



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.



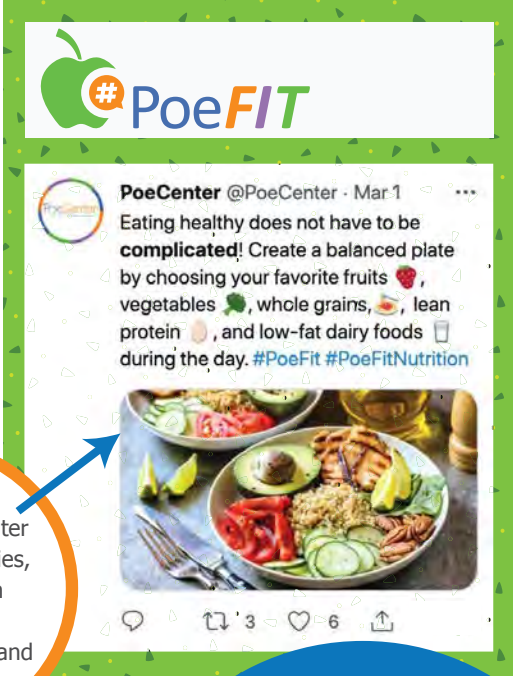
SNACKTIVITIES
Food activities encourage students to make nutritious choices for snacks and meals.



RESOURCES
Go to www.poehealth.org 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, 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!



Follow us on Twitter @PoeCenter for our tweet series, #PoeFit. Learn about healthy eating, exercise, and gardening.

Want More Info?
A list of references used to develop this calendar along with resources for more great activities is available on our website at: www.poehealth.org

#ExperiencePoe

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.

**Poe & Grow Garden | Online CookWELL Kitchen | Health History Mural
Prescription Medicine Safety Toolkit**



Programs align with the **NC Department of Public Instruction's** Healthful Living & Science Essential Standards.

Schools with **50% or more** of students receiving free or reduced lunches are eligible for nutrition & physical activity programs at **NO CHARGE.**



DRINK MORE WATER

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

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

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

Kids need **4-8 cups** of water every day!

What else does water do for your body?

- Energizes muscles
- Helps your lungs
- Flushes body waste
- Cushions your brain
- Helps your kidneys
- Regulates body temperature
- Boosts skin health
- Helps your eyes

Snacktivity



MAKE FLAVORED WATER GRADES K-8

- Choose a fruit that is ripe and in season. Blackberries, blueberries, lemons, raspberries, peaches, and melons are in-season fruits in August.
- Cut fruit into small pieces, about the size of a quarter.
- 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!
- When students finish exercises, give each student a cup filled with water and a small amount of fruit.

Seymour says:



"Choose water instead of sugary drinks."

August 2022

National Water Quality Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
National Water Quality Month	World Breastfeeding Week		Watermelon Day			
7	8	9	10	11	12	13
Farmers' Market Week		Book Lovers' Day				Left Handers' Day
14	15	16	17	18	19	20
	Relaxation Day	Tell a Joke Day				Honey Bee Day
21	22	23	24	25	26	27
			Waffle Day	Dog Day		
28	29	30	31			
			Trail Mix Day			

FRESH & FUN SNACKING

When preparing a healthy snack, include at least **two food groups**.

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.

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

Try these delicious food group combos!

- Fruit & Dairy
- Veggies & Protein
- Whole grains & veggies

Classroom Activity



MAKING KALE PESTO

GRADES K-ADULT

Ingredients:

- 1 ½ cups chopped kale, stems removed
- ½ cup fresh basil leaves
- ½ cup olive oil
- 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/blend 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.























Seymour says:



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

September 2022

Fruits and Veggies:
More Matters Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
 National Childhood Obesity Awareness Month	 National Self-Care Awareness Month	 Family Meal Month	 Whole Grains Month			
4	5 Cheese Pizza Day Create a healthy version with whole grain crust and lots of veggies!	6	7	8	9	10
 Suicide Prevention Week	 Labor Day	 Read a Book Day	 Acorn Squash Day			
11	12	13	14	15	16	17
 911 Remembrance Day	 Day of Encouragement	 Kids Take Over the Kitchen Day  Ants on a Log Day				
18	19	20	21	22	23	24
 Boys' and Girls' Club Day For Kids  Child Passenger Safety Week	 Talk Like a Pirate Day			 First Day of Fall		
25	26	27	28	29	30	
 Rosh Hashanah  Keep Kids Creative Week	 Better Breakfast Day		 National Women's Health and Fitness Day  National North Carolina Day		 Hispanic Heritage Month: Sept 15 - Oct 15	

Brain Booster:
Yoga and Meditation



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.
- 4 Repeat.

MEDITATION
RELAXATION
5-10 minutes



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

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



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



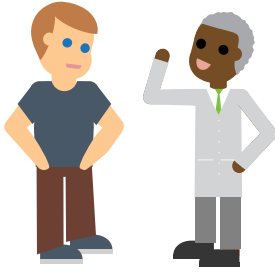
BE PHYSICALLY ACTIVE.
Exercise can reduce stress, alleviate anxiety, and improve self-confidence. Try activities until you find one you enjoy doing.



GET ENOUGH SLEEP.
Studies have suggested that a good night's sleep helps foster both mental and emotional resilience.



DEVELOP COPING SKILLS.
These skills can help reduce anxiety during stressful situations. Try meditation, reading, humor, 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

National Stop Bullying Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinach Lovers' Month Bullying Prevention Awareness Month	Eat Better, Eat Together Month National Book Month	National Hispanic Heritage Month: Sept 15 - Oct 15			Homemade Cookie Day	1
2 Mental Illness Awareness Week	3 World Day of Bullying Prevention School Lunch Week	4 Taco Day/ World Animal Day Yom Kippur	5	6	7	8
9	10	11 Coming Out Day	12 Walk & Roll To School Day Farmers' Day	13	14	15
16	17 Pasta Day	18	19	20	21	22
23 30	24 Food Day 31 Halloween	25	26 Pumpkin Day	27	28 Chocolate Day	29 Oatmeal Day

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.



ACTIVE CLASSROOMS

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:



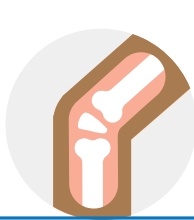
INCREASE
TEAMWORK



HELP STUDENTS
FEEL BETTER



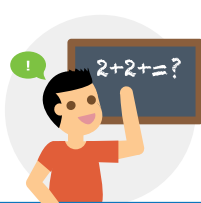
REDUCE
ANXIETY



STRENGTHEN
BONES AND
MUSCLES



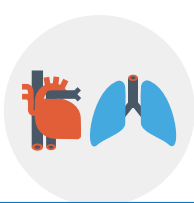
INCREASE
ENERGY



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 toes!"

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 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.

















Seymour says:



"All activity counts,
even short bursts of
movement have great
benefits!"

November 2022

American Diabetes Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>National Family Literacy Month</div> <div></div> <div>Native American Heritage Month</div>		<div></div> <div>1</div> <div>Dia de los Muertos</div> <div></div> <div>Election Day</div>	<div></div> <div>2</div> <div></div>	<div></div> <div>3</div> <div></div> <div>Sandwich Day</div>	<div></div> <div>4</div> <div></div>	<div></div> <div>5</div> <div></div>
<div></div> <div>6</div> <div></div>	<div></div> <div>7</div> <div></div>	<div></div> <div>8</div> <div></div>	<div></div> <div>9</div> <div></div>	<div></div> <div>10</div> <div></div>	<div></div> <div>11</div> <div>Veterans Day</div>	<div></div> <div>12</div> <div></div>
<div></div> <div>Daylight Savings Ends</div>						
<div></div> <div>13</div> <div>World Kindness Day</div> <div></div> <div>American Education Week</div>	<div></div> <div>14</div> <div></div>	<div></div> <div>15</div> <div>Clean Out Your Refrigerator Day</div>	<div></div> <div>16</div> <div></div>	<div></div> <div>17</div> <div>Take a Hike Day</div> <div></div> <div>Great American Smokeout</div>	<div></div> <div>18</div> <div></div>	<div></div> <div>19</div> <div></div>
<div></div> <div>20</div> <div></div>	<div></div> <div>21</div> <div></div>	<div></div> <div>22</div> <div></div>	<div></div> <div>23</div> <div>Eat A Cranberry Day</div>	<div></div> <div>24</div> <div>Thanksgiving</div>	<div></div> <div>25</div> <div>Flossing Day</div>	<div></div> <div>26</div> <div></div>
<div></div> <div>27</div> <div></div>	<div></div> <div>28</div> <div></div>	<div></div> <div>29</div> <div>#GivingTuesday</div>	<div></div> <div>30</div> <div></div>			

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.

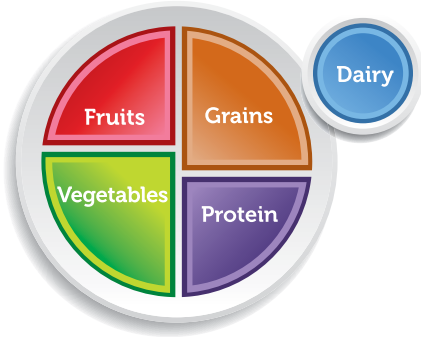
- 1 Have students color and cut turkey face.
Go to this blog to print:
<https://blog.chickabug.com/printable-turkey-snack/>
- 2 Put 2 tablespoons of hummus (can also use low-fat ranch) in paper cups.
- 3 Cut vegetables into sticks about 4-5 inches long.
- 4 Place veggies in hummus in any order.
- 5 Glue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



MyPlate

Use MyPlate to navigate healthy eating.

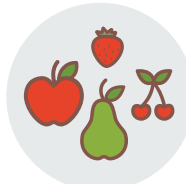
There is a lot to celebrate this time of year and it is often done while enjoying food and time together with friends and family. In the midst of all the celebrations, you can make healthy choices and enjoy the holiday season. MyPlate can help you enjoy your favorite holiday meals and make fresh, tasty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



BUILD A FOUNDATION FOR HEALTHY EATING AT EVERY STAGE OF LIFE BY STARTING SIMPLE 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.

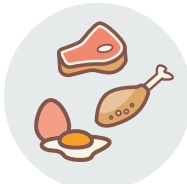
A healthy eating pattern includes:



FRUITS



VEGETABLES



PROTEIN



DAIRY



GRAINS



OILS

Look for foods low in:



SATURATED AND TRANS FATS



ADDED SUGARS



SODIUM

Seymour says:



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

December 2022

Healthy Holidays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>🍏</div> <div>Eat a Red Apple Day</div> <div>1</div>	<div>2</div>	<div>3</div>
				<div>👐</div> <div>Handwashing Awareness Week</div>		
<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div> <div>👐</div> <div>Human Rights Day</div>
<div>11</div>	<div>12</div> <div>🏠</div> <div>Gingerbread House Day</div>	<div>13</div>	<div>14</div> <div>🎗️</div> <div>Pearl Harbor Remembrance</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>18</div> <div>🕎</div> <div>Hanukkah</div>	<div>19</div> <div>🥞</div> <div>Oatmeal Muffin Day</div>	<div>20</div>	<div>21</div> <div>❄️</div> <div>First Day Of Winter</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>25</div> <div>🎄</div> <div>Christmas Day</div>	<div>26</div> <div>🏠</div> <div>Kwanzaa</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div> <div>🎉</div> <div>New Year's Eve</div>

Snacktivity



MINI MYPLATE PIZZAS

GRADES: 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!**



RESILIENCY

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 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.



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 take shallow or deep breaths?
- Spend a few moments in this practice, noticing any sensations in the body.



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.












Seymour says:



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

January 2023

Family Fit Lifestyle Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>New Year’s Day</div> <div>Kwanzaa</div>	<div>2</div> <div></div> <div>Folic Acid Awareness Week</div>	<div>3</div>	<div>4</div> <div></div> <div>Spaghetti Day</div>	<div>5</div>	<div>6</div> <div></div> <div>Bean Day</div>	<div>7</div>
<div>8</div> <div></div> <div>Bubble Bath Day</div>	<div>9</div> <div></div> <div>Apricot Day</div>	<div>10</div>	<div>11</div> <div></div> <div>Milk Day</div>	<div>12</div>	<div>13</div>	<div>14</div>
<div>15</div>	<div>16</div> <div></div> <div>Birthday of Martin Luther King, Jr. (observed)</div>	<div>17</div>	<div>18</div>	<div>19</div> <div></div> <div>Popcorn Day</div>	<div>20</div> <div></div> <div>Cheese Lovers’ Day</div>	<div>21</div>
<div>22</div>	<div>23</div>	<div>24</div> <div></div> <div>Peanut Butter Day / National Compliment Day</div>	<div>25</div>	<div>26</div> <div></div> <div>Green Juice Day</div>	<div>27</div>	<div>28</div> <div></div> <div>Blueberry Pancake Day</div>
<div>29</div>	<div>30</div>	<div>31</div>	<div></div> <div>National Mentoring Month</div>			

Classroom Activity



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

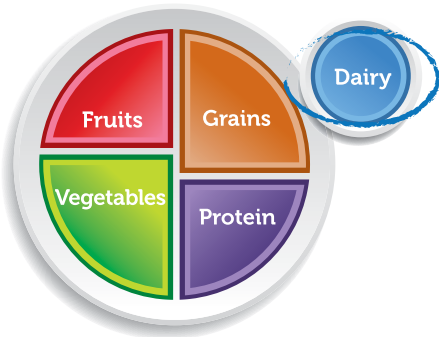
Record results. Which bone was stronger in the end? Discuss how the bone soaked in vinegar was weaker. Vinegar is an acid that pulls calcium from the bone. Sodas contain a type of acid called phosphoric acid, which can prevent your body from getting enough calcium if you choose soda over calcium-rich foods.



DAIRY

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:



Seymour says:



February 2023

National Children’s Dental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Black History Month American Heart Month	Teen Dating Violence Awareness Month Library Lovers' Month		1 National Freedom Day Girls and Women in Sports Day	2 Groundhog Day	3 Carrot Cake Day	4 Homemade Soup Day
5	6 Frozen Yogurt Day	7 Send a Card to a Friend Day	8 Kite Flying Day	9	10	11 Make a Friend Day
12	13	14 Valentine’s Day	15	16 Almond Day	17 Random Act of Kindness/ Cabbage Day	18
19	20 Love your Pet Day Presidents’ Day	21	22	23 Banana Bread Day	24	25
26	27 Strawberry Day	28				

FRUITS & VEGGIES

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.

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

Aim to eat a **rainbow of fruits & veggies** every day. Each color offers our bodies something unique.

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 your meals
 - Add veggies to the grill

Snacktivity



CATERPILLAR KABOBS

GRADES: 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.

Seymour says:



"Focus on whole fruits. Vary your veggies."

March 2023

National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 🍰 Banana Cream Pie Day 📖 Read Across America Day	3	4 📖 Grammar Day
5 ♀️ Women's History Month	6 ❄️ Frozen Foods Day	7 🥣 Cereal Day	8	9	10 🔌 National Day of Unplugging	11
12 🌸 Plant a Flower Day 🕒 Daylight Savings Begins	13	14 π Pi Day 🦋 Learn About Butterflies Day	15	16 🌿 Artichoke Hearts Day	17 ☘️ St. Patrick's Day	18
19 😄 Let's Laugh Day	20 🌱 First Day of Spring	21	22 🌙 Ramadan begins 💧 World Water Day	23	24	25
26 🥬 Spinach Day	27	28	29	30 🚶 Take-A-Walk-In-The-Park/Pencil Day	31 🖍️ Crayon Day	

GARDENING



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.

Studies show students who participate in garden education **score higher** on science achievement tests.

Nurturing plants helps create **positive attitudes** towards health and nutrition.

- What else can gardening do for you?
- Stress Relief
 - Bring people together
 - Vitamin D from the sun
 - Taste new veggies
 - Veggies taste better
 - Spend time outdoors

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 World Autism Month  Move More Month	 Poetry Month / Garden Month					1  April Fools' Day
2  Peanut Butter and Jelly Day	3  Find a Rainbow Day	4	5  Walking Day	6  Fresh Tomato Day	7	8
9  Easter Sunday	10  Siblings' Day	11	12  Grilled Cheese Sandwich Day	13	14	15
16  Orchid Day  Volunteer Week	17	18	19	20  Lima Bean Respect Day	21	22  Earth Day
23  Library Week	24	25	26	27	28	29
30			 Pretzel Day		 Arbor Day	

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!

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.

CLASSROOM ACTIVITY



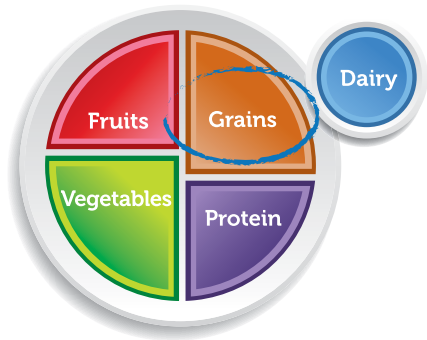
BRAIN BREAK GRADES: K-8

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.

WHOLE GRAINS

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.



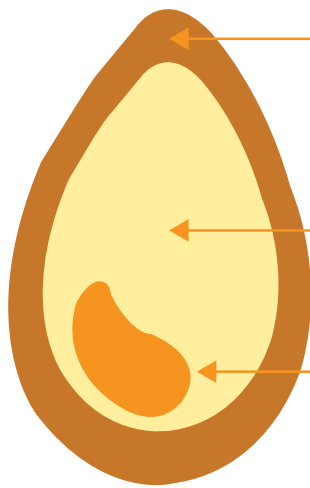
TIPS ON HOW TO INCLUDE MORE WHOLE GRAINS INTO YOUR DAY

- ✓ 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.

WHOLE GRAIN

VS

"WHITE" GRAIN



BRAN

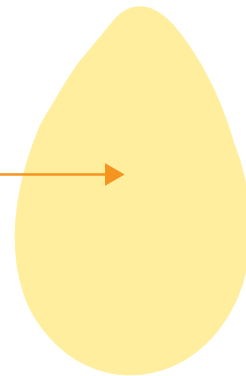
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

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.








Seymour says:



"Make half your grains whole grains."

May 2023

National Physical Fitness & Sports Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Asian-Pacific American Heritage Month	1  School Principals' Day  Teacher Appreciation Week	2	3  Two Different Colored Shoes Day  Walk & Roll to School Day	4  Star Wars Day	5	6  Nurses Day
7  Lemonade Day	8	9	10	11	12	13
14  Mother's Day  Women's Health Week	15	16  Love A Tree Day	17  Walnut Day	18	19	20  World Bee Day  Pick Strawberries Day
21  Learn to Swim Day	22	23 1 Lucky Penny Day	24	25	26  Don't Fry Day	27
28	29  Memorial Day	30	31  Meditation Day			

SNACKTIVITY



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

ONLINE ACTIVITY



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



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 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.



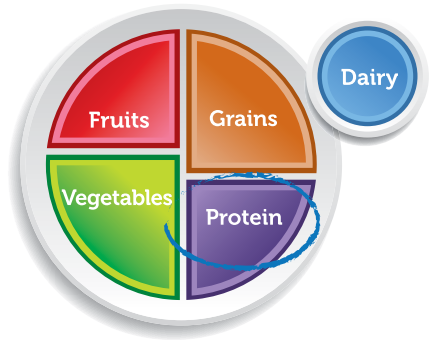
Eat plant protein.

Try beans, peas, nuts, and seeds. Look for unsalted nuts and seeds.



Get creative.

Try grilling, broiling, roasting, or baking.


















Seymour says:



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

June 2023

National Fresh Fruits & Vegetables Month

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

Classroom Activity



UNDERSTANDING
NUTRITION FACTS LABELS
GRADES: 4-8

A week before the activity, collect about 25 food boxes, cans, and labels from a variety of foods. Choose a variety of healthy and less healthy foods.



Before the activity, teach students how to read the nutrition facts label.

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!

NUTRITION FACTS LABEL

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.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 295mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- ✓

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 bodies!
- ✓

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

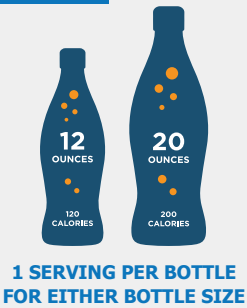
Did you know?

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.



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.



Seymour says:



“Use the Nutrition Facts Label to choose foods that keep your body strong.”

July 2023

National Picnic Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
 Picnic Month						
2	3	 4 Eat Your Caesar Salad Day	5	6	7	8
	 Eat Your Beans Day	 Independence Day			 Father-Daughter Take-A-Walk Day	
9	10	11	12	13	14	15
		 Blueberry Muffin Day			 Mac & Cheese Day	
16	17	18	19	20	21	22
 Personal Chef's Day						
23	24	25	26	27	28	29
30	31					 Lasagna Day Dance Day



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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.

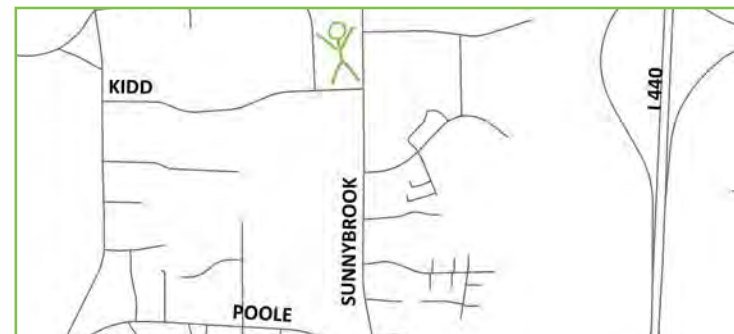
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Find Poe

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."



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