

August



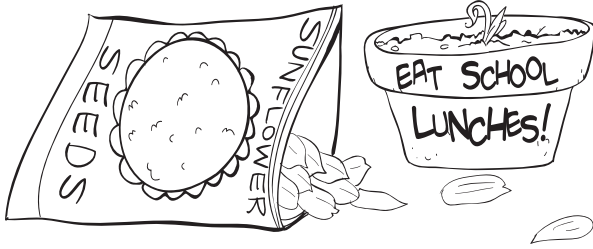
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
Hamburger Vegetables Stack Garden Salad Pickles Spear Fruit Milk	Hot Dog Baked Beans Garden Salad Fruit Milk	Pizza Garden Salad Peas Fruit Milk	Chicken Nuggets Corn Garden Salad Roll Fruit Milk	Corn Dog Green Beans Garden Salad Fruit Milk



What does **EXERCISE** bring me?

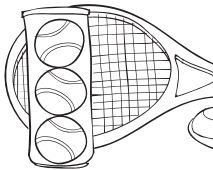
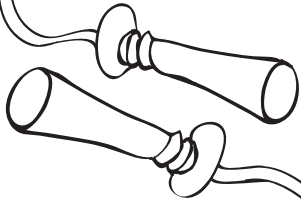
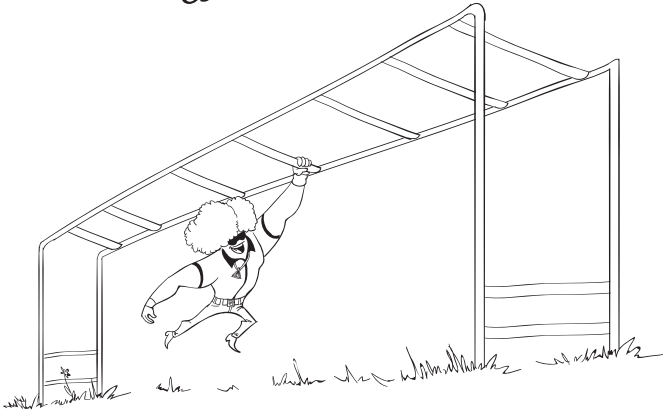


Exercise for the Fun of It!

When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!

Work-Out the Answer

To strengthen stomach muscles, I do lots of _____ ups. My arms are getting stronger because I hang on the monkey _____ at school. These shoes are great for _____ on the track. I know it's a game, but swinging the _____ racket is great exercise. I lift _____ at the gym to build strong muscles.



(Answers: sit, bars, running, tennis, weights)



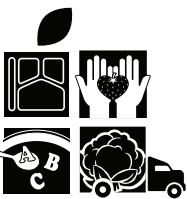
What part of your body moves when you have a cold?

My nose. It starts to run!

Exercise Your Mind

Do you like helping around the house? An hour of floor mopping can burn 200 calories, an hour of car washing can burn 230 calories and an hour of gardening can burn a whopping 350 calories! Think about it – a plain donut has 185 calories. That means you'd need nearly an hour of floor mopping, 48 minutes of car washing or 32 minutes of gardening to work off just one donut!

OUR CAFETERIA BRINGS IT!



Food and Nutrition
 3E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD STAPLES

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