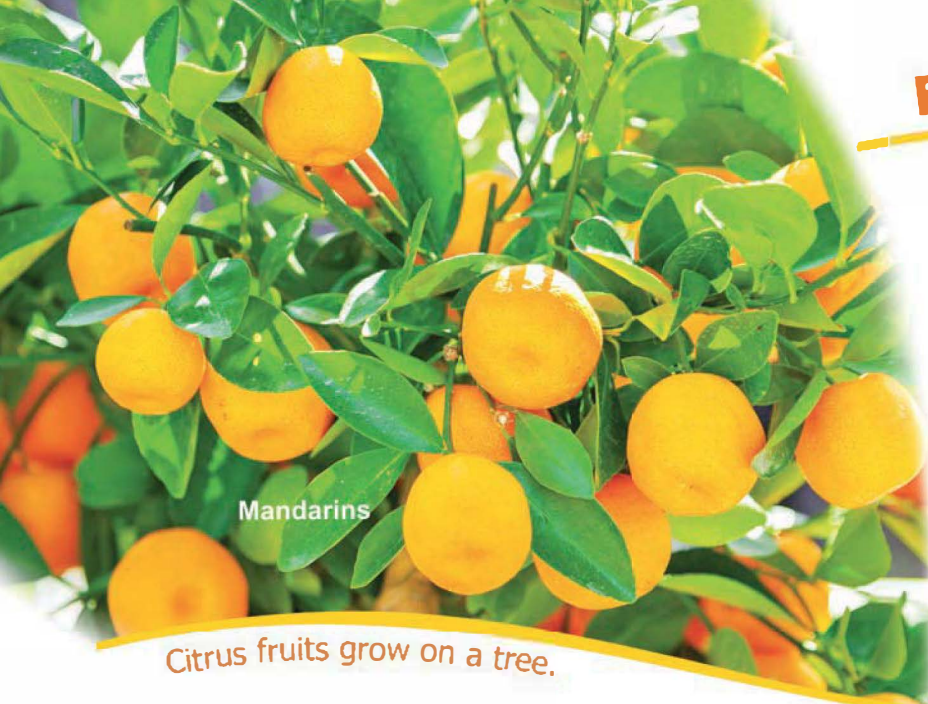


February ■ Citrus Fruits



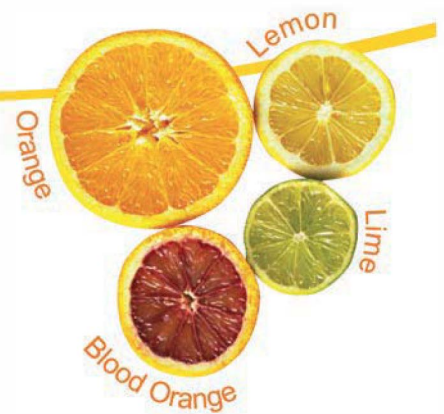
Mandarins

Citrus fruits grow on a tree.

Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.



- Watch this video to learn about a citrus farmer! <http://bit.ly/1Dqo85t>

- Write or draw how citrus grow.

See the *Sunny Breeze* recipe in *Tasting Trios*.











Let's Choose Healthy Snacks!

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

Not all snacks are healthy snacks. Some foods with added sugar and fat make less healthy choices. Look at the snack choices below and use the word box to write the name of the food. Next, draw a circle around the food that would be a healthy snack choice.

fries	crackers	orange	donut
chips	milk	soda	celery

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Make a goal to eat a healthy snack instead of a less healthy snack.

This week instead of _____
I will eat _____