your body needs water to replace the sweat you lose. Remember drink lots of water this weekend, your body needs it!

For more information visit www.healthikids.org