

December

square meals

Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



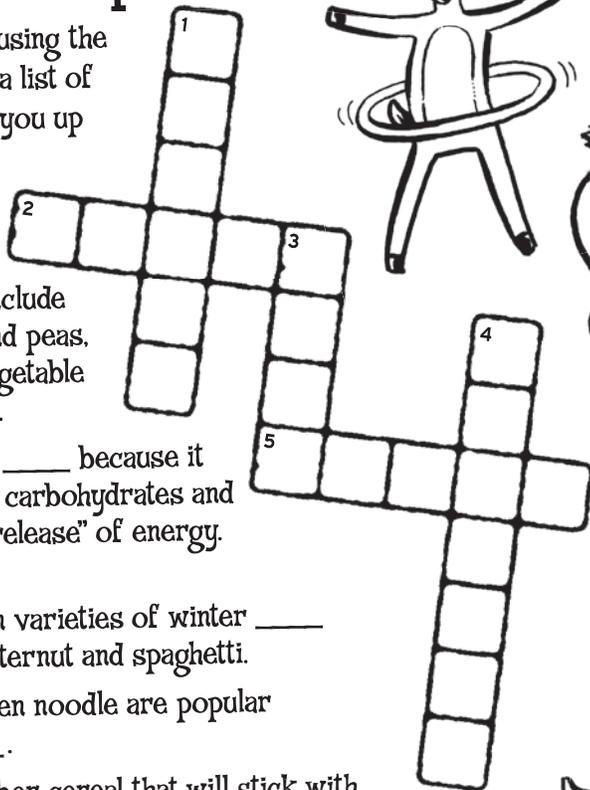
Making a List and Checking It Twice

When someone asks what gift you would like this year, suggest something that will help you get more exercise. There's everything from classic jump ropes, hula hoops and pogo sticks to footballs and skates. For a stocking stuffer, ask for a pedometer that will add to the fun of walking and running by letting you see how far you go each day.



Healthy Warm-up Foods

Complete the puzzle using the clues below to make a list of foods that will warm you up on a cold winter day.



Across

- Legumes, which include all dried _____ and peas, are the richest vegetable source of protein.
- Athletes often eat _____ because it is high in complex carbohydrates and provides a "time release" of energy.

Down

- The most common varieties of winter _____ include acorn, butternut and spaghetti.
- Tomato and chicken noodle are popular varieties of _____.
- _____ is a high-fiber cereal that will stick with you all morning.

Answer Key: Across 2: beans 3: soup 4: oatmeal
Down 1: pasta 5: squash

Check Out the CAFETERIA BUZZ



School Lunch Buddies... Crunch & Munch



Healthy Foods are Friends for Life

Hey, Munch, Do you know why it's so cold this month?

I don't know.

Because it's Decembrrrrrrrrr!



Brrrrr is right; I'm going to wear my coat and gloves tonight when I walk around to see Christmas lights. Would you like to come with us?

Sure, that would be a great way to get some exercise. I need lots of exercise this time of year because it's easy to put on extra weight with all those holiday treats around the house!

That's right. I'm trying to fill up on healthy food first so I'll eat fewer sweets. I also ride my bike, skate or dance at least 30 minutes a day.

Hey, that reminds me of a joke. Do you know where Santa's elves go to dance?

I don't know.

Christmas balls.

