

THE WEEKLY BLURB

WEEK OF OCTOBER 26, 2020

HEALTHY TIP: CLEAN TEAM!

- **REMEMBER THE POWER OF HAND WASHING!**

PHYSICAL ACTIVITY TIP: JUMP INTO EXERCISE

- **JUMPING UP AND DOWN**
- **JUMPING SIDE TO SIDE**



Pumpkin FactS for Kids

- Pumpkin is a fruit, not a vegetable.
- Almost all parts of a pumpkin are edible.
- Their name originates from a Greek word pepon (large melon).
- They are one of the most popular crops in the US.
- The oldest seed of pumpkins were found in Mexico (around 7000 BC)
- They are used in all kinds of foods – soups, desserts, meals, juices...
- They are a super popular Halloween decoration.

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