



TEAM DAVIS GOOD FOODS GARDEN

November 8th, 2014

Dear Parents and Caregivers,

Welcome back to another fun lesson with Team Davis "Good Foods Garden."

Today's lesson is about breakfast, and the vital role it plays in jump starting your day! Through a fun "build your own breakfast" activity, we examined what kinds of foods make up a healthy breakfast, and what a healthy breakfast means. We also discussed how the nutrients eaten at breakfast can power us through our day.

The best part of today was the "make your own scramble" activity, where we learned easy ways how to make healthy, tasty, colorful egg scrambles through hands-on cooking.

We look forward for you to join us next time at the Team Davis Garden!



Recipe of the Week!

Peanut butter and Banana Toast

- 1 slice whole wheat bread
- 2 Tbs Peanut butter
- 1/2 a banana, sliced
- 1 tbs honey
- 1 tsp cinnamon

Directions: Toast your bread. Spread on the peanut butter, and layer with sliced bananas. Drizzle honey and sprinkle the cinnamon.

UPCOMING EVENTS

Saturday, Nov 22nd

Garden Lesson

Location: Team Davis Garden at Noon

Saturday, Dec 6th

Classroom Lesson:

Location: Holmes Jr. High Rm. E36 at Noon

Don't forget to bring this newsletter back with the completed activity for a sticker!



Activity: Making a Healthy Breakfast

Directions: Each one of these foods pictured is apart of a healthy breakfast. Next to each picture, write a reason why each food contributes to a healthful breakfast.



Whole Wheat Toast



Veggie Scramble



Fruit Salad



Greek Yogurt



Oatmeal with Nuts

Answer Key: Whole Wheat Toast- Source of whole grains and fiber. Veggie Scramble- Source of protein, and the veggies pack a lot of vitamins. Fruit Salad- Lots of vitamins and antioxidants. Greek Yogurt- Source of Dairy and Protein. Oatmeal w/ Nuts: Oatmeal has whole grains and fiber. Nuts have healthy fats.