

LUNCH BITES

Douglas Fir Trees

FUN FACTS:

- The Douglas Fir tree became the official state tree of Oregon in 1939.
- The Douglas Fir's soft, fragrant, dark to blue-green needles have made it one of the most popular Christmas trees all over the United States.
- Douglas Fir seeds and foliage are an important source of food and cover for many animals, including songbirds, rabbits and elk.



Hey Kids!

Check out this video >>>>

(Open the camera on your iPad and hold over QR code)



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LUNCH BITES

KALE

Fun Facts:

- **Kale** is a vegetable with green or purple leaves.
- **Kale** is considered a super nutritious food because it has more calcium than milk and more vitamin C than an orange. But not all **kale** is edible.
- Some varieties of **kale** can grow to 5-7 feet tall.

Hey Kids! Check out this video to learn more about Oregon grown **kale** >>>>>



(Open the camera on your iPad and hold over QR code)



**What do you call a movie about vegetables?
A fairy kale!**

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Bocadillos para el almuerzo

Col Rizada de Oregon Cultivados Para Escuelas

Mira este video >>>>>



(Abra la cámara en su iPad y mantenga presionado el código QR)



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Bocadillos para el almuerzo

Oso no para de roncar

Mira este video >>>>>



(Abra la cámara en su iPad y mantenga presionado el código QR)



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Bocadillos para el almuerzo

Enero es el Mes Nacional de la Sopa

Mira este video >>>>>



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