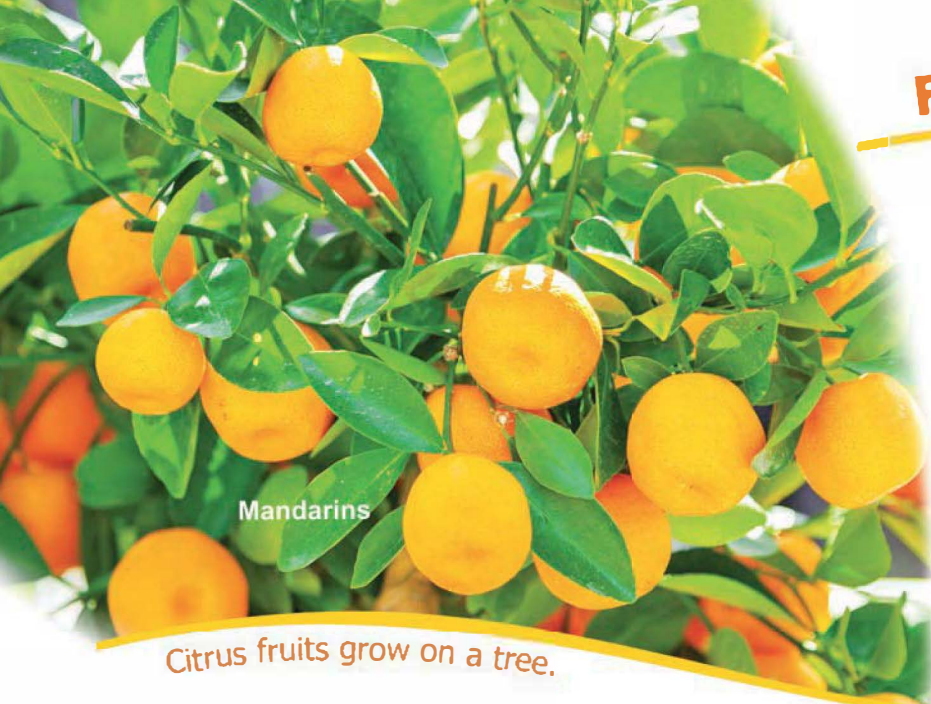


February ■ Citrus Fruits



Mandarins

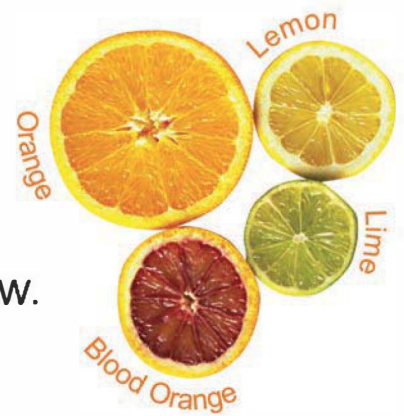
Citrus fruits grow on a tree.

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/1Dgo85t>
- What is your favorite citrus fruit? Draw a picture of your favorite citrus fruit below.

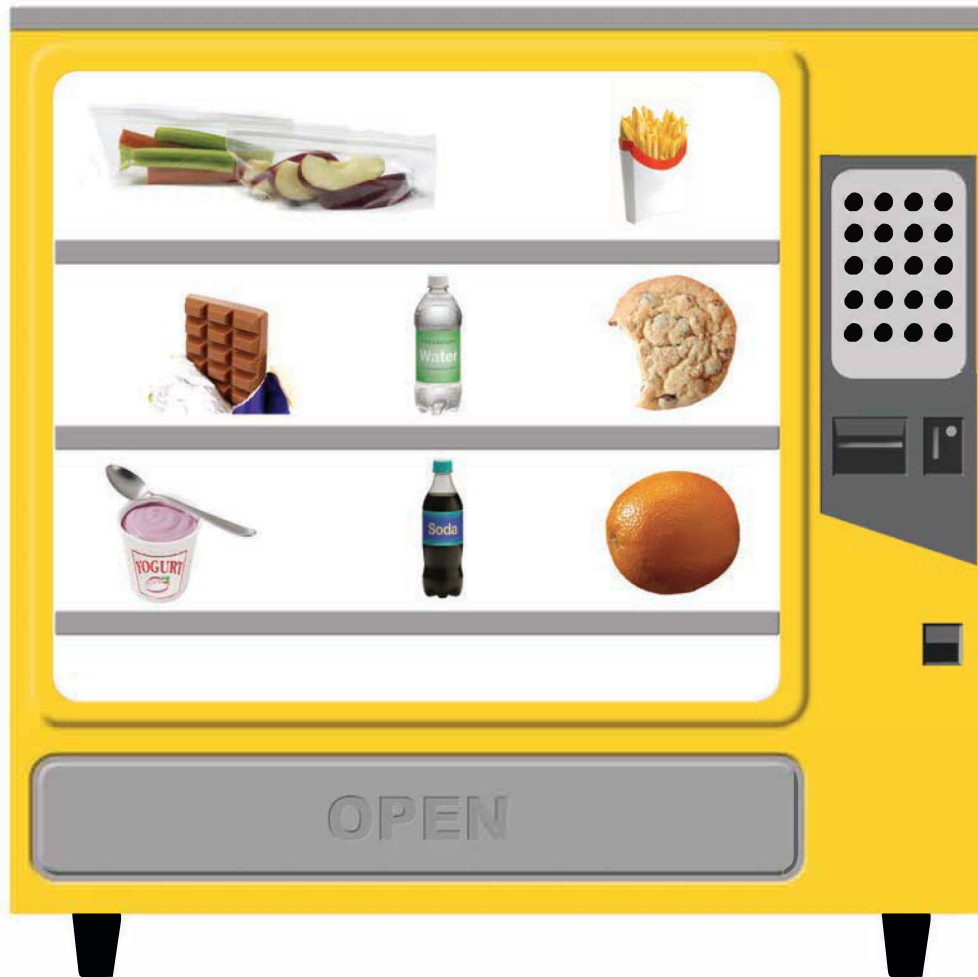


See the *Sunny Breeze* recipe in *Tasting Trios*.



Eat Healthy Foods: The Choice is Yours!

Did you know that food gives you the energy you need to do the physical activities you love? Picking foods that are good for you helps fuel up your body. Look at the foods in the vending machine. Circle the healthy foods. Put an "X" through the less healthy foods.



1. How many healthy foods did you circle? _____
2. Draw a picture of a healthy snack you will eat this week.