



LOOKING FOR A WAY TO SPICE UP SUMMER CAMPS?



The Let's Go NC! curriculum is an education program that teaches elementary age children how to walk and bike safely, giving them the essential skills they need to enjoy a healthy and active lifestyle.

Let's Go NC! offers great flexibility – teach a few lessons to introduce basic concepts or adopt the entire curriculum to get the greatest learning benefit. Teach the pedestrian module or the bicycle module or both.

Three reasons to teach Let's Go NC!

1. It's effective: A similar pedestrian safety education program played a major role in causing a significant reduction in pedestrian crashes at all times of day.
2. It's relevant: Each lesson plan lists the applicable standards of learning it addresses. NC State Board of Education requires bus safety education, which is included as one of the lessons for every grade.
3. It's ready to teach: Instructor guide, lesson plans, videos for teachers and students, parent tip sheets, checklists, completion certificates and more are all available online.

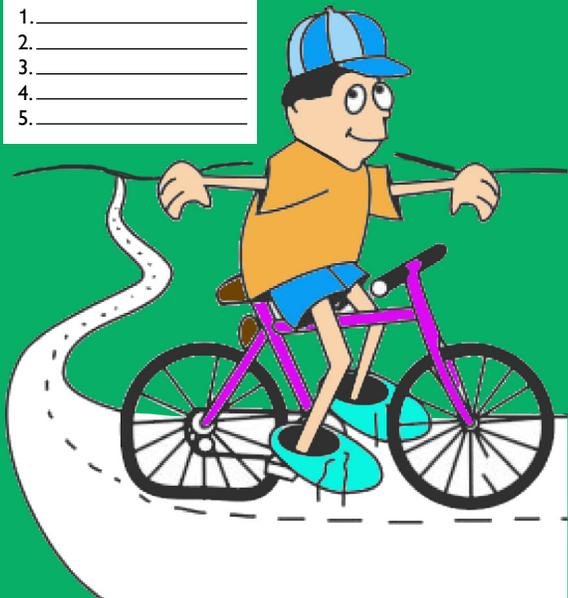
To learn more about the Let's Go NC! Curriculum or to host a training contact Nicole Westley at 919-989-5202 and visit www.ncdot.gov/bikeped/safetyeducation/letsگونc



Fun activity

Circle and list below 5 things that make Biker Joey an unsafe cyclist:

1. _____
2. _____
3. _____
4. _____
5. _____



ANSWERS: No helmet, flat tire, shoelaces untied, not holding onto handlebars, no horn

Peach Frozen Yogurt

Ready for summer fun? Keep things cool with this simple and healthy summer treat!

Makes: 4 servings, 3/4 cup each **Total Time:** 10 minutes

INGREDIENTS:

- 3 1/2 cups coarsely chopped frozen peaches (about 16 ounces)
- 1/2 cup sugar
- 1/2 cup nonfat plain yogurt
- 1 tablespoon lemon juice



PREPARATION:

Combine peaches and sugar in a food processor; pulse until coarsely chopped. Combine yogurt and lemon juice in a measuring cup; with the machine on, gradually pour the mixture through the feed tube. Process until smooth and creamy, scraping down the sides once or twice. Serve immediately.

Courtesy: Eatingwell.com

