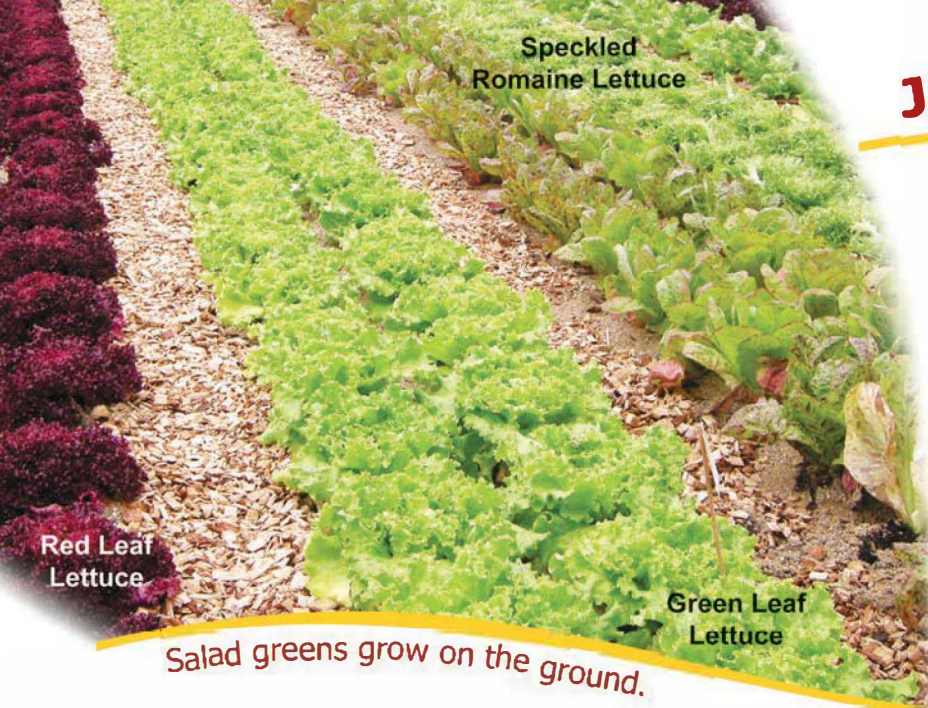


January ■ Salad Greens



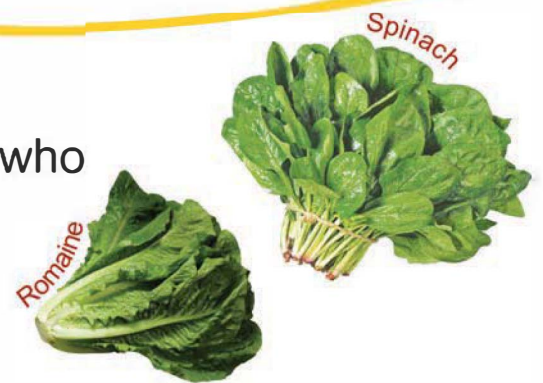
Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.

Salad greens grow on the ground.

- Watch this video to learn about a farmer who grows spinach! <http://bit.ly/1NCzqD8>



- Write or draw how salad greens grow.

Spinach Cranberry Salad
<https://goo.gl/KnMbk9>



You have more of a chance of getting cavities if you drink sugary drinks. Drink water instead of sugary drinks. Water is good for your health.

Sugar can be in foods and drinks in two ways:

1. Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have.
2. Added sugar, which adds calories but little or no nutrients.

Count the number of teaspoons of sugar in the soda, sports drink, and water.



12-ounce can of soda =

_____ teaspoons of sugar



20-ounce sports drink =

_____ teaspoons of sugar



20-ounce bottled water = _____ teaspoons of sugar

I will drink less

and drink more