








MAY

Monday	Tuesday	Wednesday	Thursday	Friday
				1Some people have allergic reactions to food. Almost 75% of these reactions are caused by either eggs, peanuts, or milk
4Vitamin C helps your teeth, gums and bones. It also helps to heal your cuts and bruises. You can find lots of Vitamin C in oranges, tomatoes, broccoli, and melons. 	5 Food should always be enjoyable. But, if food is not handled correctly harmful bacteria can grow and cause food poisoning. Wash your hands thoroughly before you touch food, after going to the bathroom, and after touching pets	6Caffeine can make you very awake, but too much is not good for you. A 60 pound child who drinks 2 soft drinks in a day is getting the same amount of caffeine as a 175 pound adult who drinks 8 cups of coffee!	7The yeast that is used as an ingredient in the baking of breads is actually a single celled fungus. 	8The world record for watermelon seed spitting is held by Jack Dietz of Chicago, who spit a seed a distance of 66 feet and 11 inches!
11In order for a product to be called "chocolate" it must contain chocolate liquor, which is what gives it the bitter flavor and dark color. So there is no such thing as "white chocolate" even though it comes from the cocoa plant because it does not have the liquor added to it.	12Folate is a nutrient very important for growth and kids often do not get enough of it. You could eat fortified breakfast cereal in the morning, breads, or green leafy vegetables throughout the day to make sure you get enough of this important nutrient.	13Uglifruit is a fruit that comes from Jamaica. It is a cross between a grapefruit and a mandarin orange. It is about the size of a small grapefruit and has an ugly appearance.	14Texas has 2 official state peppers: the jalapeno and the chiltepin. Both of which are used in the official state dish of Texas - Chili. 	15It takes about 20 minutes for your brain to get the message that your body is getting food and is full. So, slow down when your eating to give your brain a chance to get the word your full! 
18Lentils are a member of the pea family. They are grown for there seeds, which are dried and used in soups and stews. They are rich in protein and carbohydrates and are also a good source of calcium, phosphorous, iron and the B vitamins.	19Fat is found in plants and in meat. The fat from plants is called oil. Many healthy oils come from olives, and seeds like sesame seeds. Your body needs some fat but most people eat way too much so be careful!	20Iron is a mineral that helps you keep your blood healthy. Good sources of iron to eat every day include red meat, eggs, fortified breakfast cereals, and beans.	21Vitamin A is good for your teeth and skin and gives you energy. You can find Vitamin A in spinach, fruit, and milk. 	22The official state plant of Texas is the prickly pear cactus which you can actually eat. It tastes similar to a tart green bean, asparagus, or pepper.
25 Memorial Day 	26 People did not have refrigerators until the 1920's. Before that they kept food cold by storing it on windowsills, blocks of ice, or even burying it in the garden to keep it cool.	27 Vitamin E helps keep your blood and skin healthy. Foods that have a lot of Vitamin E in them are nuts, beans, and lots of green vegetables. 	28 The body gets its water from three sources: from drinks, from the water in foods (especially fruits and vegetables), and as a result of reactions within the body. It is recommended to drink 6-8 glasses of water per day.	29 The food that you eat is made up of fat, protein, fiber and carbohydrates. These nutrients give you energy and calories in your diet.