

Refrigerator Bee® Weekly WorkOuts



veggies **VEGGIES**

potato **POTATO**

okra **OKRA**

pork **PORK**

tofu **TOFU**

yogurt **YOGURT**

fruit **FRUIT**

yucca **YUCCA**

milk **MILK**

eggs **EGGS**

cheese **CHEESE**

apple **APPLE**

banana **BANANA**

orange **ORANGE**

grape **GRAPE**

berries **BERRIES**

mango **MANGO**

papaya **PAPAYA**

fish **FISH**

meat **MEAT**

poultry **POULTRY**

nuts **NUTS**

beans **BEANS**

rice **RICE**

corn **CORN**

carrots **CARROTS**

taro **TARO**

kale **KALE**

potatoes **POTATOES**

bread **BREAD**

pasta **PASTA**

cereal **CEREAL**

grains **GRAINS**

wheat **WHEAT**

tortilla **TORTILLA**

Words cast their 'spell' over our body.

To build healthy bodies and prevent obesity, learn to cast a nutritious spell.

- 1) Print out and post this menu of nutritious food words on your refrigerator
- 2) To eat and spell well, slowly exercise each word with your body until you spell it correctly. (Each word exercised = 3 points)
- 3) Share the words with your family. Email them to your friends. The one who earns 100 points first win the Refrigerator Bee.
4. Create more food words and repeat..

