

**Sports Day**

**Declaration of Independence signed in 1776.**

**National Watermelon Day**

How many seeds do you count?

All substances -- including the food we eat are made up of chemicals. Scientists study the chemicals in food to determine their safety, nutritional value and other effects.

**Friendship Day**

**NATIONAL SMILE WEEK**

**Peace Day**

A calorie is a unit of measure, like an inch or a pound. Calories measure the amount of energy your body gets from food!

Which food groups are represented in a peanut butter sandwich? Blueberry muffin? Salad?

Kids need lots of calcium for growing bones and strong teeth!

**Did You Know?**

FAT is a concentrated energy source that provides essential fatty acids.

Breakfast cereals were invented in the 1800's as a health food.

**International Left-Handers Day!**

**CARBOHYDRATES** are the best ENERGY source!

Construct a food pyramid for a Giraffe. Call your local zoo for help.

**IRON** is a mineral that is an important part of hemoglobin, your blood's oxygen-carrying molecules.

List all the ingredients in a dinner of pasta and meatballs.

Identify the U.S. state defined by the following geographic coordinates: 110 degrees west longitude, 34 degrees North latitude.

(ARIZONA)

**WASH your hands before touching food!**

HOW DO WE KNOW WHATS IN A CAN OF FOOD?

List five (5) Healthy Snack Foods!

**FACT** FIBER is a form of carbohydrate that helps your digestive tract work. Fruit and vegetables provide good sources of fiber.

**Make A List of things you want to learn in 30%!**

ABCDEFGHIJKLMN

Construct a food pyramid for your CAT or DOG.

**Women's Equality Day**

Susan B. Anthony Day (MASSACHUSETTS)

Protein is a major component of all body tissue. Your body needs protein to grow and repair itself!

**NUTRIENTS** are chemical substances found in food and essential for life. The classes of nutrients are: protein, fat, carbohydrate, minerals, vitamins, and water.

**WATER** is an essential nutrient. It helps your body stay cool and get rid of waste.

Vitamin C helps wounds and broken bones heal. Vitamin A helps your eyes adapt to darkness. Vitamin D helps your body get phosphorus and calcium into your bones!

# August

On this day in 1963, Rev. Martin Luther King, Jr. delivered his "I HAVE A DREAM" speech.

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