

The Wellness Times



Fred C. Underhill School
Hooksett, NH
Volume 3, Issue 5
February, 2019



"Why did the banana go to the doctor?"

'Ha Ha!'

"Because he wasn't peeling well!"



**Shown:
Red Peppers
and
Ranch Dressing
served at
lunch on
Thursday,
February
14th, 2019**



An Interview with Kara Argo Food Nutrition Manager AKA 'Head Lunch Lady'



Mrs. Argo runs the Underhill School Kitchen, and makes sure we have tasty and healthy lunch every day.

We talked to her about how she does it.

Hannah: What do you do to make lunch and the kitchen special for kids?

Mrs. A: Once a month we meet with the Director to choose a menu and I try to pick the items that I know Underhill kids really like. We also like to have pictures on the walls that the kids draw.

Violet: How do you make lunches healthy?

Mrs. A: We use whole grains, plenty of fruits and vegetables. They are really colorful so kids want to eat them. We use grilled meats, too.

Addison: Why is it important for kids to drink milk?

Mrs. A: Milk has calcium in it and that helps your bones grow. It's good for your skin, and hair, too.

Emily: What's YOUR favorite food?

Mrs. A: I like spicy food, like Mexican.

Samantha: How did you become our Lunch Lady?

Mrs. A: When my kids were little, I wanted a job with the same hours as my children. I worked hard, learned from my mistakes, and now I am the head of the kitchen.

Elise: How many years have you been our Lunch Lady?

Mrs. A: I started in 1998 working for the Hooksett School District, so this is almost my 21st year.

Emma: Do you like all the food that you serve to the students?

Mrs. A: I like most of it. I'm not fond of brussels sprouts and I don't like peas. But I like everything else. I want everyone to try new things, even just one bite. You never know what you are going to like until you try it!

Vegetable Tasting

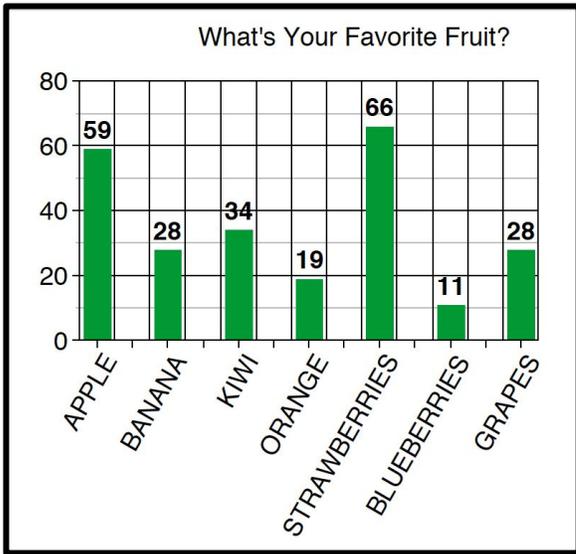
25 Pounds of Red Peppers and 1 Gallon of Low-Fat Ranch Dressing was offered to the First and Second Graders to taste during lunchtime on Thursday, February 14th. It was a big success with most of the students enjoying this yummy treat!

Did You Know...

It's normal for children to say they don't like a vegetable when they first taste them. Some children need to try a food up to 10 times before they accept it, and another 10 times before they decide they like it.

Favorite Fruit Graph

We asked Underhill students to tell us their favorite fruit from the choices below. Here are the results!

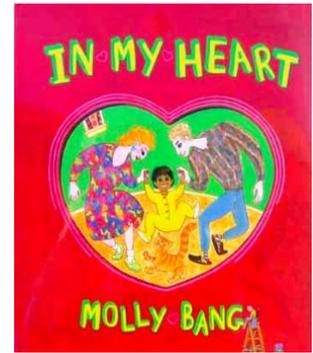


- * Avoid smoking
- * Avoid drugs
- * Stay active
- * Get plenty of sleep
- * Eat healthy food
- * Brush your teeth
- * Visit your doctor

Source: The American Heart Association

ROSES ARE
RED,
VIOLETS ARE
BLUE,
YOU MAKE THE
WORLD BETTER,
BY JUST
BEING YOU.

In the book In My Heart by Molly Bang, parents describe how their child is always in their hearts, no matter where they are or what they are doing. Read this special book to warm your heart during these cold winter months.



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Did you know...

that each year of the Chinese calendar is named for twelve different animals.

If you were born in:

2010 you were born in the Year of the Tiger;

2011 was the year of the Rabbit;

2012 was the Year of the Dragon and

2013 was the Year of the Snake.

2019 is the Year of the Pig!

