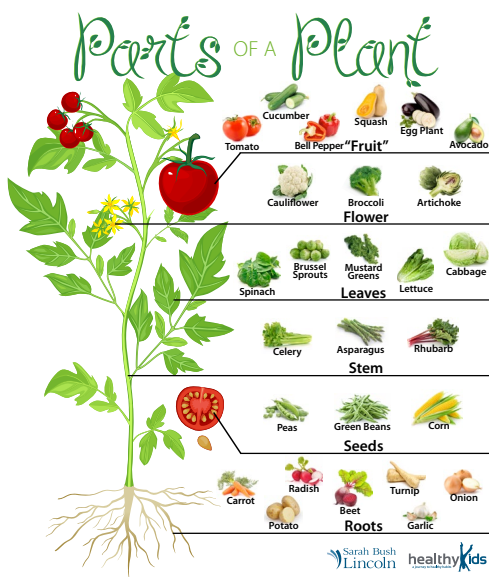


## January Elementary

### Superpower veggies!

After learning about the MyPlate in previous Healthy Kids lessons, students know the importance of filling half of their plates with fruits and vegetables. This month lesson focused on Superpower veggies! Students learned that vegetables are packed with fiber, vitamins, water and energy to help their bodies grow strong.

We also explored the different parts of a vegetable plant—roots, stems, leaves, flowers, seeds and fruits. One of the most exciting activities was solving the mystery of the fruit vs. vegetable! While many vegetables are technically fruits because they contain seeds, we learned that it's how we shop, prepare and eat them that often makes us think of them as vegetables, like tomatoes.



## Try it at home

At your next meal, challenge your family to take an extra serving of vegetables or see if you can identify which part of the plant it comes from, root, stem, leaf, flower, or fruit.

## January Kindergarten

### Healthy Hero of the month: Orie!

Orie helped kindergarteners learn about sugary drinks during our January lesson. Students discovered that sugar isn't just in food, it's in many drinks too! We played the Go, Slow, WOA! Drink game using a stoplight to sort beverages, with fun movements for each category. To finish, students colored their own stoplight with red, yellow and green crayons before matching each drink to the correct color on the stoplight to take home and share with their families.



- » GO (healthiest) water and white milk
- » SLOW (sometimes) 100% juices and chocolate milk
- » WOA! (stop and re-think your drink) soda, milkshakes, sports drinks



## Try it at home

Use the GO, SLOW, WOA! stoplight system to sort drinks in your home. Talk about which drinks are best to have every day and which are "sometimes" choices. Challenge your child to choose GO drinks like water or white milk at their meals.

## Teacher Spotlight: Miss Miranda, our Healthy Hero!

Hi families! My name is Miranda and I'm so happy to be a part of your school community. I love getting to know students and making learning fun, engaging and positive. Seeing your children grow, try new things and feel proud of themselves is one of my favorite parts of the job!

When I'm not in the schools, I love spending time with my family. I'm married to Ryan and we have two kiddos, Clara and Owen who keep life busy and fun! We enjoy being outside, adventuring at national parks and having cozy family time together.

I'm excited to work with your children, partner with your families and serve our community this year. Thanks for sharing your amazing kids with SBL Healthy Kids!



○ Meet ○  
**MISS MIRANDA**

Race day is June 6 at  
EIU's O'Brien Stadium



Kids 12 and under who participate in Healthy Kids classroom lessons are eligible for \$5 off registration for any event at Races for all Paces! Use promo code HEALTHYKIDS at checkout by May 16 to receive the discount.

This offer is provided on behalf of Sarah Bush Healthy Kids to encourage healthy, active fun for kids and families. Children must be accompanied by an adult.

<https://runsignup.com/Race/Register?racelid=84911&coupon=HEALTHYKIDS>

### SBL Healthy Communities

102 W. Buchanan Ave.

Charleston, IL 61920 | 217-345-6822

[www.sarahbush.org/healthycommunities](http://www.sarahbush.org/healthycommunities)