

THE PREFERRED WORD



Dates to Remember:
 December 1st – Rosa Parks Day
 December 5th – International Volunteer Day
 December 7th – Pearl Harbor Day
 December 22nd – Hanukkah begins at Sundown
 December 25th – Christmas
 December 26th – Kwanzaa starts
 Write to a Friend Month



Winter Word Search

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



chilly
 fireplace
 frost
 hibernate
 hot chocolate
 migrate

penguin
 polar bear
 snowflake
 snowman
 white
 winter



Spotlight on...

Strengthening your Immune System for the winter.

1. **ZINC:** this helps increase the production of white blood cells and helps them fight more aggressively. You can find zinc in crab, beef, dark turkey meat, and beans.

2. **Vitamin C:** it increases the building of white blood cells which helps fight off infection. These fruits are loaded with Vitamin C: guava, papaya, strawberries, kiwi, cantaloupe, oranges and grapefruit.

3. **Vitamin E:** it enhances the production of B-cells, which produce antibodies that destroy bacteria. Some ways of getting Vitamin E is through eating seeds, vegetable oils, and grains.

Attention Classroom Teachers,

Enter the Harvest of the Month lottery to win a classroom prize (i.e. harvest of the month workbooks, fresh produce for classroom tastings), email us at info@healthiersf.org with the answers from your classroom. Hint – review with your class the Harvest of the Month Educator’s Newsletter - found in the December 5th - WAD.

1. What did the Athenians mean by “philosykos”?
2. Name three nutrients that dried fruit can give the body.
3. What two California valleys produce ninety-five percent (95%) of the 30 million pounds of dates grown in the United States?

For more information about DRIED FRUIT and the Nutrition Education Project, visit - www.healthiersf.org and CLICK on the icon



Harvest of the Month – Dried Fruit

Dried Fruit History - Fruits become dry when their moisture content drops below 20 percent. Dried fruits are the result of either natural or mechanical processes. California’s grape growers happened upon raisins accidentally when an early heat wave dried the grapes on the vine. California plums, by comparison, are dehydrated by machines that lower the moisture content to about 15 percent.



Raisins are noted in ancient writings as far back as 1490 B.C.E., but it wasn’t until 1876, when Scottish immigrant William Thompson developed a seedless grape variety in the San Joaquin Valley that the raisin industry was launched.



Dried Fruit is a good source of dietary fiber, potassium and iron. It also is a source of calcium, vitamin A & C, B-complex vitamins and magnesium (e.g. dates, dried figs, prunes, raisins).



In the United States, raisins are produced almost exclusively in California’s Central Valley (mostly in Fresno County) and represent nearly half of the world’s supply.



SLEDDING!



Sledding can be a lot of fun, but you need to be safe while you are doing it!

Keep the following in mind when having your winter fun on a sled!

- Wear gloves, mittens, hats, boots and scarves to stay warm and to help protect you from injury.
- Have an adult check your sledding spot to make sure it’s okay and not too steep.
- Make sure the hill you choose to sled down doesn’t have too much ice. Ice can lead to falls and possibly injury.
- Watch for obstacles such as trees or bushes and rocks.
- Try and sled during the day or in a well lit area and make sure you are sitting upright when sledding.

Thinktrition™



FIBER - what does it do??

Fiber is a part of all plant foods. It can be found in whole grain cereals, whole grain breads, fruits, vegetables, cooked beans, peas and lentils.

Fiber promotes regularity and prevents constipation. It also helps reduce risk of cancer and heart disease later in life.

Make sure that you eat plenty of fiber and continue this habit throughout your life! Children from the age of 9 - 13 should be getting 26 - 31 grams daily.

Unscramble the letters to find the words in our

Winter Anagram

Hidden Word (circled letters):

w n o s

a r c f s

m e n s i t t

n e v e r e r e g

t s o r f

a t e k s s

e g i s l h

i n n u p e g

c l o d

s i r c p



Answers: snow, scarf, mittens, evergreen, frost, skates, sleigh, penguin, cold, crisp. Hidden Word: Snowflakes

<http://www.dltk-holidays.com/winter/index.html>

DID YOU KNOW...

December 1st is Rosa Parks Day?

On the evening of December 1, 1955, Rosa Parks, an African American, was arrested for disobeying an Alabama law requiring black passengers to relinquish seats to white passengers when the bus was full. Blacks also were required to sit at the back of the bus. Her arrest sparked a 381-day boycott of the Montgomery bus system and led to a 1956 Supreme Court decision banning segregation on public transportation. On December 1st, we celebrate Rosa Parks and her righteous act.

<http://lcweb2.loc.gov/ammem/today/dec01.html>



Make a Pine Cone Bird Feeder



- A large, open pinecone
- Vegetable shortening, lard or suet
- Oatmeal or corn meal
- Birdseed
- A few feet of string, fishing line or twine
- Mixing bowl
- Butter knife
- Spoon
- Scissors
- Paper plate or cookie sheet
- ½ cup measuring cup
- Optional: High-energy bird foods such as dried fruit (cut in small pieces), chopped nuts, sunflower seeds or millet



STEP 1: Gather materials.

STEP 2: Tie a string around the wider, stem end of the pinecone.

STEP 3: Mix ½ cup vegetable shortening with ½ cup oatmeal or corn meal in a mixing bowl. (This amount will cover one large pinecone or two or three smaller ones.)

STEP 4: Spread the mixture over the pinecone with a butter knife.

STEP 5: Pour the birdseed onto a paper plate or cookie sheet. Then roll the pinecone in the birdseed until well covered.

STEP 6: Hang the feeder from a tree branch outside. Watch the birds enjoy your feeder!!

http://www.enviro-explorers.com/pinecone_web_page/pineconefeederindex.html