Teaching Kids the Importance of Health & Wellness

Greene County School System

WELLNESS WEDNESDAYS

E N R I C H M E N T
Greene County School System is proud to be participating in Wellness Wednesdays serving healthy foods & promoting nutrition education.
Teaching Kids the Importance of Nutrition Education.

- Vitamin C
- Potassium
- Vitamin D
- B Vitamins
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

Oranges thrive in a lot of sunshine and warm temperatures.

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

Sub-tropical areas have ideal climate for growing oranges.

Most oranges are harvested by hand.

85% of all oranges are juiced.
Vitamin C is also referred to as “ascorbic acid.”

Vitamin C is an antioxidant.

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

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

What do you call a vitamin that improves your eyesight?

A Vitamin C!

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

Vitamin C helps keep you happy & healthy!

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

ENERGY booster!

Vitamin C helps to heal wounds.
Potatoes

Potatoes are a starchy vegetable - specifically, a tuber.

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

35% of potatoes are turned into French fries.

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

Potatoes are also referred to as “spuds.”

Potatoes are grown in all 50 states.

AUGUST 13
National Potato Day

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

Potatoes are a part of the nightshade family.

Potatoes are an annual plant.

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

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

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

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

Potassium helps promote **bone health**.

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

Potassium helps to **regulate** muscle contractions.

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

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**.

**6 Breeds of Dairy Cows:**

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

**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.

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

Milk is the source of **ALL** dairy products!
Vitamin D helps the body absorb calcium & phosphate from food. Calcium and phosphate are essential for strong bones.

Vitamin D helps prevent cavities.

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 supports the immune system.

Healthy Bones

Vitamin D is known as “The Sunshine Vitamin.”

Only a few foods naturally contain vitamin D.

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

Vitamin D helps the body absorb calcium & phosphate from food. Calcium and phosphate are essential for strong bones.

Don’t forget to wear sunscreen!
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 helps to regulate the heart rate.

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

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

Potassium helps to keep the body hydrated!

Electrolytes help balance the amount of water in the body.

Potassium is the THIRD most abundant mineral in the body.

Potassium helps promote bone health.

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FLUID BALANCE 🌟