

THE BULLDOG CHALLENGE

December



MOVIN' MONDAY ACTIVITY:

This month's Movin' Monday activity will be a tennis demonstration by SCORE Tennis and Fitness Center . This certainly will be lots of fun!!

MOVIN' MONDAY FOOD RECIPE

This month's food recipe is Zucchini bread.

Ingredients: 3/4 cup vegetable oil, 1 1/4 cups sugar, 3 eggs beaten, 1 3/4 cup shredded zucchini, 2 cups white whole wheat flour, 1 1/4 tsp baking soda, 2 1/2 tsp baking powder, 1 tsp salt, 1 tsp cinnamon.

Preheat oven to 325 degrees. Spray a 9x5 loaf pan with cooking spray and dust with flour. Combine oil, sugar, eggs and zucchini in a large bowl. Combine remaining ingredients in a separate bowl and gradually add to zucchini mixture. Beat 3 minutes with mixer of medium speed. Scrape batter into prepared pan. Bake 1 hour or until inserted knife comes out clean.

GOAL IDEAS

1. Walk to school at least 4 days a week.
2. Eat a vegetable every day.
3. Try a new sport or fitness activity.

BONUS POINTS

1. Track a bonus point each time you exercise with a parent, guardian, sibling or friend.
2. Help hang up your holiday lights