

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN MAY



FRUIT » RHUBARB

HEALTH BENEFITS: Rhubarb (a vegetable often prepared and eaten like a fruit) contains a good source of vitamin K, which supports healthy bone growth. It has infection-fighting vitamins A and C. Plus, one cup of cooked rhubarb contains just as much calcium as a glass of milk!

SELECTION / STORAGE: When choosing rhubarb, go for firm, crisp, plump stalks and perky leaves with good color. For maximum freshness keep refrigerated in a plastic bag for no more than a couple of days.

EATING / PREPARATION: Never eat rhubarb leaves because they are poisonous. Once leaves are removed, wash under cool water and slice off any tough, stringy ribs. Trim the ends and slice into half- or one-inch pieces. Stew for 8 to 10 minutes or roast for 15 to 20 minutes. Once softened, make jams, muffins, crumbles, pancakes, sauces and more!

VEGETABLE » RADISH

HEALTH BENEFITS: Snacking on radishes can help you reach the recommended daily intake of vitamin C, an antioxidant that works to rebuild body tissues and maintain bones and teeth. Radishes also contain good amounts of fiber, folate, copper and potassium.

SELECTION / STORAGE: Radishes can come in many different sizes, shapes, and colors. You will usually find the bright red ones in the grocery store. Look for roots that appear fresh and firm in texture. The top greens should be a fresh and a crisp green color without shriveled or yellow leaves. Store them in the fridge up to a week in a plastic bag.



EATING / PREPARATION: Remove the top greens and root. Wash thoroughly in cool running water to remove the soil. Both the root and top greens may also be used for cooking if properly cleaned. Radishes can be eaten raw in a slaw or in salads. They can also be mixed with other vegetables and steamed or sautéed in many dishes!



ACTIVITY » KICK IT

ACTIVITY: Summer is just around the corner, and while school may be winding down, soccer season is “kicking” into full gear. This pastime is not only loved by people from many countries, but also dates back to the 2nd and 3rd centuries B.C.! Running is the most common form of cardio, giving your lungs and heart a healthy workout. It can also improve your cholesterol, heart function and muscle mass. Try heading to a local park such as Allison Henderson, Valentine or Murphy and test out your foot skills. Who knows, you may have a young Mia Hamm or David Beckham on your hands...or “feet.”