



May Good Morning Announcements!

		Wednesday 5/1 Grapes are a berry and a good source of vitamin K which helps heal wounds!	Thursday 5/2 Today is a great day to get some extra physical activity in! Q: what is your favorite thing to do outside?	Friday 5/3 Peaches have potassium which helps our heart stay strong!
Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10
Smoothies can be made with lots of different fruits and vegetables. What would you use to make a smoothie?	Pears have carbohydrates which fuel our muscles and brains!	Q: What is orange and sounds like parrot? A: A carrot!	Broccoli is full of fiber which helps with our digestion to keep us fuller longer.	Did you know? One strawberry can have up to 200 seeds! Next time you eat a strawberry see how many seeds you can count!
Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Today is International Hummus Day! Hummus is made with chickpeas. Try some with peppers!	Did you know? In Ancient Egypt, the workers who built the pyramids got paid in radishes! A radish is a root vegetable!	Make a new friend today! You can start by asking them what their favorite food is!	Q: What do you call a pea that woke up on the wrong side of the bed? A: Grum-pea!	Cherry trees can grow up to 7,000 cherries! Cherries have iron which helps our cells move oxygen around our bodies.
Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24
Did you know? Strawberries are the only fruit that has the seeds on the outside!	Ants on a log is a fun snack made up of celery, peanut butter, and raisins. It is a great way to eat some vegetables!	Zucchini has vitamin A which keeps our eyes healthy! Have you tried zucchini before?	Q: What is a fruit's favorite thing to say? A: Seeds the day!	Fun Fact: Bell peppers can be green, red, orange, or yellow, depending on their ripeness! Which is your favorite?
Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31
No School	Q: Why was the artichoke so generous? A: It had a big heart! The middle of an artichoke is called the heart and it is right above the stem.	Did you know? A strawberry is actually not a berry, but a banana is!	No School	No School