

# 1<sup>st.</sup> Grade



## NEWSLETTER

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# A Pot of Gold for You!

## Unlock the Secrets of Health and Nutrition

This March, find your pot of gold by eating healthy foods! **It's National Nutrition Month**, a great time to learn how the right foods give you more energy, keep you strong, and help you feel your best. Incorporate fun facts and easy tips to help you stay lucky and healthy.

**Taking care of your body is the real treasure!**



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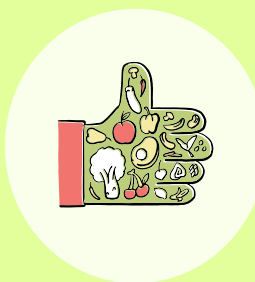
# NATIONAL NUTRITION MONTH

Everyone is invited to learn  
how to make smart food  
choices and develop healthy  
habits.

## TIPS TO GET INVOLVED

### At home

As a family, try a new fruit or vegetable each week during National Nutrition Month.



If you watch TV, take breaks during commercials to move around and be active.



### At school

Start a school vegetable garden by planting seeds inside or outside. If that's not possible, you can show videos about how to plant a home garden.



### Get everyone involved

Plan a food donation drive for a local food pantry or shelter.







This year's theme is:

**"Food Connects Us,"**

because food brings people together. It connects us to our families, cultures, and friends.

When we share meals, we learn where the food comes from, who made it, and the special memories that come with it. The food we eat can help us feel strong, happy, and healthy—so let's make great choices together with these tips:


**Eat the rainbow!**

-  **Red** (strawberries, tomatoes, bell peppers):
  - Good for heart health and memory.
-  **Orange & Yellow** (carrots, oranges, sweet potatoes):
  - Supports eye health and boosts the immune system.
-  **Green** (spinach, broccoli, cucumbers):
  - Strengthens bones and helps digestion.
-  **Blue & Purple** (blueberries, grapes, eggplant):
  - Supports brain health and reduces inflammation.



# Seasonal Produce Guide


## STRAWBERRIES



Strawberries are high in vitamin C, aiding in healing cuts and wounds. Choose bright red berries with fresh green caps.

**Fun Fact:** On average, there are 200 seeds in a strawberry.


## KIWI



Kiwi is full of vitamin C and fiber, which helps your gut. Pick kiwis that are firm but press in a little when you squeeze them.

**Fun Fact:** Kiwis grow on a vine that can reach 33 feet long!

## PINEAPPLES



Pineapples are full of vitamin C and manganese, which is good for bones. Choose one that smells sweet at the bottom.

**Fun Fact:** Pineapples are named after pinecones.

## Fruit Pizza

### Ingredients

- 1 teaspoon vanilla extract
- 1 cup strawberries, sliced (or kiwi, pineapple, banana or blueberries)
- 1/2 cup margarine
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1 egg (large)
- 2 cups flour
- 2 teaspoons baking powder
- 8 ounces cream cheese, non-fat or light
- 1/2 cup sugar

  
**Makes**  
12 servings



### Directions

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

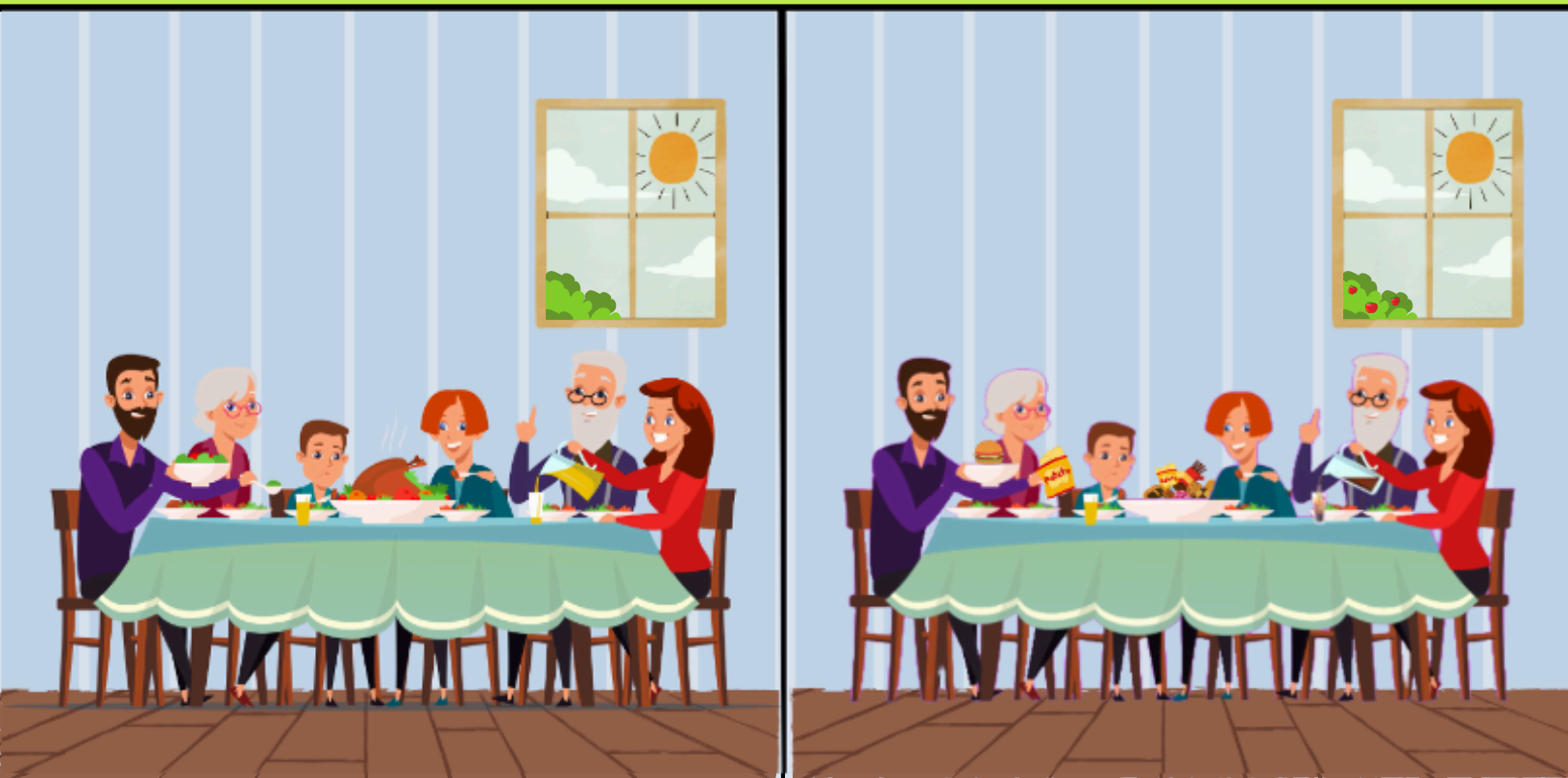


# Family Time

## SPOT THE DIFFERENCE - HEALTHY LIFESTYLE GAME

In A Healthy Lifestyle Game, find 5 differences between the two images below. Take a close look at the foods the families are consuming, activities, and objects. How many differences can you spot? Which family is having the healthier meal?

**HAVE FUN!!!**



As we enter National Nutrition Month, think of your healthy choices like discovering a hidden treasure! Every time you pick a healthy snack, get active, or get enough sleep, you're adding a shiny coin to your very own pot of gold. Each small step helps you grow stronger and feel great. So, keep making those smart choices – and remember, the more you do, the closer you get to your own healthy treasure!

*This issue was created by the UTRGV STEPS staff for the STEPS/SNAP-Ed project.*

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