### August

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

**Name** ____________________________________________

### August total minutes of physical activity

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

**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

For more resources visit: www.4-h.uiuc.edu/opps/move