

Something you
can sink your teeth into.....

WOW

Don't forget to
brush the teeth to
avoid cavities from
the sugar that is
also in chocolate

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our "WOW" topic—dark chocolate!! Here are some interesting facts about dark chocolate to help guide your discussion...

- There are different types of chocolate (milk, white), but one actually has health benefits—dark!
- Chocolate comes from cacao beans that grow on cacao trees (also known as cocoa beans/trees).
- Dark chocolate contains *flavonoids* that act as *antioxidants*. Antioxidants have many benefits and one is help keep our heart healthy.
- Dark chocolate helps lower blood pressure and reduce cholesterol.
- It can also make your brain feel good by releasing natural "feel-good" chemicals called endorphins. Oh, and it tastes good!
- Eat dark chocolate by itself—not mixed with caramel, marshmallows, and nuts—and in moderation (suggested serving size is 3.5 ounces)

*source: longevity.about.com
allchocolate.com

We have over
140 student participants

Don't forget the Jingle Bell Jog on Saturday
we will meet @ DCE in the gym at 9:45am
& start our jog/walk @ 10am. All DCE students & parents
& ~~faculty~~ staff are welcome