

April

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| Monday 4/1 | Tuesday4/2 | Wednesday4/3 | Thursday4/4 | Friday4/5 |
| **Did you know?**One strawberry can have up to 200 seeds!Next time you eat a strawberry see how many seeds you can count! | **Q: What is a duck’s favorite snack?****A: Cheese and Quackers!** | Avocados have healthy fats which give us energy!  | **International Carrot Day!**Carrots are full of vitamin A which keeps our eyes healthy. | Yogurt is a healthy snack full of calcium- which keeps our bones strong.Add some fruit to your yogurt to add even more flavor! |
| Monday4/8 | Tuesday4/9 | Wednesday4/10 | Thursday4/11 | Friday4/12 |
| Ask a friend what their favorite snack to eat is.And then tell them yours! | **Did you know?**Cucumbers are 95% water! Water keeps us hydrated and does many things for our bodies. | **No School** | **This month’s Pick a better snack is…. ASPARAGUS! This is a stem vegetable and can be grown in Iowa!** | Did you know...Asparagus can come in different colors? It can be Green, Purple, and White! |
| Monday4/15 | Tuesday4/16 | Wednesday4/17 | Thursday4/18 | Friday4/19 |
| Kiwis have 2x vitamin C than oranges.Vitamin C helps our bodies to fight germs! | Cottage cheese has vitamin B12- which helps our brain grow.Try some cottage cheese with fruit or on whole grain toast! | **Q: Why did the grape stop in the middle of the road?****A: They ran out of juice!** | It can take up to 12 times of trying a new food before you like it.Keep trying new foods as you might enjoy them soon! | **Did you know?**Potatoes were the first food grown in space!Potatoes have lots of potassium which keep our hearts strong. |
| Monday 4/22 | Tuesday4/23 | Wednesday4/24 | Thursday4/25 | Friday4/26 |
| **Earth Day!**The Earth gives us many yummy fruits and vegetables to eat. Which is your favorite one? | Cherries have a seed inside them called a pit. Do you know another fruit that has a pit?**Hint:** Onewas mentioned earlier this month! | Pineapple plants can take 2-3 years to grow fruit!Have you tried pineapple before? | **Q: What is an elephant’s favorite vegetable?****A: Squash!** | **No School**  |
| Monday4/29 | Tuesday4/30 | Wednesday5/1 | Thursday5/2 | Friday5/3 |
| **Did you know?**Lemon’s float but limes sink.Both fruits have lots of vitamin C to keep us healthy! | Popcorn is a healthy snack that is full of fiber.Fiber helps us digest our food and keep us fuller longer! |  |  |  |