










# NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 A man from California, Frank Epperson, invented the Popsicle in 1905 when he was just 11 years old!</p> 	<p>4 Salt was extremely rare in the past. It was so rare that it was often used as pay. Imagine earning a couple of tablespoons of salt for a hard days work.</p>	<p>5 Good sources of Vitamin C are oranges, lemons, grapefruits, strawberries, tomatoes, and potatoes. Foods with a lot of vitamin C when eaten with meat or beans helps the body also get more iron.</p>	<p>6 Bakers used to find that their loaves were under weight, so they would add an extra loaf to every dozen, hence the expression "baker's dozen."</p>	<p>7 If you were to burn 1 pound of fat, you would have to burn a total of 3500 calories!</p>
<p>10 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.</p>	<p>11 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.</p>	<p>12 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.</p>	<p>13 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.</p> 	<p>14 Onions are a very healthy food. The word onion came from a Latin word meaning large pearl.</p> 
<p>17 George Washington liked ice cream so much he reportedly had a bill for \$200 just for ice cream one summer</p>	<p>18 Sweet potatoes and Yams are not even related. Yams actually come from Africa or South America and are rarely seen here in the US.</p>	<p>19 Sometimes people blame that after dinner tiredness on the turkey. It is really a compound in the turkey, called L-tryptophan (L-trip-toe-fan) that makes you sleepy.</p> 	<p>20 The idea for TV dinners came from a man named Gerald Thomas in 1954 when he could not figure out what to do with his leftover turkey from Thanksgiving dinner. The fist TV dinner was roast turkey with stuffing and gravy, sweet potatoes and peas and sold for just .98 cents.</p>	<p>21 Originally, pumpkins were used as an ingredient for the crust of pies, not the filling like they are used now.</p> 
<p>24 Cranberries or cranberry juice may help heal certain infections by killing the bacteria that caused them.</p>	<p>25 The first Thanksgiving meal celebrated by the pilgrims and the Native Americans included turkey, venison (deer meat), lobster, fish, sweet potatoes, cranberries and popcorn. Yum!</p>	<p>THANKSGIVING HOLIDAY</p> 	<p>THANKSGIVING HOLIDAY</p> 	<p>THANKSGIVING HOLIDAY</p> 