



August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
 University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment.					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 31	25	26	27	28	29	30	

Each day fill in what physical activity you did and how many minutes you did it.

Name _____

August
total minutes of
physical activity

International Foods

Match each of the following foods to its country of origin (listed below). Use a helper or the library!

1. Tacos _____
2. Goulash _____
3. Jan Hagels _____
4. Lefse _____
5. Frikadeller _____
6. Waterzooi _____
7. Minestrone _____
8. Bratwurst _____
9. Moussaka _____
10. Peking duck _____



- a. Belgium
- b. Greece
- c. Holland
- d. Mexico
- e. China
- f. Italy
- g. Norway
- h. Hungary
- i. Germany
- j. Denmark