



FUEL

MARCH

...YOUR BODY AND YOUR MIND

ADVENTUROUS EATING

Trying new foods can be a flavor adventure that will expand your palate and leave you wanting to try even more new foods and ingredients. As long as it's safe, it's good to try new foods, because different foods provide us with different nutrients. Plus, you never know if you'll find a new favorite.

Not sure where to start? When your family goes food shopping, join them and discuss all the different types of new safe foods you can try! Here are some more tips and tricks to expand your palate:

- Get involved in cooking with your family! It's always more rewarding to try the foods that you cooked yourself.
- Try dipping vegetables that you've never tried before in hummus or one of your favorite dips.
- Enjoy a cup of low-fat yogurt topped with a new type of fruit that you have not tried yet.

Maybe you can even get your hands dirty and start your very own garden with your family. This is a fun way to learn and try different fruits and vegetables while growing them yourself.

The key is to always be adventurous when it comes to food. Don't be afraid to try new things because you'll never know if you like something unless you try it.



ACTIVITY CORNER

JOIN A CLUB OR TEAM

STAY ACTIVE WHILE HAVING FUN WITH FRIENDS

Looking for a fun way to stay active? Try joining a club or team to get your body moving while hanging out with friends. You might even find that you make some new friends while stepping out of your comfort zone. Not sure what you're interested in? Try one of these group activities that keep you moving while having fun.

- Soccer
- Basketball
- Karate
- Tennis or Badmitten
- Cycling
- Field or Ice Hockey
- Ultimate Frisbee
- Baseball or Softball
- Volleyball
- Climbing

Do some investigating to see what clubs and teams your school has or head to your local recreation center and check out what they have to offer. Whether you join a team at school or a recreation league, there's a team or club out there for everyone!

