





Happy New Year!

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
			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.	2 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.
5 The same chemical that gives cherries their color may relieve pain better than aspirin in humans. Be sure to eat cherries often.	6 An egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. That is why storing them in their cartons keeps them fresh.	7 Americans eat 100 acres of pizza each day, or 350 slices per second. Each man, woman and child in America eats an average of 23 pounds of pizza a year.	8 Distribution of Animals in a box of Animal Crackers: 6 Gorillas, 5 bears, 4 camels, 3 rhinos, 2 tigers, 2 monkeys, 2 sheep, 1 buffalo and 1 lion.	9 January 19 th is National Popcorn Day. Some Native American tribes popped corn right on the cob by spearing the corn cob with a stick and holding it near the fire. The kernels would pop and stay attached to the cob.
12 In Egypt, breakfast is often bought and eaten on the street. Usually it is bread wrapped around assorted fried vegetables like eggplant, beans, tomatoes, and peppers.	13 Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad say's it is time to stop watching TV or playing computer games.	14 Leo Hirshfield brought his secret recipe for tootsie roll candy to New York in 1896. He named it after his daughter who was nicknamed tootsie.	15 Carrots really can help you see in the dark! That is because they contain a lot of Vitamin A which is known to prevent night blindness.	16 OFF 
19 	20 To keep your lunch cool double bag your lunch! The layers of paper and air help keep the cold in. Or, you could put an ice pack or frozen juice box in a plastic baggie to make your lunch bag a mini cooler.	21 Calcium is critical to our health because it helps build strong bones and teeth. It is most important to get calcium when you are a kid because that is the time when the calcium has the most impact on your bones.	22 What is the difference between a fruit and a vegetable? A fruit is basically a sweet pulp that surrounds its seeds (oranges, apples, mangoes). A vegetable is a more leaf like plant (cabbage, beans, and potatoes).	23 An orange from Florida will taste different than an orange from California. Temperature and soil will effect how the fruit grows and tastes.
26 The custom of throwing rice at weddings goes back to the time when people thought rice, a symbol of health and prosperity, would appease evil spirits so they would not bother the wedding couple	27 The official state vegetable of Texas is the Texas Sweet Onion.	28 Onions are a very healthy food. The word onion came from a Latin word meaning large pearl. 	29 According to folklore, pretzels were given to children who knew their prayers. The pretzel shape was supposed to signify arms folded across the chest in prayer. 	30 Pasta is one of America's favorite foods with 1.3 million pounds of 16 ounce spaghetti packages sold last year. That much spaghetti could circle the Earth's equator almost nine times.