








APRIL



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Ninety million chocolate Easter bunnies are made each year. In the United States, 76% of people eat the ears on chocolate bunnies first.</p>	<p>2 16 billion jelly beans are made for Easter. Can you guess which color jelly bean is kids' favorite? Red</p>	<p>3 According to the Guinness World Records, the largest Easter egg ever made was more than 25 feet high and made of chocolate and marshmallow. The egg weighed almost 9,000 pounds!</p>
<p>6 SPRING BREAK</p>	<p>7 SPRING BREAK</p>	<p>8 SPRING BREAK</p>	<p>9 SPRING BREAK</p>	<p>10 SPRING BREAK</p>
<p>13 SPRING BREAK</p> 	<p>14 In 1830 pizza began with the opening of the world's first pizzeria. The pizzas were cooked in an oven lined with lava from Mount Vesuvius, a volcano located in Italy.</p>	<p>15 Americans should not eat more than 10 teaspoons per day of sugar. One soft drink alone contains about 9 teaspoons of sugar. Make sure to limit the amount of sugar you eat every day.</p>	<p>16 Spinach is good for your spirits. It contains a lot of a vitamin called folic acid. If you do not have enough folic acid in your body you may feel sad and depressed.</p> 	<p>17 Does it really take years to digest gum if we swallow it? Nope, that is just a myth. Our stomach doesn't digest gum at all. Because it is made out of soluble fiber, chewing gum passes right through us! It comes out with the rest of our waste, usually a day or two after you eat it.</p>
<p>20 Turkeys lay eggs just like chickens do. But turkey eggs are twice as big as chicken eggs. They are pale and a creamy tan color with brown speckles.</p>	<p>21 British sailors used to be called "Limeys" because they ate limes to prevent scurvy, a disease caused by lack of Vitamin C in the diet.</p>	<p>22 The first recorded watermelon harvest appeared in hieroglyphics on an Egyptian tomb 5,000 years ago. Early explorers also used watermelons as canteens to carry water during dry seasons.</p>	<p>23 Chew your food! Food needs to be well mixed in your mouth with saliva so it can slide down easily and start being digested.</p> 	<p>24 The word "pothole" came from the Irish. They use to boil their potatoes in a pot, when they were finished cooking, the pot was lifted off the fire and set on the ground to cool. In the process of mashing the potatoes, the pot would be pushed into the ground and in time a deep hole would develop - a pothole!</p>
<p>27 To get more of the good nutrients in your diet eat highly colored foods like sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, mangos, and leafy green vegetables like collard greens, spinach, and kale.</p>	<p>28 If you're hot should you cool off with ice cream? No. Ice cream feels cool, but because it is loaded with a lot of calories, or energy, it actually makes your body warmer.</p>	<p>29 Today we are eating 900% more broccoli than we did 20 years ago. Today, the average person in the US eats four and a half pounds of broccoli each year - which is great because broccoli is very nutritious.</p>	<p>30 Your body is made up of a large amount of protein. Protein is part of all your cells, muscle, bones and skin. In your diet you can find protein in meats, eggs, cheese, nuts, beans, and soy. Make sure to include protein foods in your diet every day.</p>	