Refrigerator Bee® Weekly WorkOuts

Words cast their ‘spell’ over our body.
To build healthier bodies learn to cast a nutritious spell.
1) Print out and post this menu of nutritious food words on your refrigerator
2) To eat and spell well, slowly exercise each word with your body until you spell it correctly. (Each word exercised = 3 points)
3) Share the words with your family and friends. The one who earns 100 points first wins the Refrigerator Bee.
4. Create more food words and repeat.