



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

EDUCATION

Morning announcements - “Tip of the Day”
5 Food Groups (You can choose any 5 weeks in March, April, or May)

- Week 1: Vegetables
 - *Monday* - March is National Nutrition Month. For the first week, we will be giving you Tips and Facts about Vegetables, one of the five food groups. Our Veggie Fun Fact today is: Vegetables are high in fiber, which keeps your heart healthy and happy!
 - *Tuesday* - Our Veggie Tip of the Day is: For a healthy afternoon snack, try dipping carrots, peppers, cucumbers or celery in low-fat dressing or hummus
 - *Wednesday* - Our Veggie Fun Fact today is: Different Vitamins give vegetables their bright colors. Vitamin A gives sweet potatoes and carrots their orange color, and also keeps your skin and eyes healthy!
 - *Thursday* - Our Veggie Tip of the day today is: Keep warm by sipping on vegetable soups, such as tomato or butternut squash!
 - *Friday* - Our Veggie Fun Fact today is: Green Beans come into season during March! Try some tonight with dinner

- Week 2: Fruit
 - *Monday* - March is National Nutrition Month. For the second week, we will be giving you Tips and Facts about Fruits, one of the five food groups. Our Fruit Fun Fact today is: Citrus Fruits, like oranges and grapefruit, are high in vitamin C, which helps heal wounds and keep our teeth healthy!
 - *Tuesday* - Our Fruit Tip of the day is: For a sweet and savory breakfast, dip banana and apple slices in peanut butter.
 - *Wednesday* - Our Fruit Fun Fact today is: Bananas are high in potassium, which keeps your muscles from cramping during sports or play!
 - *Thursday* - Our Fruit Tip of the day is: Make a smoothie in the morning for breakfast with a variety of fruits for different flavor combo.
 - *Friday* – Our Fruit Fun Fact is: Did you know avocados and tomatoes are actually fruits?

- Week 3: Protein
 - *Monday* - March is National Nutrition Month. For the third week, we will be giving you Tips and Facts about Protein, one of the five food groups. Our Protein Fun Fact today is: Protein in our diet comes from more than just meat – nuts and seeds also belong to the protein group!
 - *Tuesday* - Our Protein Tip of the day is: Try seafood, like salmon or tuna, for healthy doses of protein and healthy fat!
 - *Wednesday* - Our Protein Fun Fact today is: Did you know peas and beans are also good sources of proteins?
 - *Thursday* - Our Protein Tip of the day is: Eat baked or grilled chicken instead of fried chicken when eating out with the family!
 - *Friday* – Our Protein Fun Fact is: Did you know that all the cells in your body are made of protein? Even our nails, hair and skin!

- Week 4: Grains
 - *Monday* - March is National Nutrition Month. For the fourth week, we will be giving you Tips and Facts about Grains, one of the five food groups.
Our Grain Fun Fact today is: The grain group is divided into two subgroups: whole and refined. You should aim to make half of your grain options whole grain!
 - *Tuesday* - Our Grain Tip of the day is:
Choose brown rice instead of white rice for dinner sides to get a healthy dose of fiber
 - *Wednesday* - Our Grain Fun Fact today is: Did you know that there are more grains than just wheat? Try brown rice or oatmeal as other healthy grain options!
 - *Thursday* - Our Grain Tip of the day is: Add granola to your yogurt for a filling afternoon snack.
 - *Friday* – Our Grain Fun Fact is: Did you know the first loaf of bread was made over 30,000 years ago?

- Week 5: Dairy
 - *Monday* - March is National Nutrition Month. For our last week, we will be giving you Tips and Facts about Dairy, one of the five food groups.
Our Dairy Fun Fact today is: Did you know that all dairy foods have the nutrient calcium in common, which keeps bone strong!
 - *Tuesday* - Our Dairy Tip of the day is: Drink a glass of milk with dinner for a healthy beverage full of nutrition!
 - *Wednesday* - Our Dairy Fun Fact today is: If you don't like the taste of cow's milk, try soy, almond or rice milk for dairy alternatives.
 - *Thursday* - Our Dairy Tip of the day is: For lunch tomorrow, pack yourself Greek yogurt for a calcium and protein boost!
 - *Friday* – Our Dairy Fun Fact is: Mozzarella is the most popular cheese around the world!

