**Directions**

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

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**What's On TV?**

**History Detectives**

In each hour-long episode of History Detectives Special Investigations, Kaiama, Tukufu and Wes ask probing questions behind a single iconic mystery from America's past. For a complete schedule of UNC TV at home learning programs, go [here](#)! 

**Ingredient List**

- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce
- 2 large tomatoes
- 4 ounces low-fat cheddar cheese
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells

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**The Weekly Wrap**

**This Week...**

**Turkey Tacos**

Be sure to post the amazing dishes you and your family make on social media using #NKHNC #GetCooking Bon Appetit!
MOVE YOUR BODY

Each week we are going to learning a new exercise to do at home! As the weeks go on you are going to be able to combine the different exercises together to create a new fitness routine. Up first we have STAR JUMPS!

Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”

T.O.Y. (Teaching on Your) Time

T.O.Y time provides exciting and engaging lessons for students of all ages focuses on topics such as the solar system to film making. Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

Celebarting Your Child’s Birthday While Social Distancing

- Movie Night
  - Let the birthday child pick the movie, pop some popcorn, surprise them with their favorite movie theater candy and extend bedtime for an extra-special treat.

- Party via Zoom
  - Whether you decide to call in family members or your child’s friends, Zoom videoconferencing is a great way to still celebrate together.

- Family/Friend Drive Bys
  - Coordinate a time for those that live close by to drive by while your child stands on the front lawn. Holding signs out the car window, shouting birthday sentiments and special car honks don’t need to break any social distancing rules!

Find Free, Healthy Meals for Kids During COVID-19 School Closures in NC

Text FOODNC to 877-877 to find pick up and drive-thru locations near you.

Use the Map at NoKidHungryNC.org to find pick up and drive-thru locations near you.

Find information on delivery meals by visiting NoKidHungryNC.org/MealUpdates

Check with your local school district for the latest updates on its website or social media.