



Buzzy BODY & BITES for Teens

Buzzy



Grow Your Own Luck

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March is often thought of as the month of luck, or of a new start. People like to think that if they have hope, things will change. It can be disappointing when these things do not happen. It can be tempting to just wish for things to change, but did you know little changes in your daily habits can put you on the path to success? You can create your own “luck.” By making your bed every morning you are more likely to be productive and 19% more likely to sleep better that evening! Changing the way we think about our surroundings and our habits gives us this organic “luck.” By setting yourself up for success, you can keep the feeling year-round!

5 Easy Habits to Practice During the Month of March:

1. Make your bed every day.
2. Get outside for at least 10 minutes daily.
3. Drink 60oz of water per day.
4. Eat a fruit or vegetable at each meal.
5. Go to bed at a consistent time each night.

BITES



Radish and Avocado Toast

Prep Time: 10 minutes
Total Time: 10 minutes



Ingredients

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced



Directions



1. Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.



2. Spread the mixture onto the slices of toast.
3. Top with onion, snow peas, and radishes.



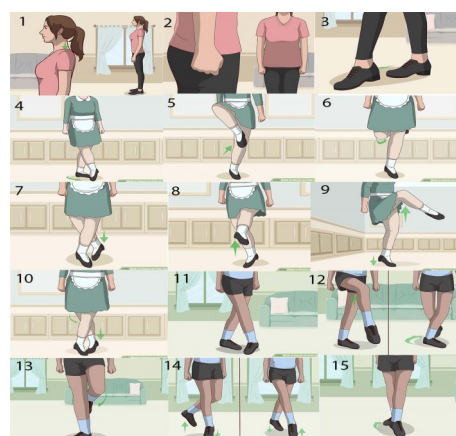
For a nod to St. Patrick's Day, follow steps 1-2 as written in the **Radish and Avocado Toast** recipe. On step 3, place sliced cucumbers in a triangle in the middle of the bread, and carefully cut around the cucumber to make a clover. Use green pepper and parsley leaf to garnish.

Find more recipes at [eatsmartmovemoreva.org](https://www.eatsmartmovemoreva.org)

BODY

The Irish Jig is a traditional dance dating back to the 16th century. This March, try learning an Irish Jig for St. Patrick's Day! You can use this tutorial from wikiHow as a framework, then expand upon the dance yourself:

<https://www.wikihow.com/Dance-an-Irish-Jig>



Exercise Your Mind

St. Patrick's Day Jokes

1. What genre of music do leprechauns like to listen to?
2. Why do you never want to iron a four-leaf-clover?
3. Why did the leprechaun get a job as a secretary?
4. What do you call a leprechaun who gets sent to jail?

Answers: 1. shamrock 'n' roll! 2. Because you don't want to press your luck! 3. Because they were good at shorthand 4. A lepre-con!

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

[eatsmartmovemoreva.org](https://www.eatsmartmovemoreva.org)
www.facebook.com/VaFNP

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