April 2021 Virtual After School Enrichment

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 **NO SCHOOL**	2 **NO SCHOOL**	3 ----------
4 ----------	5 **NO SCHOOL** ***TBD**	6 **TEACHABLE TUESDAY** **Vitamin D** https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-vitamin-d?scrlybrkr	7 **WELLNESS WEDNESDAY** **Practice Food Safety** https://www.choosemyplate.gov/ten-tips-be-food-safe	8 **TRENDY THURSDAY** **Mediterranean Diet** https://health.usnews.com/best-diet/mediterranean-diet	9 **FUN FILLED FRIDAY** **Classifying Foods Quiz** https://www.surveygizmo.com/s3/4331601/Test-Your-Knowledge-Miscategorized-Foods-Shaping-Up-My-Choices	10 **SUPERFOOD SATURDAY** **Broccoli** broccoli
11 **SUNDAY FUNDAY** **Brain Food** https://www.youtube.com/watch?v=xyQY8a-ng6g	12 **MAKE IT MONDAY** **Mini Breakfast Pizzas** https://www.delish.com/cooking/recipe-ideas/recipes/a49568/mini-breakfast-pizzas-recipe/	13 **TEACHABLE TUESDAY** **Fiber** https://www.myfooddiary.com/nutrients/fiber	14 **WELLNESS WEDNESDAY** **Eating Well** https://www.self.com/story/20-ways-to-eat-healthier	15 **TRENDY THURSDAY** **Hydroponics** https://www.explainthatstuff.com/hydroponics.html	16 **FUN FILLED FRIDAY** **Word Scramble** https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/WholeGrainScramble.pdf	17 **SUPERFOOD SATURDAY** **Eggs** https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs?scrlybrkr
18 **SUNDAY FUNDAY** **Falling Food** http://www.nourishinteractive.com/kids/healthy-games/17-falling-food-groups-nutrition-game	19 **MAKE IT MONDAY** **Strawberry-Pineapple Smoothie** http://www.eatingwell.com/recipe/271091/strawberry-pineapple-smoothie/?scrlybrkr	20 **TEACHABLE TUESDAY** **Fat** https://www.sciencekids.co.nz/sciencefacts/food/fats.html	21 **WELLNESS WEDNESDAY** **Making A Healthier Lunch** http://www.eatingwell.com/article/7834298/food-swaps-healthier-lunch/	22 **TRENDY THURSDAY** **Chickpeas** https://www.healthline.com/nutrition/chickpeas-nutrition-benefits#TOC_TITLE_HDR_2	23 **FUN FILLED FRIDAY** **Mixed Meals Quiz** https://www.surveygizmo.com/s3/4331610/Test-Your-Knowledge-Mixed-Meals-Grade-3	24 **SUPERFOOD SATURDAY** **Brussel Sprouts** https://www.healthline.com/nutrition/benefits-of-brussels-sprouts?scrlybrkr

25 **SUNDAY FUNDAY** **Bon Appetite Arcade Game** http://www.nourishinteractive.com/kids/healthy-games/10-bon-appetite-arcade-nutrition-fun	26 **MAKE IT MONDAY** **Cauliflower Tots** https://www.delish.com/cooking/recipe-ideas/recipes/a48476/cauliflower-tots-recipe/	27 **TEACHABLE TUESDAY** **Riboflavin** https://kids.kiddle.co/Riboflavin	28 **WELLNESS WEDNESDAY** **Using Spices** http://www.eatingwell.com/article/7828270/spices-you-should-cook-with/	29 **TRENDY THURSDAY** **Instant Pot** https://www.digitaltrends.com/home/what-is-an-instant-pot/	30 **FUN FILLED FRIDAY** **Kahoot** https://create.kahoot.it/share/a-handy-tool-to-learn-serving-sizes/6119168d-bd6f-4ddc-9a96-dc98c5dc3090	1 **SUPERFOOD SATURDAY** **Steel Cut Oats** https://www.healthline.com/nutrition/steel-cut-oats-benefits?scrlybrkr