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**WEEKLY PEEK**

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| **Standard** | **Activity** | **At Home Extension** |
| Health Standard CTE: CTE.AFNR.68. FOOD.05 Demonstrates knowledge and skills in food. | Cooking Activity: Make homemade Jell-O put it in cups and serve with fruit and whip cream. | Go to the Website: SuperHealthyKids .com |
| Physical Education Standard: PE.1. L. E Participate Regularly in physical activity. | Physical Exercise Activity: Go outside and plants some spring flowers with your family. | Go to the Website: Verywellfamily.com |
| Physical Education Standard: PE.1. L. E Participate Regularly in physical activity. | Physical Exercise Activity: Go outside in the fresh air and do some Jump Rope or play Baseball. | Go to the Website: Verywellfamily.com/ activities outside |

**Parent Resources and Information**