It’s a new academic year, and you have a million things to plan. Is nutrition and physical activity on your list? Not to worry, the Poe Center for Health Education is here to help.

In recent years, the classroom has become the focal point for integrating nutrition and physical activity into learning. This makes sense given school-aged children spend more than half of their waking hours and consume half of their calories at school. Additionally, research shows that kids who are physically active and eat well learn better.

The Poe Center for Health Education has developed the Nutrition & Physical Activity Classroom Calendar with that in mind. Designed based on teacher feedback, this calendar features useful health information along with easy-to-use activities to integrate nutrition and physical activity into the classroom throughout the year.

**THEMED MONTHS**
Each month highlights a unique aspect of nutrition or physical activity with useful information to aid learning.

**BRAIN BOOSTERS**
Exercise activities put learning into action and create opportunities to energize the day.

**SNACKTIVITIES**
Food activities encourage students to make nutritious choices for snacks and meals.

**RESOURCES**
Go to [www.poehealth.org](http://www.poehealth.org) for a list of references and more great nutrition and fitness activities to try.

Additionally, the Poe Center offers a wide variety of nutrition and physical activity programs for Pre-K through 12th grades and adults. Visit us for a field trip. Bring our staff to your classroom. Plan a program online. Visit our website at [www.poehealth.org](http://www.poehealth.org), call us at 866.402.4799, or email us at info@poehealth.org to plan a program.

**Here’s to a healthy and happy academic year!**

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## Experience Poe

Theater, lab, museum, playground, there are so many ways to learn about health at the Poe Center. Bring your class to us, or we can come to you in person or online. Plan a field trip with Poe today!

**ON-SITE: Come to Us!**
Engage with museum-quality exhibits, interactive technology, and hands-on learning.

- **Seven Themed Teaching Theaters** - Larger-than-life props and engaging activities immerse participants into each health topic.
- **Cranium Connection** - Explore the wonders of the brain inside Poe’s 12-foot tall head.
- **GrowWELL Garden & Apiary** - Learn about growing fruits and veggies, why pollinators matter, how to compost, and the science of plants.
- **CookWELL Kitchen** - Create healthy snacks and meals while learning about food science and kitchen skills.
- **WakeMed’s PlayWELL Park** - Put learning into action at Poe’s body-systems-themed playground.

**OFF-SITE: We’ll Come to You!**
Bring any of our programs directly to your school or organization. Book a single program or a series.

**ONLINE: We’re just a click away, and we’re virtual!**

- **Online Programming** - Poe’s vital educational programming is now available online via video-conference.
- **Online Exhibits** - Use one of Poe’s beautifully designed interactive online exhibits to supplement classroom instruction on a wide range of health-science topics.

Nutrition and Physical Activity | General Health | Family Life | Substance Use Prevention | Dental Health | Bullying Prevention | Mental Wellness | Cooking & Gardening
Did you know over 60% of your body is made of water?

Kids need 4-8 cups of water every day!

National Water Quality Month

August 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 National Water Quality Month

2 World Breastfeeding Week

3 Watermelon Day

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Snacktivity

MAKE FLAVORED WATER
GRADES K-8

1 Choose a fruit that is ripe and in season. Blackberries, blueberries, lemons, raspberries, peaches, and melons are in-season fruits in August.

2 Cut fruit into small pieces, about the size of a quarter.

3 Fill a pitcher with cold water and fresh fruit. Let it sit while students do exercises. Pick your favorite exercise, and do it in place!

4 When students finish exercises, give each student a cup filled with water and a small amount of fruit.

“Choose water instead of sugary drinks.”

Seymour says:

Water is a vital nutrient. All living things need it for survival.

Water regulates body temperature, lubricates joints, nourishes the brain and spinal cord, and more!

Did you know over 60% of your body is made of water?

Water is a vital nutrient. All living things need it for survival.

Energizes muscles

Helps your lungs

Flushes body waste

Helps your kidneys

Cushions your brain

Heats body waste

Helps your heart

Nourishes the brain

Kids need 4-8 cups of water every day!

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“Choose water instead of sugary drinks.”

Seymour says:
Classroom Activity

**Making Kale Pesto**

**Grades K-Adult**

**Ingredients:**
- 1 ½ cups chopped kale, stems removed
- ½ cup fresh basil leaves
- 1 clove garlic
- Juice of 1 lemon
- Salt to taste
- ¼ cup walnuts
- ¼ cup pine nuts
- ¼ cup parmesan cheese (optional)

**Instructions:**
1. Add kale, basil, olive oil, garlic, and lemon into the food processor and pulse/blender until smooth.
2. Add nuts, salt, and cheese and pulse until smooth.
3. Serve as a dip with veggies or whole grain crackers.
4. Or, serve as a sauce mixed into pasta.

Fruits and veggies are delicious and easy options when choosing healthy snacks.

Healthy snacks are a great way to stay energized and focused.

Limit highly processed snacks, which are high in sugar, salt, and fat, and provide little lasting energy.

Seymour says:

"Try to include a fruit or vegetable in every snack choice."

FRESH & FUN SNACKING

Fruits and Veggies: More Matters Month

**September 2022**

Fruits and Veggies are delicious and easy options when choosing healthy snacks.
MENTAL WELLNESS

Wellness means having a healthy body, healthy mind, and healthy relationships.

Having a healthy mind is called “mental wellness,” and is important for everyone. Mental wellness includes having healthy thoughts, feelings, and relationships with friends and family. Sometimes when we are stressed or anxious, we can take that out on other people by way of anger or other big feelings. Learning and practicing this month’s tips will positively impact mental wellness and help regulate emotions!

WAYS TO HELP MAINTAIN MENTAL WELLNESS

**TREE POSE** 2 minutes total

1. Stand with feet together and arms at your sides.
2. Raise right foot and place it on inner left thigh, toes pointing down.
3. Raise arms to the sky and place palms together.
4. Balance in this position for 1 minute, then switch sides.

**TRIANGLE** 2 minutes total

1. Separate feet so they are a little wider than hips.
2. Turn right foot out 90 degrees and left foot in slightly.
3. Inhale and raise both arms to shoulder level.
4. Place right hand on right leg and raise left hand up towards the sky, looking at left hand.
5. Inhale and come up, then repeat on other side.

**DOWNWARD DOG** 2 minutes total

1. Separate feet wide apart and turn them in slightly.
2. Exhale, bend forward, and place hands on the floor between feet shoulder width apart.
3. Place hands on hips, inhale, and come up.

**MEDITATION RELAXATION** 5-10 minutes

1. Sit up straight in a cross-legged position.
2. Place hands on stomach. Inhale expanding stomach like a balloon.
4. Clear your mind. It may help to repeat a single word, such as "om," softly in your mind.

**CONNECT WITH OTHERS.** Develop positive relationships. Spend time with people who care about you and are fun to be around.

**BE PHYSICALLY ACTIVE.** Exercise can reduce stress, alleviate anxiety, and improve self-confidence. Try activities until you find one you enjoy doing.

**DEVELOP COPING SKILLS.** These skills can help reduce anxiety during stressful situations. Try meditation, reading, hums, hobbies, exercise, or friendships. See what works best for you.

**GET PROFESSIONAL HELP IF YOU NEED IT.** If anxiety or stress are making life hard, talk to a trusted adult about getting help.

**BREATHE.** Taking just a few minutes daily to reset your perspective. Try five slow breaths in and out of your nose. This will reduce and ease the body’s reaction to stress.

Seymour says: "Daily exercise can make you feel happy, more confident, and less stressed out."

October 2022

**SUNDAY**  **MONDAY**  **TUESDAY**  **WEDNESDAY**  **THURSDAY**  **FRIDAY**  **SATURDAY**

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29 30 31

Pasta Day  Food Day  Pumpkin Day  Chocolate Day  Oatmeal Day

Homemade Cookie Day  National Stop Bullying Month

Plan a Program with Poe: www.poehealth.org  |  866-402-4799  |  info@poehealth.org
Morning Wake-Up

"IF YOU LIKE..."
GRADES: K-5

Play this "morning wake-up" game in the classroom to get moving, energize your bodies, and get those brains ready to learn. It's time to wake up!

1. Give students options. For example: chocolate or vanilla. Reading or Math. Sweet or salty.

2. Assign a movement to each option. For example, wave your hands in the air for chocolate, and twist side to side for vanilla.

3. Call out an option: “If you like chocolate...wave those hands! If you like vanilla, twist those bodies!”

4. Play 6-8 rounds, with the last round being a breathing activity. Examples are square breathing, 4-4-4 breaths, or just a quiet minute.

Note: Be sure to include movement modifications for students with limited mobility.

"IF YOU LIKE..."
GRADES: K-5

Did you know? Kids need at least 60 minutes of exercise each day. Try adding some of those minutes of movement into the classroom! Physical activity can help in so many ways:

- Increase teamwork
- Help students feel better
- Reduce anxiety
- Strengthen bones and muscles
- Increase energy
- Help kids retain academic content
- Help students focus and learn
- Strengthen heart and lungs

WORK MOVEMENT INTO ANY LESSON

Working on English?
- Assign movements to different parts of speech. Nouns, verbs, adjectives, etc.
- Have students identify which is which by doing the assigned movement.
- "Is this a noun? Twist side to side. If it’s a verb, touch your toe!"

Working on Math?
- Try Yoga Math. Assign a pose to each number, 1-10.
- Present math problems with answers between one and ten.
- Have students solve the problem, and then do the corresponding pose to show you they’ve finished the math problem.

For students with limited mobility, try these movements:
- Waving hands over heads.
- Nodding heads.
- Wiggling toes or feet.
- Twisting torso side to side.
- Reaching for the ceiling.

November 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 National Family Literacy Month Dia de los Muertos Election Day
2 3 Sandwich Day
6 7 8 9 10 11 12
Daylight Savings Ends
13 World Kindness Day Clean Out Your Refrigerator Day
14 15 16 17 18 19
American Education Week
16 Take a Hike Day Great American Smokeout
20 21 22 23 24 25 26
Eat A Cranberry Day Thanksgiving Flossing Day
27 28 29 30
#GivingTuesday

Seymour says:
"All activity counts, even short bursts of movement have great benefits!"
Use MyPlate to navigate healthy eating.

There is a lot to celebrate this time of year and it is often done while enjoying food and time together with friends and family. In the midst of all the celebrations, you can make healthy choices and enjoy the holiday season. MyPlate can help you enjoy your favorite holiday meals and make fresh, tasty choices. Let’s make a balanced, nutritious meal!

BUILD A FOUNDATION FOR HEALTHY EATING AT EVERY STAGE OF LIFE BY STARTING SIMPLEx WITH MYPLATE

1. Follow a healthy eating pattern every day. No two bodies are the same, so find your own nutritious eating style and stick to it. MyPlate can help you choose a balance of the 5 food groups: fruits, grains, vegetables, protein, and dairy.
2. Focus on variety, nutrient density, and “how much.” To get your vitamins, minerals, and nutrients, choose a variety of nutrient-dense foods across and within all the food groups in recommended amounts.
3. Limit added sugars and saturated fats and reduce sodium intake. Try foods and drinks that are low in sugars, saturated fats, and sodium (salt). Try having an apple instead of apple juice, or baked chicken instead of fried chicken. These choices can be just as delicious.
4. Switch up your food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups. Consider your culture and personal preferences to make these shifts easier.
5. Support healthy eating patterns for everyone. If you can, ask for different lunch options in your cafeteria or in your packed lunch. Try new foods until you find nourishing foods that you love.

A healthy eating pattern includes:

- **A** FRUITS
- **B** VEGETABLES
- **C** PROTEIN
- **D** DAIRY
- **E** GRAINS
- **F** OILS
- **G** SATURATED AND TRANS FATS
- **H** ADDED SUGARS
- **I** SODIUM

MyPlate

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Seymour says:

"Don't rush meals. Eat slowly and enjoy being with family and friends."

Snacktivity

TURKEY CUPS!

**GRADES: K-5**

**Ingredients:**
- Small, holiday-themed paper cups
- Hummus
- Baby carrots
- Red, yellow, and orange pepper slices
- Cucumber slices or raw string beans
- Pretzels (optional)

These turkey cups include the vegetables and protein food groups from MyPlate. The colorful vegetables are good sources of vitamins and minerals. Hummus is a lean source of protein made from chickpeas. Pretzels may be added to include the grains food group.

1. Have students color and cut turkey face. Go to this blog to print: https://blog.chickabug.com/printable-turkey-snack/
2. Put 2 tablespoons of hummus (can also use low-fat ranch) in paper cups.
3. Cut vegetables into sticks about 4-5 inches long.
4. Place veggies in hummus in any order.
5. Glue turkey face to front of paper cup.
6. ENJOY!

December 2022

**Healthy Holidays**

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<td>New Year’s Eve</td>
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It’s a new year.
The transition back to school can be tough, and starting out a new year may seem overwhelming. There are tools, physical activities, and techniques you may use to stay resilient, which means strong and ready to take on challenges. Self-care is an important part of resiliency.

Here are some ways to encourage resiliency by including self-care in your day.

MAKE REACHABLE GOALS
Try “habit stacking:” Pair exercises with everyday activities. Ex.: 10 crunches after brushing your teeth.
Add movement breaks into the day.
Track the time exercised or write down movements or exercises that you’ve tried.
Celebrate successes and challenges you’ve overcome!

TAKE A SIP TO RESET
Try this activity to “reset.”
Take a sip of water. Is it hot, cool, or warm?
How does the water taste?
Are you taking shallow or deep breaths?
Spend a few moments in this practice, noticing any sensations in the body.

TAKE A WALK TO RESET
Walk or march in place. Speed up. Now, walk or march even faster. What do you notice? Is your breathing faster? How is your heart rate? Are your muscles warm?
This activity will wake up the body and reset the mind, preparing you to take on challenges.

TRY A BREATHING EXERCISE
Gently inhale through the nose for 4 seconds.
Hold at the top of the breath for 4 seconds.
Gently exhale through the mouth for 4 seconds.
Pause at the bottom of the breath and hold for 4 seconds.
Repeat 4 times or until calm.

Snacktivity
MINI MYPLATE PIZZAS
GRADERS: K-8

Ingredients:
• Mini whole-grain bagels or English muffins
• Tomato sauce
• Part-skim mozzarella cheese
• Grilled chicken
• Other toppings may include: sliced tomatoes, spinach, pineapple, and even broccoli

These mini pizzas are a delicious and filling snack that includes all five food groups of the MyPlate!

Choose whole-grain bagels (grain), fresh tomato sauce (vegetable), part-skim mozzarella cheese (dairy), grilled chicken (protein), and your choice of crunchy fruit or vegetables (fruit/vegetable).

1 Cut mini bagels in half.
2 Place a tablespoon of tomato sauce on top of bagel slice.
3 Sprinkle with cheese.
4 Top with chicken pieces and a few slices of fresh fruit or veggies. Note: green veggies go best under cheese.
5 Place in toaster oven until cheese melts and bagel is toasted.
6 ENJOY!

Seymour says:
“It’s OK to ask for help if you need it.”

Kwanzaa
Folic Acid Awareness Week
Birthday of Martin Luther King, Jr. (observed)

January 2023
Family Fit Lifestyle Month

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<td>New Year’s Day</td>
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<td>Birthday of Martin Luther King, Jr. (observed)</td>
<td>Apricot Day</td>
<td>Milk Day</td>
<td>Peanut Butter Day / National Compliment Day</td>
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Plan a Program with Poe: www.poehealth.org | 866-402-4799 | info@poehealth.org
Dairy foods include milk and many foods made from milk, such as cheese and yogurt. Dairy foods contain the mineral calcium, which is important for teeth and bone health. Dairy foods are also rich in potassium, which helps maintain healthy blood pressure, vitamin D, and protein. Low-fat and fat-free dairy products are great options for our health as they contain little to no solid fats.

**TIPS FOR MAKING HEALTHY CHOICES WHEN IT COMES TO DAIRY**

- Try low-fat or fat-free milk. Try reduced fat (2%), then low-fat (1%), or fat-free (skim).
- Choose low-fat or fat-free yogurt as a snack or add to a fruit smoothie.
- Top soups, salads, casseroles, and pastas with reduced-fat or low-fat cheese, such as cottage cheese, part-skim mozzarella, or feta.
- Top baked potatoes or tacos with plain, fat-free yogurt.

For those who are lactose-intolerant, these foods are all good sources of calcium:

- Dark-green leafy vegetables
- Canned fish
- Almonds
- Soya and soya products
- Breads
- Cereals
- Juice

**WHAT’S IN YOUR BONES?**

**GRADES: 5-8**

**Materials:**
- 2 clear mason jars with lids
- 2 clean, cooked chicken wing bones with meat and cartilage removed
- Milk
- Vinegar
- Pins

1. Have students examine bones before they are placed in jars. Poke the bones with straight pins to test how hard the bones are. Instruct students to record results.

2. Place one chicken bone in a jar and cover it with milk. Place other chicken bone in second jar and cover with vinegar. Cover both with lids and let soak overnight.

3. Each day for 7 days, replace milk in jar so it does not spoil.

4. After one week, take the bones from each jar and rinse them off. Allow students to test bones again by pricking with pins and bending.

5. Record results. Which bone was stronger in the end? Discuss how the bone soaked in vinegar was weaker. Vinegar is an acid that pulls calcium from the bone. Sodas contain a type of acid called phosphoric acid, which can prevent your body from getting enough calcium if you choose soda over calcium-rich foods.
Eating a variety of fresh fruits and veggies will help you get the vitamins, minerals, folic acid, and fiber your body needs for growth and development.

Most fruit and vegetables are full of fiber.

Tips to add fruits & veggies to your diet
- Eat a rainbow
- Visit farmers markets
- Be a role model
- Try something new
- Add veggies to the grill

Eating fruits and vegetables may reduce your risk of cancer, diabetes, and many other diseases.

FRUITS & VEGETABLES

Sondra says:
“Focus on whole fruits. Vary your veggies.”

CATERPILLAR KABOBS
GRDES: K-3

Ingredients:
Variety of fresh fruits and vegetables (choose vegetables that can be eaten raw, such as carrots, zucchini, cucumber, peppers, broccoli, and tomatoes). Wash and cut into bite size pieces.

These easy kabobs are a great classroom snack. They are fun, delicious, and a great way to illustrate how to eat a rainbow.

1. **Fruit kabobs:** Assemble chunks of fruit, such as melon, apple, oranges, grapes or pears on skewers in any order. Use low-fat yogurt as a side for dipping.

2. **Vegetable kabobs:** Use raw veggies, such as zucchini, cucumber, sweet peppers, tomatoes, or squash. Pair with a ranch or hummus side for dipping.

Snacktivity

**CATERPILLAR KABOBS**

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**March 2023**

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<td>Women’s History Month</td>
<td>Banana Cream Pie Day</td>
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5 6 7 8 9 10 11
| Frozen Foods Day | Cereal Day |          |          |          |         |          |

12 13 14 15 16 17 18
| Plant a Flower Day | Pi Day | Learn About Butterflies Day | Antichoke Hearts Day | St. Patrick’s Day |

19 20 21 22 23 24 25
| Let’s Laugh Day | First Day of Spring | Ramadan begins | World Water Day |          |          |

26 27 28 29 30 31
| Spinach Day |          |          |          |          |          |          |

Tips to add fruits & veggies to your diet:
- Eat a rainbow
- Visit farmers markets
- Be a role model
- Try something new
- Add veggies to the grill

**CATERPILLAR KABOBS**

**Ingredients:**
- Variety of fresh fruits and vegetables (choose vegetables that can be eaten raw, such as carrots, zucchini, cucumber, peppers, broccoli, and tomatoes).
- Wash and cut into bite size pieces.

These easy kabobs are a great classroom snack. They are fun, delicious, and a great way to illustrate how to eat a rainbow.

1. **Fruit kabobs:** Assemble chunks of fruit, such as melon, apple, oranges, grapes or pears on skewers in any order. Use low-fat yogurt as a side for dipping.

2. **Vegetable kabobs:** Use raw veggies, such as zucchini, cucumber, sweet peppers, tomatoes, or squash. Pair with a ranch or hummus side for dipping.
GARDENING

Classroom Activity
POE & GROW GARDEN
GRADES: 3-6

Did you know that the North Carolina Science Curriculum supports gardening education for grades 3-6? Because gardens engage students by providing a dynamic environment in which to learn about nutrition, plant science, the environment, and general health and wellness, the Poe Center has developed an online interactive garden to assist schools and communities in developing their own learning laboratories. Other resources and a garden toolkit are available online as well, so check it out!

Go to www.poehealth.org/school-garden!

Seymour says:
“Gardening is a great form of exercise & can boost your mood.”

April 2023
National Garden Month

What else can gardening do for you?
- Brings people together
- Stress relief
- Increases task better
- Nurturing plants help create positive attitudes towards health and nutrition.
- Kids are more willing to eat veggies that they’ve helped to grow. It builds familiarity and curiosity!
- Gardens help grow food and strengthen family and social relationships.
- Veggies taste better
- Stress Relief
- Spend time outdoors
- Nurturing plants create positive attitudes toward health and nutrition.

**GARDENING**

Gardens help grow food and strengthen family and social relationships.

**April 2023**

**National Garden Month**

**Plan a Program with Poe:**

**www.poehealth.org** | **866-402-4799** | **info@poehealth.org**

**GARDENING**

**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
---|---|---|---|---|---|---

1

2 | Peanut Butter and Jelly Day | World Autism Month | Move More Month | Poem Poetry Month / Garden Month |  | 2

3 | Find a Rainbow Day |  |  |  | Fresh Tomato Day | 3

4 | Walking Day |  |  |  |  | 4

5 |  |  |  |  |  | 5

6 |  |  |  |  |  | 6

7 |  |  |  |  |  | 7

8 |  |  |  |  |  | 8

9 | Easter Sunday |  |  |  |  | 9

10 | Siblings’ Day |  |  |  |  | 10

11 |  |  |  |  |  | 11

12 | Grilled Cheese Sandwich Day |  |  |  |  | 12

13 |  |  |  |  |  | 13

14 |  |  |  |  |  | 14

15 |  |  |  |  |  | 15

16 | Orchid Day |  |  |  |  | 16

17 | Volunteer Week |  |  |  |  | 17

18 |  |  |  |  |  | 18

19 | Lima Bean Respect Day |  |  |  |  | 19

20 |  |  |  |  |  | 20

21 |  |  |  |  |  | 21

22 | Earth Day |  |  |  |  | 22

23 | Library Week |  |  |  |  | 23

24 |  |  |  |  |  | 24

25 |  |  |  |  |  | 25

26 | Pretzel Day |  |  |  |  | 26

27 |  |  |  |  |  | 27

28 |  |  |  |  |  | 28

29 | Arbor Day |  |  |  |  | 29
Snacktivity

**WHOLESALE TRAIL MIX**
**GRADES: K-8**

**Ingredients:**
- Whole-grain cereal
- Popcorn
- Chocolate chips
- Variety of dried fruit (raisins, cranberries, dates, figs)

**Optional:**
- Nuts or seeds, such as pumpkin or sunflower

Trail mix is a great way to explore whole-grain options, and students get to discover new flavors.

1. Pour each ingredient into separate bowls with spoons and create an area where students can come and make their own trail mix!

2. While students are eating, teachers can discuss the importance of choosing whole-grain food.

Whole-grain foods have:
- more vitamins
- more minerals
- and more fiber, which helps keep you feeling full.

Whole-grains are divided into two categories, whole and refined. Whole grains contain more vitamins, minerals, and fiber. Examples of whole grains include: whole-wheat flour, bulgur, oatmeal, and brown rice.

**WHOLE GRAIN**

**BRAN**
- The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

**ENDOSPERM**
- The middle layer that contains carbohydrates along with proteins.

**GERM**
- The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins, and healthy fats.

**“WHITE” GRAIN**

**TIPS ON HOW TO INCLUDE MORE WHOLE GRAINS INTO YOUR DAY**

- **Try brown rice or whole-wheat pasta** with your meals.
- **Choose unsweetened** whole-grain cereals and add fresh fruit.
- **Use whole-grains** in mixed dishes, such as soups, casseroles, and salads.
- **Choose whole-wheat** bread for sandwiches.
- **Snack on homemade** popcorn, pretzels, or whole-grain crackers.

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**CLASSROOM ACTIVITY**

**Snacktivity**

**BRAIN BREAK**
**GRADES: K-8**

Need a break? Try these classroom activities:
- Make a calendar to track energizer breaks. Plan for a certain number of minutes each day, and record how many your class did.
- Incorporate physical activity into subjects: learn and practice historical dances, spell out letters with your body...get creative!
- Take short exercise breaks between lessons.

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May 2023

**SUNDAY**
- May 1: Asian-Pacific American Heritage Month
- May 2: Teacher Appreciation Week
- May 3: Two Different Colored Shoes Day
- May 4: Star Wars Day
- May 5: Nurses Day
- May 6: World Bee Day

**MONDAY**
- May 8: Mother’s Day
- May 9: Love A Tree Day
- May 10: Memorial Day
- May 11: Women’s Health Week
- May 12: Meditation Day
- May 13: Love A Tree Day

**TUESDAY**
- May 14: Mother’s Day
- May 15: Love A Tree Day
- May 16: Walnut Day
- May 17: Love A Tree Day
- May 18: Meditation Day
- May 19: Pick Strawberries Day

**WEDNESDAY**
- May 15: Two Different Colored Shoes Day
- May 16: Walnut Day
- May 17: Love A Tree Day
- May 18: Meditation Day
- May 19: Pick Strawberries Day
- May 20: World Bee Day

**THURSDAY**
- May 17: Love A Tree Day
- May 18: Meditation Day
- May 19: Pick Strawberries Day
- May 20: World Bee Day
- May 21: Learn to Swim Day
- May 22: Lucky Penny Day
- May 23: Don’t Fry Day

**FRIDAY**
- May 20: World Bee Day
- May 21: Learn to Swim Day
- May 22: Lucky Penny Day
- May 23: Don’t Fry Day
- May 24: Memorial Day
- May 25: Meditation Day
- May 26: Don’t Fry Day

**SATURDAY**
- May 20: World Bee Day
- May 21: Learn to Swim Day
- May 22: Lucky Penny Day
- May 23: Don’t Fry Day
- May 24: Memorial Day
- May 25: Meditation Day
- May 26: Don’t Fry Day

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WHOLESOME TRAIL MIX
**GRADES: K-8**

**Ingredients:**
- Whole-grain cereal
- Popcorn
- Chocolate chips
- Variety of dried fruit (raisins, cranberries, dates, figs)

Optional:
- Nuts or seeds, such as pumpkin or sunflower

Snacktivity

**WHOLESOME TRAIL MIX**
**GRADES: K-8**

**Ingredients:**
- Whole-grain cereal
- Popcorn
- Chocolate chips
- Variety of dried fruit (raisins, cranberries, dates, figs)

Optional:
- Nuts or seeds, such as pumpkin or sunflower

Trail mix is a great way to explore whole-grain options, and students get to discover new flavors.

1. Pour each ingredient into separate bowls with spoons and create an area where students can come and make their own trail mix!

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Whole-grain foods have:
- more vitamins
- more minerals
- and more fiber, which helps keep you feeling full.

**BRAIN BREAK**
**GRADES: K-8**

Need a break? Try these classroom activities:
- Make a calendar to track energizer breaks. Plan for a certain number of minutes each day, and record how many your class did.
- Incorporate physical activity into subjects: learn and practice historical dances, spell out letters with your body...get creative!
- Take short exercise breaks between lessons.
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 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. Look for unsalted nuts and seeds.

**Get creative.**
Try grilling, broiling, roasting, or baking.

### ANY-BEAN DIP
**ALL AGES**
This protein-packed dip can be made with any kind of bean (kidney, black, white, and chickpeas work). It’s a great addition to turkey or cheese sandwiches.

**Ingredients:**
- 1 (15-ounce) can of beans, drained and rinsed with cold water
- 1 garlic clove, peeled and finely minced
- 1/4 cup olive or vegetable oil
- 3 tablespoons fresh lemon juice (about 1 lemon) or apple cider vinegar
- 1/2 teaspoon kosher salt

**Instructions:**
1. Put all the ingredients in the food processor fitted with a steel blade and process until completely smooth.
2. Enjoy on a sandwich, as a dip, or however you like!

*Source: ChopChop Magazine*

### SNACKTIVITY

Did you know? Poe has an online virtual kitchen.
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, safety, cleaning, and so much more.

www.poehealth.org

### ONLINE ACTIVITY

Seymour says:

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

#### June 2023

**National Fresh Fruits & Vegetables Month**

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<td>Fresh Fruits and Vegetables Month</td>
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<td>Father’s Day</td>
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Plan a Program with Poe: www.poehealth.org | 866-402-4799 | info@poehealth.org
Use the Nutrition Facts Label to learn about making food choices.

START HERE
- Check the serving size & number of servings.
- The Nutrition Facts Label is based on what is listed here.

SATURATED VS. UNSATURATED FAT
- On the Nutrition Facts Label, look for foods that are low in saturated fat, trans fat, and cholesterol.
- Many foods have unsaturated fat, which provides energy and helps protect your internal organs, like your heart. Try avocados, olives, fish, nuts, and seeds for unsaturated fat.

MAKE CHOICES
- "Added sugars" will tell you how much sugar is not naturally found in the product.
- Carbohydrates come from fiber and sugar. Try to get carbohydrates from foods that are high in fiber.

CALORIES MEASURE ENERGY
- Calories are energy. They fuel your body, giving you the energy to think and breathe, for your heart to beat, and to be active, play, and learn.
- Depending on size, age, and activity level, kids need about 2,000 to 2,200 calories each day. Fuel those bodiest!

20% RULE
- Foods with daily values of 20% or more are considered high in that nutrient.
- Look for foods rich in vitamins and minerals.

VITAMINS & MINERALS
- Follow MyPlate to get all 5 food groups in each meal for a balance of macronutrients: fats, carbohydrates, and proteins.
- Make your plate a "rainbow" of colors to ensure you are getting the variety of vitamins and minerals that your body needs.

CUSTOMIZE YOUR MEALS: ALLERGIES, ALTERNATIVES, AND SERVING SIZE

Did you know?
The Nutrition Facts Label is an important tool for people with allergies or other dietary restrictions. Learning to read the food label helps you find foods that are right for you.

Did you know?
The Nutrition Facts Label is an important tool for people with allergies or other dietary restrictions. Learning to read the food label helps you find foods that are right for you.

PACKAGING AFFECTS SERVINGS
- Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles equal 1 serving, since people typically drink both sizes in one sitting.

ACTIVITY:
1. Use this month’s graphic to teach students how to read the nutrition facts label.
2. Split students into 5 groups.
3. Give each group 5 nutrition facts labels (make sure each group has a mix of foods with different nutrition facts.)
4. Instruct students to observe each label: which items are rich in vitamins and minerals? Which items have added sugars? Which items are packed with protein? Will this item energize you?
5. Review each group’s answers when complete.
6. Discuss the importance of choosing snacks that are rich in vitamins and minerals. Choosing whole, fresh foods, such as fruits and veggies, are nutritious options for snacking.

Seymour says:
"Use the Nutrition Facts Label to choose foods that keep your body strong."

NUTRITION FACTS LABEL

July 2023
National Picnic Month

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Find Poe

Located in the heart of Raleigh, NC off of I-440 at Poole Road, the Poe Center is a convenient destination for a day of learning.

“I like bringing my class to Poe because my students get great programs and can play on the playground in one convenient location. It’s an affordable and manageable field trip.”

Poe Center has served **1.35 million participants** from 94 counties in North Carolina, and reached over **100 million** on social media.

You can count on Poe to deliver **effective, valuable, and one-of-a-kind** health education.

This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.