

NUTRITION

NEWS

MAY 2019

Hydration

Kiddos, it's time to hydrate. The heat is coming, and we need to be on our hydration "A" game. Water helps keep body temperature constant at about 98.6 degrees Fahrenheit, it also helps maintain blood volume, lubricate joints and tissues, and transport nutrients and oxygen to all cells. Below is a chart outlining how much water is needed each day.

Age Range	Gender	Total Water
4 - 8 years	Girls and Boys	7 Cups
9-13 years	Girls	9 Cups
9-13 years	Boys	10 Cups

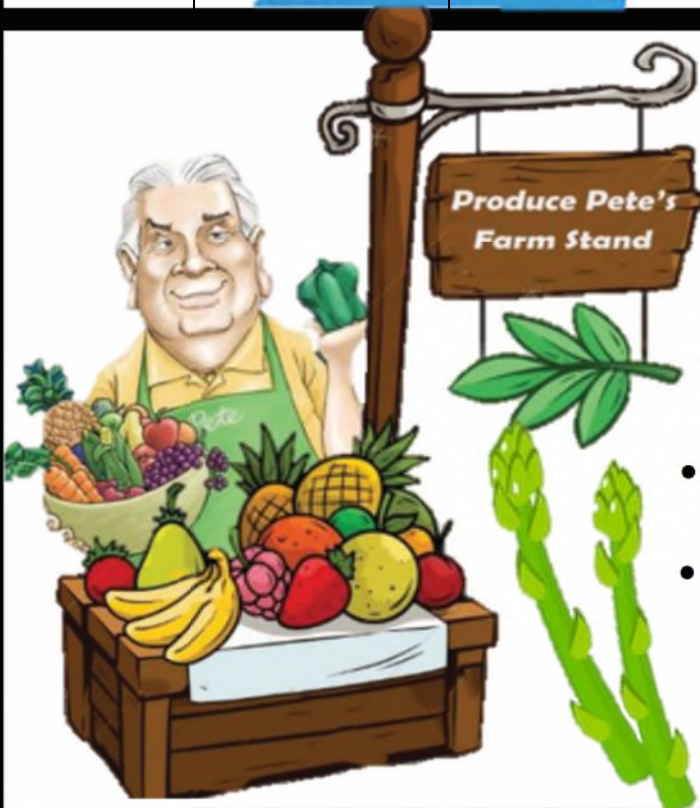
Dietitian's Corner

Natural Flavors

If you get tired of plain water, try adding lemons, limes, cucumbers or other fruits and vegetables for added flavor. Frozen fruits can act as ice cubes, as well as provide a bit of sweetness. Try it, I promise, it tastes great!



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ASPARAGUS

Did you know?

- **Asparagus** are related to leeks, garlic and onions.
- They are a part of the lily family.
- **Asparagus** plants can live up to 15 years.
- **Asparagus** was first grown in Greece nearly 2,500 years ago. It was believed to help bee stings and relieve toothaches.

Blueberries

- **Blueberries** have been eaten for more than 13,000 years.
- **Blueberries** are native to North America.
- One blueberry bush can produce up to 6,000 **blueberries** per year.
- The silvery sheen or dusty bloom on the skin of the **blueberry** helps protect the fruit, that's why you should only wash them when you are ready to eat them.



Garden Hunt

K G A O A Z Q O Z K L
 M C A S C O N Y P S E
 L M G R P I D Z M M E
 A T A O D A L G W J K
 B L U E B E R R I E S
 S N O I N O N A A Y P
 O F L O W E R S G G F
 B U N O I T I R T U N
 P L A N T S V C P W S



Eat your veggies!



GARDEN JOKES

What do you call **blueberries** playing the guitar?

A jam session

What do you call a sad **strawberry**?

A **blueberry**

Why are **asparagus** stalks' leaves never lonely?

Because they come in bunches

"This institution is an equal opportunity provider."

Asparagus-Blueberries-Onions-Leeks-Garlic
 Nutrition-Flowers-Grow-Garden-Plants

