

Lemonade LEGENDS

You probably think of lemonade as a simple and refreshing drink made with lemon juice, water, and sugar. But some lemonades of yore were very different! One version from 1827 starred raw eggs, and people in Portugal and North Africa still drink mazagran, an energizing treat made with lemon juice, ice, and coffee.



AN *Apple* FOR TEACHER

Apples have long symbolized knowledge and gratitude for teachers, perhaps because of the Bible or the days of the Wild West, when local families fed and housed teachers and apples were a candy-level sweet treat. This **Teacher Appreciation Day** (Tuesday, May 6), consider celebrating your teacher with a note and an apple—it's a simple way to say thanks!



Bike TUNE-UP TIPS

National Bike & Roll to School Day is coming up on Wednesday, May 7. To get ready, tune up your bike by checking for the ABCs: **A**ir in the tires, **B**rake levers that pull smoothly, and a **C**hain that's clean and oiled. No bike? No problem! Riding a scooter or walking to school counts.