

THE WEEKLY BLURB

WEEK OF MARCH 1, 2021

HEALTHY TIP: SNACK SMART!

- Snacks are a great way to refuel. Choose snacks from different food groups.

PHYSICAL ACTIVITY TIP: EXERCISE SHOULD BE FUN!

- Find something that you love to do. Exercise should be fun, not a chore

MARCH
Root Vegetables
(CARROTS, BEETS, RADISHES)



Nutrition Facts

A medium-size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. The veggie is an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. **Carrots** are loaded with beta-carotene, a natural chemical that the body changes into vitamin A.

HANAH TAYLOR
HAND IN HAND PRIMARY SCHOOL
PHYSICAL EDUCATION
229-225-3908
HTAYLOR@TCJACKETS.NET