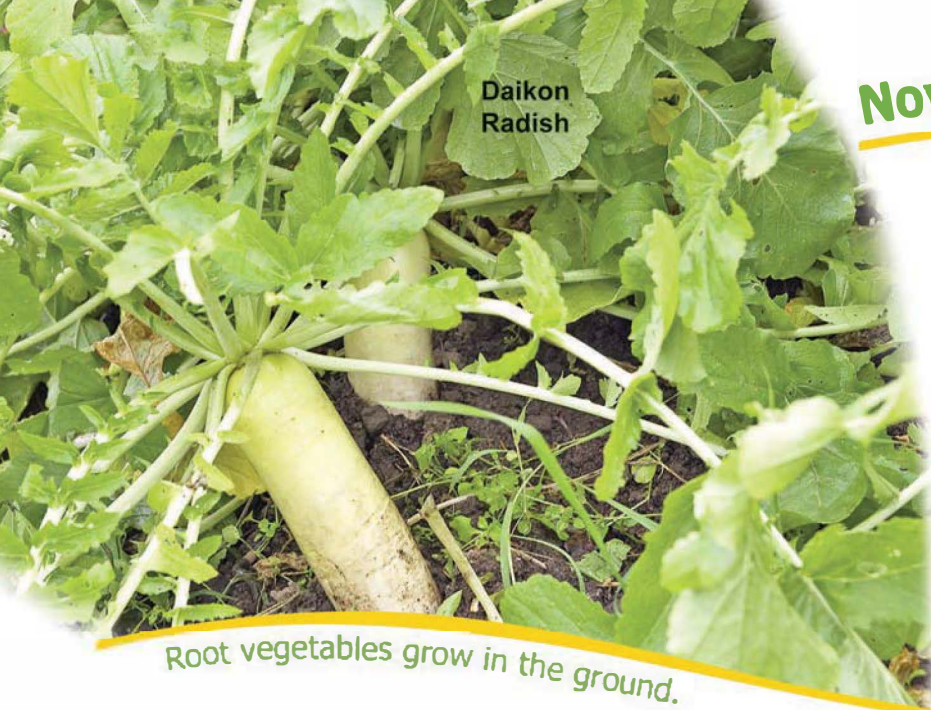


November ■ Root Vegetables



Root vegetables grow in the ground.

Root vegetables include potatoes, beets, jicama, and onions.

Root vegetables have vitamin C.

Vitamin C keeps your gums healthy.

- Watch this video to learn about carrots!
<http://bit.ly/1u8F3Qs>

- What is your favorite root vegetable?
Draw a picture of your favorite root vegetable below.



Dig Into Roots

<https://goo.gl/KnMbk9>



Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Gives you more energy
- Helps you keep a healthy body weight
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.



As a class, visit vimeo.com/album/1637740. This is a link to a list of over 50 *JAMmin' Minute* videos. *JAMmin' Minute* is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write what video your class chose and when you will take your brain break. Your teacher can help you complete this table.

JAMmin' Minute Video Number	Time of Day