



Kelsey L., Grade 3 ~ Tom McCall Elementary, Redmond ~ Teacher: Mrs. Skinner



# March 2010

This calendar was printed with support from the Oregon Seed Council and the Oregon Blueberry Commission.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Nat'l. Nutrition Month

2

Dr. Seuss Birthday

3

Youth Art Month

4

**Attention students!**  
Enter the AITC Calendar Contest for grades K-6.

5

Calendar contest deadline May 15. See inside cover for details.

6

The March flower of the month is the jonquil, aka the daffodil.

7

Nat'l. School Breakfast Week

8

Studies have found 40% of U.S. children don't eat breakfast.

9

A healthy breakfast helps keep your weight under control.

10

Kids who have breakfast attend school more frequently.

11

A good breakfast helps lower blood cholesterol levels.

12

Beef is a major source of protein, iron and zinc.

13

Eat 6 oz. of grains daily.

14

Nat'l. Agriculture Week

15

There are over 38,600 farms and ranches in Oregon.

16

Over 97% of Oregon farms and ranches are family-owned.

17

St. Patrick's Day

18

There are about 150,00 ag-related industry jobs in Oregon.

19

State FFA Convention in Corvallis, 3/19-3/22

20

Nat'l. Agriculture Day

21

Dark green lettuce leaves are more nutritious than light green leaves.

22

Almost all lettuce is packed right in the field.

23

Americans eat about 30 pounds of lettuce every year.

24

Americans eat 900% more broccoli than 20 years ago.

25

Oils are not a food group, but you need small amounts for good health.

26

Most vegetable oils are made from soybeans.

27

Soybeans are used in sunscreen, hand lotion, and cosmetics.

28

Eat five servings of fruits and veggies every day. A serving equals 1/2 cup.

29

Dry beans and peas can be counted either as vegetables or protein.

30

Passover begins

31

Eat three servings of dairy products a day.



## ✓ Check it out!

**Online:** *The Farmer Grows a Rainbow* - Downloadable lessons (Grades PK-5); *Foods We Eat* (K-3); *What I Eat* (Grades 4-6)

**On the Shelf:** *My Pyramid* (Grades K-5, Grades 6-12); *Seeds of Change: Learning from the Garden* - Instructional Unit (Grades 3-8)