Marcus’ New Things to Try!
It’s a new year! Have you made your resolutions? Is there something new you want to try? Check out the list below and circle what you’ll want to try!

• Pick a new vegetable or fruit from a certain color group to taste. Try something from each group!
• Learn to use a new tool in the kitchen to help out for dinner.
• Taste a new spice! Dab a little cinnamon, nutmeg, or turmeric on your tongue.
• Find an activity you’ve wanted to try but haven’t been able to do yet. Now is the time! Maybe it’s a new kind of tag, a hula hoop race, or a chalk walk obstacle course.
• Connect with nature in a new way. Take pictures of nature, plant something in the garden, learn to make a birdfeeder, or make a nature collage.

Fuel Up with Andy!
Your body is like a car and needs good fuel to perform well in school, sports, dance and other activities. There are different kinds of fuel and it matters what you put into your tank. Fill in the chart below.

<table>
<thead>
<tr>
<th>High-Performing Fuel (everyday foods)</th>
<th>Low-Performing Fuel (not everyday foods)</th>
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</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Cupcake</td>
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Ingredients:

• 2 cups of unsweetened milk of your choice
  Choose 1-2% cow’s milk, soy milk, or almond milk
• 2 Tbsp. 100% cocoa powder (not the hot chocolate packet)
• ½ tsp. vanilla
• 2 tsp. maple syrup or honey
• Optional yumminess: whipped cream, cinnamon stick or peppermint stick

Instructions:

1. Warm the milk in a saucepan over medium low heat.
2. Whisk in cocoa, vanilla, maple syrup/honey. Continue to mix until smooth and well combined.
3. Optional: blend in blender for a frothy texture.
4. Pour into your favorite mug, sip, and savor!

Benefits of Cocoa powder*
1. Contains antioxidants
2. Is good for your heart
3. Tastes great in beverages and meals

“Have some tasty winter pears with your hot cocoa” - Jessie