

Bruschetta Chicken over Spinach

Keep in mind:

The benefits provided by the food we eat will depend heavily on your overall (and consistent) commitment to health and wellness.

INGREDIENTS-Serves 1

¼ cup **pre-cooked** grilled chicken breast-diced
(Allow time to thaw) (Can be purchased in the freezer section)

¼ cup fresh organic spinach leaves

2 TBSP bruschetta *(tomato, basil, onion, garlic, salt/pepper)*
(Can be purchased already made fresh in the deli)

1 TBSP shredded mozzarella or parmesan cheese
(not processed)

Balsamic Vinaigrette to drizzle as a dressing

Instructions

- 1.) Allow pre-cooked frozen chicken breast to thaw**
- 2.) If you prefer to have your chicken warm, you can place it in the microwave for 45 seconds.** *(Note: Microwaving food is not the best practice if you want to be sure your food maintains its nutrients.)*
- 3.) Place spinach leaves on plate, then top w/chicken**
- 4.) Spread bruschetta over top of chicken & spinach**
- 5.) Drizzle balsamic vinaigrette dressing**
- 6.) Sprinkle shredded cheese on top**

Health Benefits: Tomatoes

- **Full of antioxidants, which strengthens the immune system, helping the body fight potential diseases**
 - **These antioxidants also equip our body to battle cancer causing free radicals.**
- **The nutrients in tomatoes help support cardiovascular health.**
- **Folic acid in tomatoes has been shown to help battle depression.**

Health Benefits: Onions

Considered to be 'Nutrient Dense', which means they are low in calories & high in vitamins & minerals.

Have been shown to contribute to heart health.

Full of antioxidants, which support the immune system and fight cancer causing free radicals in our system as well.

Research shows that onions can help control blood sugar levels & contribute to bone health.

Have antibacterial properties, battling the bad bacteria in the belly.

Beneficial to digestive health.

Health Benefits: Spinach

-Spinach has been shown to lower the risk of complications associated with diabetes.

-The Vitamin A in Spinach contributes to eye health.

-Contains antioxidants that boost the immune system.

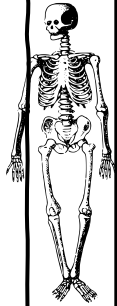
-The calcium in spinach supports bone strength.

(This is especially important, since bone density decreases with age.)

-Spinach has been shown to lower the the protein levels that contribute to heart disease.

Health Benefits: Chicken

- Contains tryptophan which contributes to a better night's sleep.
- Protein content in chicken is very beneficial to our bones and teeth.
 - Protein can also help reduce the risk and severity of osteoporosis.



Oh! Wait...here's a few more Health Benefits of Spinach

- **High in Vitamin K, which promotes strong bones.**
Again, this is especially important, since bone density decreases with age.
- **Folate in spinach has been shown to contribute to the slowing down of cognitive decline.**
- **Contains anti-inflammatory properties.**



ANSWERS TO LONG TERM RETRIEVE-LIFE-LONG LEARNING-SPORTS HISTORY

- 1.)HE HAD POLIO WHICH EFFECTED HIS ABILITY TO WALK
 - 2.)C. NEW YORK
 - 3.)A. GENERAL DOUGLAS MCARTHUR
 - 4.)C. THE LOUISIANA PURCHASE
 - 5.)CORRECT ANSWERS MAY INCLUDE THE FOLLOWING:
GEORGIA, SOUTH CAROLINA, NORTH CAROLINA, VIRGINIA,
PENNSYLVANIA, NEW JERSEY CONNECTICUT, MASSACHUSETTS,
NEW HAMPSHIRE, RHODE ISLAND, NEW YORK, DELAWARE,
MARYLAND
-

SPORTS

1. C. CANTON
2. C. MONTREAL CANADIENS
3. A. NEW YORK YANKEES
4. B. GREEN BAY PACKERS

Categorize and Recall

Part 1

1. Name three (3) things that feel smooth. _____

2. Name three (3) things that feel soft. _____

3. Name three (3) things that are slippery. _____

4. Name three (3) things are fragile. _____

5. Name three (3) things that give you the chills. _____

Part 2

1. Perfume, Candles, Shampoo, are all things that... _____

2. Knife, Tongue, Corners are associated with... _____

3. Stove, Sun, Coffee, Tea have what in common? _____

4. Joyful, Giddy, Jolly, are all synonyms for... _____

5. The words tenacious and resolute can both mean what? _____

Do you know someone that is tenacious and resolute? _____

If so, what makes you associate them with these two words? _____

Categorizing and Recall - Page 2

Part 1

	Name the Category
1. Syrup, glue, paste, gum, honey, molasses	
2. Monet, Picasso, da Vinci, Degas'	
3. Ruby, Topaz, Emerald, Amber, Amethyst	
4. Bee, wasp, moth, mosquito, fly	
5. Giraffe, tiger, dalmatian, leopard	
6. Lawn mower, car, motorcycle, boat	
7. Hexagon, Pentagon, Octagon, Rhombus	
8. Bulls, Bears, Wall Street, Investments	
9. Ontario, Superior, Erie, Huron	
10. Tickets, engineer, tracks, passenger cars	

Part 2

1. Name three (3) things teenagers have in common.

2. Name three (3) things found in a chemistry lab.

3. Name six (6) different types of streets or roads. (example: 'Avenue')

4. Name three (3) synonyms for 'happy'. _____

5. Name five (5) things that have important expiration dates.

History:

- 1.) Why did Franklin D. Roosevelt need to use a wheelchair? _____

- 2.) In which state was Franklin D. Roosevelt the governor prior to his presidency?
 - a. California
 - b. Michigan
 - c. New York
- 3.) During the Korean War, President Harry S. Truman made a very difficult decision, which did not sit well with many American citizens. This decision involved removing which of the following Generals of their command?
 - a. General Douglas McArthur
 - b. General Ulysses S. Grant
 - c. General George S. Patton
- 4.) Thomas Jefferson made a huge purchase from the nation of France. What is this well-known 'purchase' called today?
 - a. The Tabaco Purchase of 1872
 - b. The Mexico Purchase
 - c. The Louisiana Purchase
- 5.) List 4 of the 13 original colonies. _____

Sports:

- 1.) FOOTBALL: In what Ohio city will you find the 'Football Hall of Fame'?
 - a. Columbus
 - b. Cincinnati
 - c. Canton
- 2.) ICE HOCKEY: What team has won the most 'Stanley Cups'?

 - a. Mighty Ducks.
 - b. The Minnesota Vikings.
 - c. Montreal Canadiens
- 3.) BASEBALL: What team has won the most World Series Championships?
 - a. New York Yankees
 - b. Baltimore Orioles
 - c. Los Angeles Dodgers
- 4.) FOOTBALL: What team won the very first Super Bowl?
 - a. New York Jets
 - b. Green Bay Packers
 - c. Cincinnati Bengals

EXERCISING LOGIC WITH SEQUENCING

Follow the patterns for each of the numbers and objects below.

Fill in the blanks with the correct number or object to continue the sequence.

32	34	36	38	_____	_____	_____	_____	_____	_____
10	15	20	25	_____	_____	_____	_____	_____	_____
10	20	30	40	_____	_____	_____	_____	_____	_____
13	16	19	22	_____	_____	_____	_____	_____	_____
10	18	26	34	_____	_____	_____	_____	_____	_____

DRAW THE SHAPES TO COMPLETE THE SEQUENCE ON THE LINES PROVIDED BELOW.

