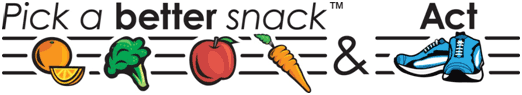
[](http://www.idph.state.ia.us/INN/PickABetterSnack.aspx?pg=Overview)

April

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday  4/1 | Tuesday  4/2 | Wednesday  4/3 | Thursday  4/4 | Friday  4/5 |
| **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! |
| Monday  4/8 | Tuesday  4/9 | Wednesday  4/10 | Thursday  4/11 | Friday  4/12 |
| 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! |
| Monday  4/15 | Tuesday  4/16 | Wednesday  4/17 | Thursday  4/18 | Friday  4/19 |
| 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 | Tuesday  4/23 | Wednesday  4/24 | Thursday  4/25 | Friday  4/26 |
| **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** |
| Monday  4/29 | Tuesday  4/30 | Wednesday  5/1 | Thursday  5/2 | Friday  5/3 |
| **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! |  |  |  |