

# Activity- My Goals for the Week!



1. My exercising goal for the week is:

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2. My hydration goal for the week is:

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3. My stretching goal for the week is:

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## Recipe: Turkey, Avocado, and Hummus Wrap!

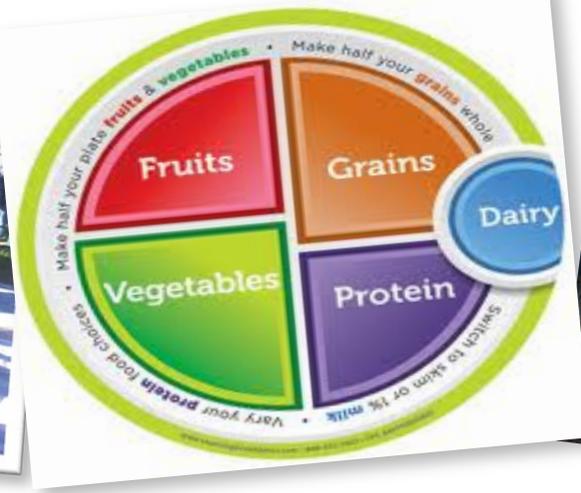
### Ingredients

- 1 whole wheat tortilla
- 2-3 tablespoons hummus
- 3 slices low-sodium, low-fat, turkey
- 1/4 avocado, sliced
- Pickle slices (optional)

### Directions

Spread tortilla with hummus, then layer on turkey, avocado, and pickle slices. Roll, then slice. Makes 1 wrap.





# TEAM DAVIS: GOOD FOOD GARDEN

February 23nd. 2013

Dear Parents and Caregivers,

Thank you for your participation and support in lesson 6: Getting Physically Active!

Last week, we learned about portion sizes and how much of each food group we should be eating. Choosing the right portion can be very difficult, but it is incredibly important to a healthy diet.

Today, we learned about a lot of different things relating to our bodies. We started by learning a little bit about different muscle groups and how to properly stretch them. We also learned about how important proper hydration is, and how much water we should be drinking. Then we learned about oxygen, our hearts, and how to take our pulse, both before and after some quick but intense exercise. We checked on our garden and got active doing something fun- dancing!

Next week, we'll be back in the classroom and learning all about food labels. If you want to bring in your favorite packaged food (or even just the package!) we can take a look at the label to see what it tells us about what we're eating. We'll see you next week!

## Upcoming Events:

Saturday, Mar. 2nd

Classroom Lesson:  
Learning About Food Labels

Location: Holmes Jr.  
High, rm. E6  
@ 11:15am

Saturday, Mar. 9th

More About Food Labels and Buying Healthy Food  
Meet at Nugget Market  
1414 E Covell Blvd,  
@11:30am

