



## April 2024 Nutrition Nugget-

Welcome to April! Spring is in full swing-if the weather would just cooperate. Now is the time to be planning outdoor and recreational activities, whether it's a vacation or just a leisurely walk in the park. Get out there and get moving or just soak up a little sunshine -it's good for your health!



<https://www.medicalnewstoday.com/articles/benefits-of-sunlight>



### **Broccoli: *Tales of the Dark Green & Healthy* -**

Did you know there is a dark green vegetable that is full of vitamin C & Vitamin K ? It's called Broccoli. You can eat it raw, steamed, roasted or stir-fried, in a salad or soup, or just by itself, but, Be Careful: it is a stalker!

Broccoli Nutrition Facts : [Broccoli Nutrition](#) Salad Recipe: <https://eatthegains.com/healthy-broccoli-salad/>

#### Did you know?

- Did you ever wonder how April Fools Day started? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April new year were considered fools, and often the victims of practical jokes. Today we just like to have a little fun with our friends!
- The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828? Words cannot define our gratitude for this accomplishment.

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!

[What's In Season for April](#)

#### **The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny!** 🥰

- Q: Did you see the other day the bed store is having a spring sale? A. *The rest of the bed is still full price though...*
- Q. What do sheep do on a sunny spring day? A. *Have a Baa baa cue!*
- Q. When is it impossible to plant spring flowers? *When you haven't botany.*
- Q. I spotted a lizard on a portable toilet. A. *I suspect it was a commode-o-dragon.*
- Q. What did the dragon eat after going to the dentist? A. *The dentist.*
- Q. Why did the bee go to a dermatologist? A. *He had hives*
- Q. Where do you learn how to make a banana split? A. *Sunday School*
- Q. A friend rubbed tomato ketchup on his eyes. A. *In Heinz sight, it wasn't a good idea.*
- Q. Have you ever been to a corn field in the middle of the night? *And felt like you were being STALKED.*
- Q. I got a wooden bike with wooden handles and wheels, guess what? *It woo-den start.*

And the Knock, Knock joke:

"Knock, Knock!"  
 "Who's there?"  
 "Figs"  
 "Figs who?"  
 "Figs the doorbell, I've been knocking forever!"

Find some more wholesome family friendly jokes, trivia, games, etc at this website! <https://easyfamilyfun.com/>  
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