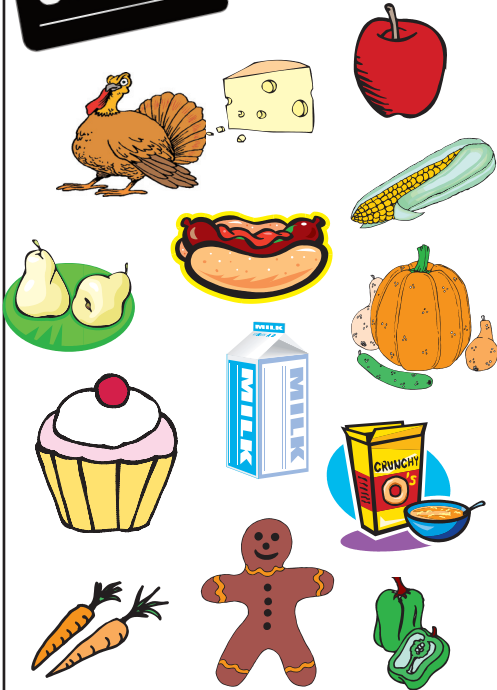


THE PREFERRED WORD



Circle the food items that belong in a cornucopia



The cornucopia is a symbol for a harvest festival that we see around Thanksgiving. The traditional cornucopia was made of an empty goat's horn filled to the brim with fruits, vegetables and grains. The Greek legend says that Amalthea (a goat), broke one of her horns and offered it to Zeus as a sign of respect. Zeus then set the goat's image in the sky among stars, known as the constellation Capricorn.



Thinktrition™



Sodium is a mineral. In it's most popular form, it is known as table salt. Sodium is important to your nerves because it stimulates muscle contraction, important in exercising. Calcium is sodium's best friend! Sodium helps dissolve calcium and lets it flow in the blood stream and stimulates the adrenal glands. It also helps with preventing sun-stroke.

However, high sodium levels can cause high blood pressure. Children from ages 9 - 18 should be getting 1,500 mg of sodium a day.



<http://www.healthvitaminsguide.com/minerals/sodium.htm>



Dates to Remember:

- November 11th – Veterans Day
- November 20th – Universal Children's Day
- November 27th – Thanksgiving
- November 30th – Mark Twain's Birthday
- National American Indian Heritage Month

Answers: Apple, Pears, Corn, Pumpkin & Squash, Carrots, Peppers
<http://www.thanksgiving-day.org/cornucopia.html>



PISA PIZZA™

Attention Classroom Teachers,

Enter the Harvest of the Month lottery to win a classroom prize (for example, fun harvest of the month workbooks, fresh produce for classroom tastings), by answering the following questions with your students and email us the answers at info@healthiersf.org.

Hint – review with your class the Harvest of the Month Educator's Newsletter - found in the November 5th WAD.

1. Name three reasons to eat persimmons.
2. What are the top three persimmon-producing counties in California?
3. What year was the persimmon tree grafted and successfully introduced to Georgia and California by early USDA plant explorers?

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



Harvest of the Month – PERSIMMONS!

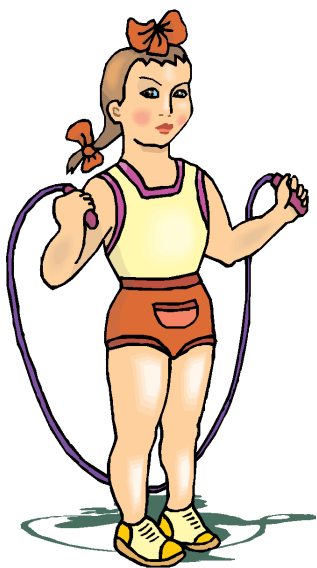
A Piece of Persimmon History: persimmon is an excellent source of fiber, manganese, Vitamins A, & C. The persimmon originated in China and made its way to Japan more than a thousand years ago. Today, the two major Japanese varieties grown in California are the Hachiya and the Fuyu.

In Asia, persimmons have been cultivated for thousands of years and rank next to citrus fruit in importance, culturally and economically.

The persimmon is Japan's national fruit.

The Fuyu was developed by breeding out the tannic acid from the Hachiya, making it more appealing to taste and easier to eat whole and raw.

Persimmon trees are also cultivated for timber (used in golf clubs, textile weaving and furniture), wildlife (flowers produce nectar for honey bees), and beautification.



Have you ever jumped rope? Did you know jumping rope can burn up to 1000 calories per hour, making it one of the most efficient workouts possible? Jumping rope optimizes cardiovascular conditioning and maximizes athletic skills by combining agility, coordination, timing, and endurance.

<http://www.fiifaq.com/jumping-rope-benefits.html>



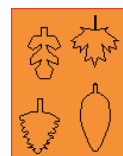
Make a Thankful Wreath

You will need:

- A white paper plate
- Colored Construction paper
- Crayons or markers
- Scissors
- Glue or a glue stick



Cut a half circle out of the center of a paper plate to hold the leaves.

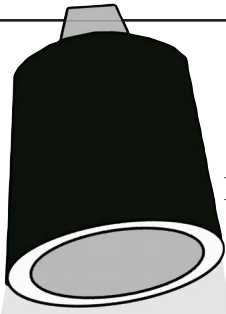


Cut out a lot of leaves from construction paper. Draw the leaf veins if you wish.



Glue the leaves all around the rim of the paper plate. In the lower center of the wreath, write, "I am thankful for," write on each leaf what you are thankful for. Put your name on it and share it on Thanksgiving!

<http://www.enchantedlearning.com/crafts/thanksgiving/thankfulwreath/>



Spotlight on... Veteran's Day

In 1918, at the eleventh hour of the eleventh day of the eleventh month is when the world celebrated the end of World War I. This day was declared Armistice Day to remember the sacrifices that men and women made during the war in order to have peace.



Many towns had parades and politicians gave speeches giving thanks for the peace they had won.

In 1938 Congress had voted Armistice Day a Federal holiday. One year later, World War II had begun. In 1953, a small town in Kansas began calling it Veterans Day. It was later renamed officially by the Federal Government.

Most recognition is given to Veterans at 11:00 a.m. of Veteran's day with a moment of silence, to remember those who fought for peace.



<http://homeschooling.about.com/cs/unitssubjhol/a/veteransday.htm>

Try these jokes at Thanksgiving!

What is a turkey's favorite
dessert?

Peach gobbler!

If April showers bring May
flowers what do May flowers
bring?

Pilgrims!

Why did the turkey cross the
road?

It was the chicken's day off!

What kind of music did the pil-
grims listen to?

Plymouth Rock

<http://www.jokesbykids.com/holiday/thanksgiving/index.php?page=2>

Can you find the differences between the two turkeys?

