

Brain Booster



STRENGTH STATIONS

GRADES 4-8. ADJUST EXERCISES FOR GRADES K-3.

Eating healthy and exercising are important for strong muscles. This classroom activity will help students strengthen their muscles in fun, interactive ways.

Instructions:

- 1 Cut out "strength station cards" on page insert and place in different areas around the classroom.
- 2 Split students into 5 groups.
- 3 Place each group at a separate strength station.
- 4 Instruct students to read the card at their station and to complete the exercise (allow 3 minutes at each station).
- 5 Rotate clockwise until each group has been to every station.

SEE CUTOUTS ON PAGE INSERT



CookWELL Kitchen - Online Exhibit

Cooking and kitchen skills can help develop better food choices, preferences, attitudes, and behaviors. Visit Poe's online kitchen to learn more about food prep, healthy recipes, knife safety, cleaning, and so much more. www.poehealth.org

Visit our **NEW** CookWELL Kitchen Online!



PROTEIN

Protein in foods functions as building blocks for bones, muscles, cartilage, skin, and blood. There are many protein rich foods, such as meat, poultry, fish, beans, peas, eggs, nuts and seeds. Most Americans eat enough protein, but need to make leaner and more varied selections.

TIPS FOR MAKING HEALTHY PROTEIN CHOICES



Choose seafood twice a week.

Eat seafood that is low in mercury, such as salmon, trout, and herring.



Choose lean or low-fat meats.

Trim or drain fat from meat and remove skin from poultry.



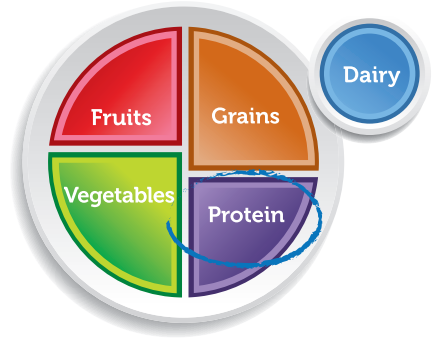
Eat plant protein.

Try beans, peas, nuts, and seeds. Choose unsalted nuts and seeds.



Get creative.

Try grilling, broiling, roasting, or baking. These cooking methods do not add extra fat.



Seymour says:



"Eat a variety of proteins: beans, meat, chicken, & seafood."

June 2019

National Fresh Fruits & Vegetables Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fresh Fruits and Vegetables Month						1 National Trails Day / Say Something Nice Day
2	3 Egg Day Eid al Fitr	4	5 National Running Day / World Environment Day	6 Gardening Exercise Day	7	8 World Oceans Day
9	10 Men's Health Week	11	12	13	14	15
16 Father's Day	17	18	19	20	21 First Day of Summer / Flip Flop Day	22
23 Hydration Day	24	25	26	27	28	29
30						