

CUSTOM EDITION

LEARN⁺™
more

Greene County School System

Teaching Kids the Importance of Health & Wellness



**WELLNESS
WEDNESDAYS**





GREENE COUNTY SCHOOL SYSTEM

Greene County School System is proud to be participating in **Wellness Wednesdays** serving healthy foods & promoting nutrition education.



WELLNESS WEDNESDAYS



WELLNESS WEDNESDAYS

Teaching Kids the Importance of Nutrition Education.



Vitamin C



Potassium



Vitamin D



B Vitamins

Oranges

Oranges are a type of **citrus fruit** with most of them grown in the U.S. from **FL, CA, TX & AZ**.



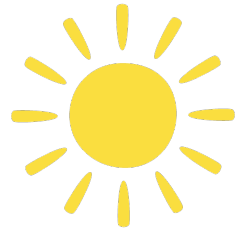
3 Popular Types of Oranges:

1. Navel
2. Hamlin
3. Valencia

Orange season is 9 months long...
October - June!



Oranges thrive in a lot of **sunshine** and **warm** temperatures.



600+
varieties
of oranges.

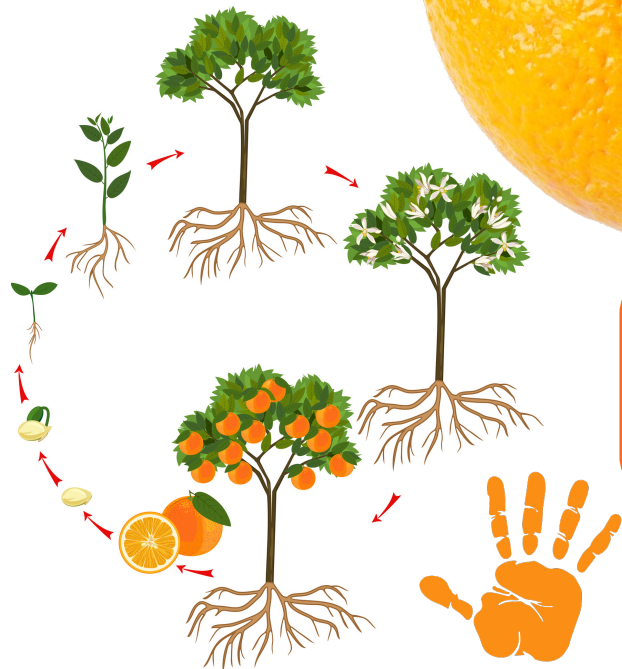


85% of all oranges are **juiced**.



Sub-tropical areas have ideal climate for growing oranges.

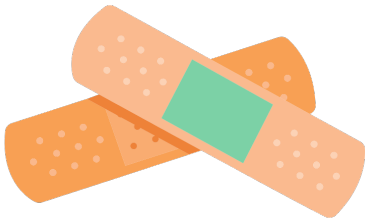
Most oranges are **harvested by hand**.



Vitamin C



Vitamin C supports the **immune system** - the body's defense against infections.



Vitamin C helps to **heal** wounds.

ENERGY booster!



Vitamin C is also referred to as "**ascorbic acid.**"



IMMUNE HEALTH



Vitamin C helps keep you **happy & healthy!**

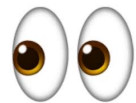
The body **cannot** make vitamin C on its own - it has to come from food.

Vitamin C is an **antioxidant.**

Antioxidants help **protect** against damage caused by exposure to **harmful substances** in the environment.

What do you call a vitamin that improves your eyesight?

A Vitamin C!



Vitamin C is a very important vitamin for **healthy gums & teeth.**

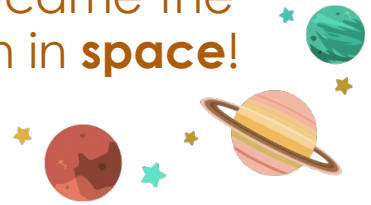
Potatoes

Potatoes are a **starchy vegetable** - specifically, a **tuber**.

Tubers are vegetables that grow **underground** at the **base of the root**.

U.S. farmers produce around **4.5 million pounds** of potatoes every hour.

In 1995, potatoes became the first vegetable grown in **space!**



Potatoes are also referred to as "**spuds.**"

AUGUST 13

National Potato Day

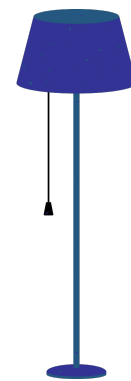
Potatoes are the **2nd** most consumed food in the U.S. after dairy products.

Potatoes are grown in **all 50 states**.

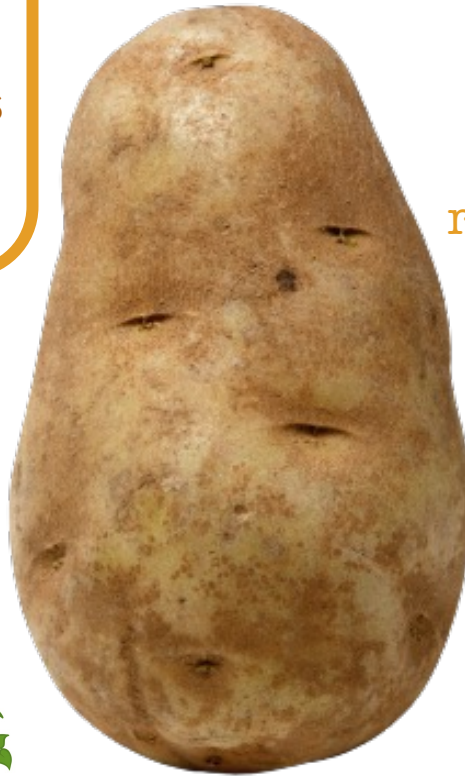
Potatoes are an **annual** plant.



Potatoes are a part of the **nightshade** family.

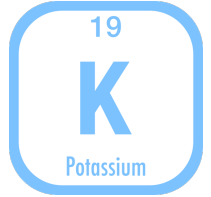


35% of potatoes are turned into French fries.



Potassium

Potassium supports **balancing fluid** in the body & proper function of the **muscles** and **nerves**.



Once potassium enters the body, it functions as an **electrolyte**.

Helps to keep the body **hydrated!**

Potassium is the **THIRD** most abundant mineral in the body.



Potassium helps promote **bone health**.



Electrolytes help **balance** the amount of water in the body.

FUN FACT:

The body is made up of approximately **60%** water.

98% of the body's potassium is found in its cells.

Potassium helps to regulate the **heart rate**.

Potassium helps to **regulate** muscle contractions.



Many runners eat **foods high in potassium** before a run to **prevent muscle cramps**.

FLUID BALANCE





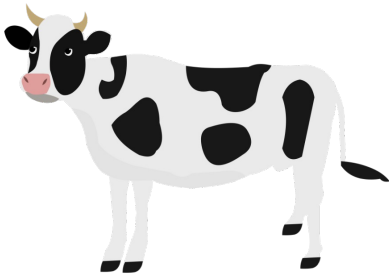
Milk is a type of **dairy product** – most commonly made from **cows**.

1 serving of milk contains **13 essential nutrients**.



6 Breeds of Dairy Cows:

1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn



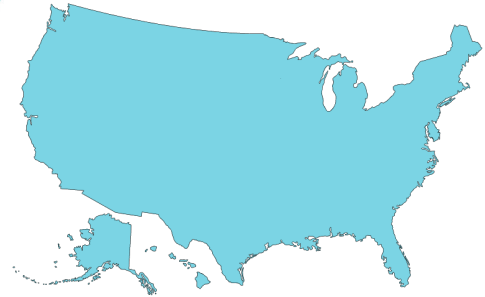
Holstein cows all have a **unique pattern of spots**!

The reason milk is white is because it contains "**casein**" - a type of protein.

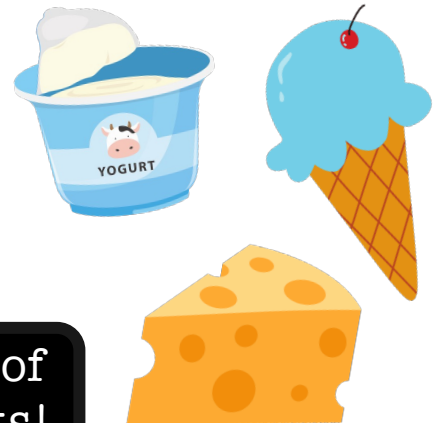
1 cow produces around **6 gallons** of milk/day.



ALL 50 states have dairy farms!



The U.S. produces **~227 BILLION** pounds of milk each year.



Milk is the source of **ALL** dairy products!

Vitamin D



Vitamin D supports the development & maintenance of **bones, teeth & muscles**.

Vitamin D is the **ONLY** vitamin that the body can make on its own.

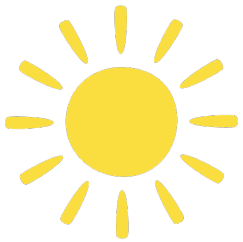
Vitamin D helps prevent **cavities**.



Vitamin D supports the **immune system**.



HEALTHY BONES



Vitamin D is known as "**The Sunshine Vitamin.**"

Vitamin D can help boost **happy moods!**

Only a few foods **naturally** contain vitamin D.



Vitamin D helps the body **absorb** calcium & phosphate from food.

Most people get the majority of their vitamin D when their skin is exposed to the sun.

Don't forget to wear sunscreen!

Calcium and phosphate are essential for **strong bones**.



Cucumbers

Cucumbers are technically **fruits** since they are **grown from a flower** & contain **seeds**.

There are **over 100 different types** of cucumbers.

The **flavor** of cucumbers comes from the **seeds**.



World Cucumber Day is June 14th!

The **large leaves** on the cucumber plant provides **shade** for the developing fruit.



Cucumbers are **90%** water.



Cucumbers grow on **vines**.

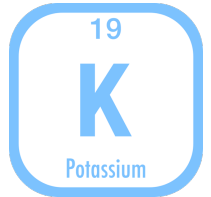
1 vine can produce **25 - 125 cucumbers**.



Bees are **essential** for the pollination of cucumbers.

Potassium

Potassium supports **balancing fluid** in the body & proper function of the **muscles** and **nerves**.



Once potassium enters the body, it functions as an **electrolyte**.

Helps to keep the body **hydrated!**

Potassium is the **THIRD** most abundant mineral in the body.



Electrolytes help **balance** the amount of water in the body.

Potassium helps promote **bone health**.

FUN FACT:

The body is made up of approximately **60%** water.

Potassium helps to regulate the **heart rate**.

Potassium helps to **regulate** muscle contractions.



98% of the body's potassium is found in its cells.



Many runners eat **foods high in potassium** before a run to **prevent muscle cramps**.

FLUID BALANCE





Food & Nutrition

LEARN

more

