




DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken soup really is good for you. It actually contains a substance that helps to relieve congestion. Chilies, hot pepper, garlic, and other hot spices can also help you when you have a cold.</p>	<p>2 We sure do eat a lot of food here in America! Here, an average family of four consumes almost 6,000 pounds of food per year.</p>	<p>3 It is good to eat whole grains in your diet every day like brown rice and whole wheat breads. Plain popcorn is also a whole grain you could eat.</p>	<p>4 According to Dominoes Pizza, some of the more popular international pizza toppings are pickled ginger, minced mutton and tofu in India, squid in Japan, and green peas in Brazil.</p>	<p>5 Yard long beans really do grow to 3 feet long, although they are picked before they reach that height. They taste and look like green beans and originated in Africa or Southern Asia.</p>
<p>8 Ice cream is really Chinese food! Marco Polo, a famous explorer brought a recipe to Italy for a dessert called Milk Ice he found in China. The Europeans substituted cream for the milk, and ice cream was officially born.</p>	<p>9 Although it is good to eat a low fat diet, there are some fats, like that found in nuts, which is good for you and can help you stay healthy.</p>	<p>10 Being fit is a way of saying a person eats well, gets lots of physical activity, and has a healthy body weight. If your fit, your body works well, feels good, and can do all the things you want to do.</p>	<p>11 Arugula is a type of salad green. It is popular in Italian cooking. The ancient Romans used to eat it for good luck.</p> 	<p>12 White fuzz that develops on your ice cream is grown from fertilized ice cream spores. This happens when you have another container of ice cream or cool whip and they mate in the darkness.</p>
<p>15 Did you know that about 88% of all milk is water and only about 12% has solid food value? So if you are thirsty it may be best to drink water or milk.</p>	<p>16 Even during the holidays you should eat all foods in moderation. This means that you have to be careful not to eat too much of any one type of food.</p>	<p>17 Why do we say a person "Eats like a bird" when they are small eaters? Birds actually eat 1/2 their own body weight in food every day. If humans did this, a 50 pound child would have to eat 25 pounds of food a day!</p>	<p>18 Kwanzaa is an African-American feast celebrated from December 26 - January 1st. Originally it was to celebrate the first harvest of crops. Sweet potatoes and banana custard with raisins are the foods eaten for this celebration.</p>	<p>19 The eight day Jewish Festival of Lights is traditionally celebrated with doughnuts or potato pancakes (latkes), which are fried in oil. This is a reminder of the oil that burned in the temple for eight days.</p>
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