

May 2011

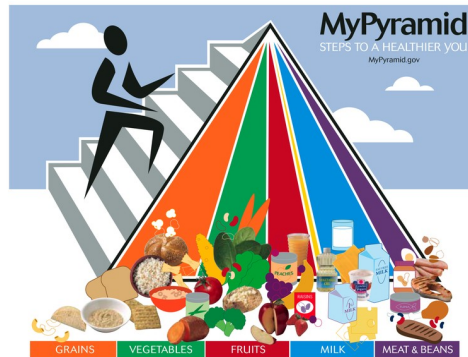
# Enrichment Activity Guide



**May 4:** The three Major League Baseball teams named for birds are the Baltimore Orioles, the Toronto Blue Jays, and the St. Louis Cardinals. Teams with animal names include the Detroit Tigers, the Arizona Diamondbacks, and the Florida Marlins.



**May 9:** The best sources of protein are beef, poultry, fish, eggs, dairy products, nuts, seeds, and legumes such as black beans and lentils. Proteins build up, maintain, and replace the tissues in your body. Muscles, organs, and the immune system are made up mostly of protein. Bodies use protein to make hemoglobin, the part of red blood cells that carries oxygen to every part of the body. Other proteins are used to build heart muscles. The other food groups are grains, vegetables, fruit, and dairy.



The U.S. Department of Agriculture (USDA) recommends eating a variety of foods. A balanced diet is one that includes all the food groups.

**May 10:** Jacob Zuma was elected president of South Africa in May 2009.



Born in 1942 and raised by his widowed mother, Zuma had no formal schooling. He joined the African National Congress (ANC) at the age of 17. After being convicted of conspiring to overthrow the Apartheid government, he served ten years in prison on Robben Island with Nelson Mandela and other notable ANC leaders. He was appointed executive deputy president of South Africa in 1999. Zuma's triumph over his early struggles makes him an appealing figure to many South Africans.

**May 20:** Charles Lindbergh took off in his single-engine monoplane named The Spirit of St. Louis from New York City and landed in Paris 33½ hours later. The St. Louis Chamber of Commerce sponsored the flight with a budget of \$15,000. Lindbergh helped design the plane, which was built by the Ryan Airlines Corporation of San Diego, California. Today, Lindbergh's Spirit of St. Louis is housed in the Smithsonian National Air and Space Museum in Washington, D.C. It is one of the museum's most popular attractions.

**May 21:** The three races that make up the Triple Crown are the Kentucky Derby at Churchill Downs in Louisville, Kentucky; the Preakness Stakes at Pimlico Race Course in Baltimore, Maryland; and the Belmont Stakes at Belmont Park in Elmont, New York.