



HEALTHY HINTS

Carrot Fries – a healthy alternative to potato fries

Ingredients: 1 pound carrots, olive oil, dried thyme or preferred seasoning, and salt

Instructions: Peel & slice 1 pound of carrots into 1/2-inch-wide sticks. Toss with 1 tablespoon olive oil, 1/4 teaspoon dried thyme, and 1/4 teaspoon salt. Bake at 400° F for 15-20 minutes, or until soft, on a parchment paper-lined pan. YUM!

Carrots: good source of dietary fiber

Olive oil: healthy fats

Thyme: vitamin C



This week we learned about:

FRUITS and VEGGIES: Eat the Rainbow

- Eating **fruits and vegetables** is another way to get extra water in our diet
 - All living things, including all plants such as fruits and vegetables, are made of **water** just like we are!
- Fruits and vegetables are also packed with lots of **vitamins and minerals** our bodies need. Plants are able to use sunlight and convert this into energy, but humans can't
 - We **NEED** that energy so we must eat the plants.
- One way to know you are getting enough vitamins and nutrients is by eating food with the natural colors they came out of the ground with
 - **Eat every color of the rainbow!**
- Even if we don't eat every color every day, we will still be healthiest if we eat at least **FIVE servings of veggies and fruits** each day!
 - The school breakfast and lunch provides fruit and veggie opportunities so students can be up to serving #3 by the time they go home for dinner!
- Remember to follow the healthy plate model: **half of the plate should be fruits and vegetables!**

NEXT TIME (12/21/22):
Carbohydrates!

