




OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Everyone should eat a variety of foods every day. This means that you must include foods from each food group because no single food can supply all nutrients that your growing body needs. Try to eat many foods of many different colors and textures in your diet.	2 What exactly is a calorie? It is the amount of heat energy that is needed to raise the temperature of 1 liter of water by 1 degree Celsius. Then, the calories in food becomes energy in our bodies.	3 Ants are eaten in some countries like Columbia, where they are fried or roasted and eaten as a snack at the cinema. 
6 It is good to eat five helpings of fresh fruit and vegetables every day. But what if you don't like them? Here's the solution: make them into a smoothie or a milkshake.	7 It has been traditional to serve fish with a slice of lemon since the Middle Ages, when people believed that the fruit's acid would dissolve the bones from the fish.	8 Zebra tomatoes are golf ball sized tomatoes with greenish or yellowish stripes. Try one if you can because they taste great!	9 The Texas Red Grapefruit is the state fruit of Texas. 	10 It used to be the practice at festivals to grease a pig and let it loose among blindfolded contestants. The person who successfully caught the greased pig could keep it....and so that person would "bring home the bacon."
13 Green vegetables have a lot more nutrients than starchy vegetables like corn, potatoes, and rice. So, try to eat more green vegetables than white ones every day.	14 Carrots were first grown as a medicine, not a food. They originated 3,000 years ago and were white, purple and yellow.	15 Popcorn pops because there is moisture in it, and when it gets heated it turns to steam and explodes!	16 How long does it take our food to completely digest?? It could take up to 12 hours for your food to be entirely digested.	17 The word "breakfast" comes from "breaking the fast" since you go all night without eating it is like you are fasting. It is very important that you eat breakfast everyday.
20 Chewing gum for over 20 minutes a day stresses your jaw bone. But, if you chew a piece of sugarless gum for just a few minutes helps to clean your teeth.	21 If you are not feeling well, remember that garlic and onions can help kill flu and cold viruses.	22 Pumpkins were once recommended for removing freckles and curing snake bites! The Native Americans used the pumpkin seeds for food and medicine.	23 99% of all pumpkins are sold for decorations. Championship pumpkins today weigh over 800 pounds.	24 Pumpkin halves were supposedly used as guides for haircuts in colonial New Haven, Connecticut, and giving rise to the nickname 'pumpkin head.'
 27 Water is reusable. So, a portion of the water you drink has already been drunk by someone else, maybe several times over!	28 The first microwave ovens went on sale in 1947. They cost almost \$3,000 each and were the size of a small refrigerator.	29 One bushel of corn will sweeten more than 400 cans of soda. Farmers can grow corn on every continent except Antarctica	30 The dairy cow can produce enough milk for 40 people for one year, which is about 16,000 glasses. Milk is very good for you; make sure you drink milk every day.	31 Soybean oil is the most widely used vegetable oil. It is found in margarine's, salad dressings, canned foods, sauces, baked goods, and processed fried foods. These foods should be limited in your diet to stay healthy