

April 13-April 17, 2020

Hello Edison Elementary!

Hello James Madison, Martin Luther King, Woodbrook, Menlo Park, John Marshall, Ben Franklin, Lincoln, Lindeneau, James Monroe and Washington Elementary School Students!

All of us are hard at work from our home offices, just like you and we want to make sure you are staying healthy. We decided to talk a little about being “fit kids”. This week’s post will spend time on good eating habits and what that looks like.

As always, stay safe and healthy!

Your Elementary School Nurses



What’s being a “fit” kid mean?

Just a fancy way to say you eat well, get plenty of exercise and have a healthy weight. It’s important to eat different types of foods and try to eat 2 fruits and 3 vegetables every day. Click the plate on the left and see if you can make a healthy meal.

You should also be drinking lots of water and milk or dairy foods (yogurt, cheese, etc.) for your growing bones and teeth. Don’t be afraid to try new things. Click the link on the heart on the left to become the next “food judge”; play with your entire family!!

Be a chef! Create a dinner menu for your family for an entire week. Use the attached form to help guide you? Click the link on the left and share with mom and dad. Have fun!

Click the link inside the picture on the left; read the information about healthy snacking and then take the quiz. Good luck!