

March 1, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

March is the national month of nutrition. This month is focused on the importance of making healthy food choices and developing healthy eating and physical habits.

Annually, during March, the Academy of Nutrition and Dietetics sponsors a nutrition education and information campaign to educate people on the importance of nutrition. In today's world, when it's time to eat, we have so many options to choose from. Many of us would much rather prefer some fast food to a healthier, more nutritious meal. Even though we may know that certain foods can negatively impact our health, we still eat them due to how convenient they are. Some thoughts like, "Oh, I know this juicy hamburger might affect me in the long run, so what? It's not going to do anything to me now." When we have this mindset, it's easy to make unhealthy food choices that can be easily regretted in the future, where the negative effects might come sooner than we think.

Thank you for listening and have a Fuel Up Friday!

The affirmation of the day is: "I will take my time and not rush through things"

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

