

*Don't forget to forget your breakfast*



Now that the holiday break is over, Theodore, Sydney and Ava were in a hurry to go back to school and see all of their friends. They were so excited that they forgot to eat breakfast. But they found out that starting the day without breakfast is like driving a car without stopping to fill up the gas tank.

They got very tired and did not have enough energy to make it to lunch time. Did you know that your body never turns off, even when you sleep? Breakfast fills your "empty tank" to get you going after a long nights rest without food.

Remember, breakfast gives us the energy we need to start our day. So don't forget like Theodore, Sydney and Ava – and fuel your body with a good breakfast every day. If you start your day out right, you will be alert and ready to learn.

Food Joke:

Sydney: Knock. Knock

Theodore: Who's there?

Sydney: Moo

Theodore: Moo who?

Sydney: Moo milk please!

*January is...*

- National Egg Month
- National Oatmeal Month
- National Pizza Week – 2<sup>nd</sup> Week
- National Spaghetti Day – 4<sup>th</sup>
- Milk Day – 11<sup>th</sup>
- National Popcorn Day – 19<sup>th</sup>



Brain Buzz?



Q: What makes popcorn pop?

**A:** Every kernel of corn has a tiny droplet of water in it. Heat the kernel, and the water turns to steam. Steam takes up more space than water, so it presses against the walls of the kernel. The corn expands and expands...explodes! *Poppppp!*

*\*Source: www.kidshealth.org*

## Hot Apple Cider



When you are cold, this will warm you up fast!!

### Ingredients:

- 3/4 cup of apple cider (apple juice may be substituted)
- 1/4 cup concentrated orange juice
- 1 cinnamon stick

**Directions:** Remember to wash your hands!

1. Put all of the ingredients in a saucepan. Warm on stovetop on medium heat.
2. Pour into cups and serve.

The microwave can also be used to heat this drink. Put all ingredients into a cup and heat for 1 minute.

*MAKES 1 SERVING*