

CUSTOM EDITION

# LEARN<sup>+</sup>™

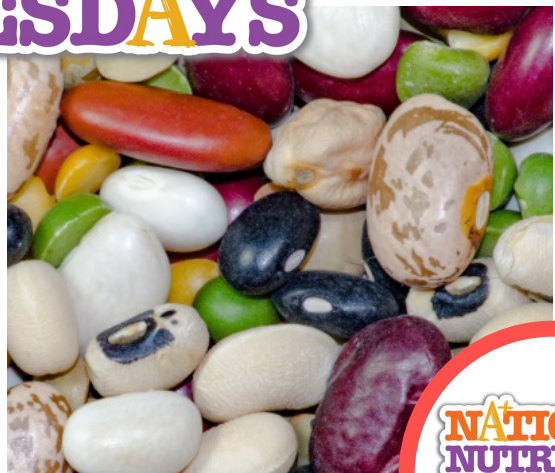
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## St. Vrain Valley Schools

*Teaching Kids the Importance of Health & Wellness*



**WELLNESS  
WEDNESDAYS**



# ST. VRAIN VALLEY SCHOOLS

*academic excellence by design*

St. Vrain Valley Schools 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.



Fiber



Vitamin K



Iron



# Apples

Apples are one of the **most widely cultivated** tree fruits.

Most apples are harvested & sold **fresh**.



## 5 of the Most Popular Varieties of Apples:

1. Red Delicious
2. Gala
3. Granny Smith
4. Fuji
5. Golden Delicious

The U.S. is home to approximately **322,000 acres** of apple orchards.

**2,500**



varieties of apples are grown in the United States.



apples make **1 gallon** of cider.



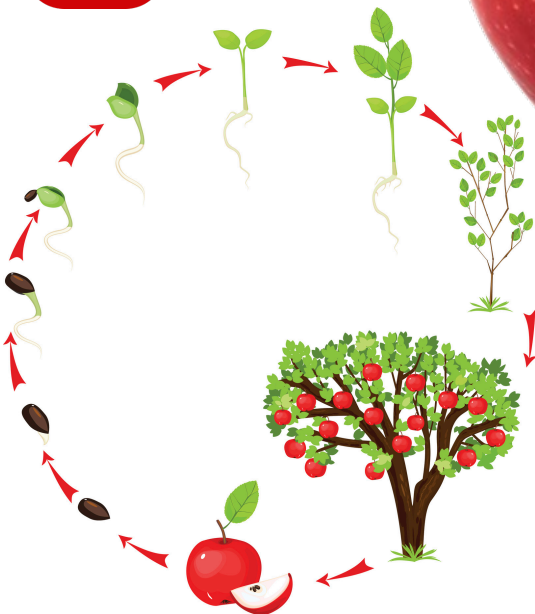
**21%** of apples are juiced.



An **apple blossom** is the flower that comes from an apple tree.

An apple tree takes at least **4 years** to start producing fruit.

Most apples are **HAND-PICKED**.





# Fiber



Fiber supports **movement** through the **digestive system**.



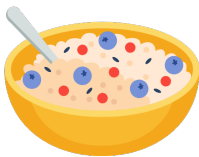
Fiber is a type of carbohydrate that the body **doesn't digest**, it simply passes through.

**Soluble fiber** dissolves in water...it helps regulate blood sugar levels and removes cholesterol from the blood stream.

**2** types of fiber:

1. **Soluble fiber**
2. **Insoluble fiber**

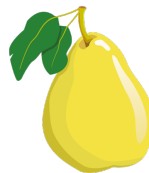
Fiber is **ONLY** found in **plant** foods.



**Insoluble fiber** does not dissolve in water...it helps food move throughout the digestive system.

**Insoluble fiber** is sometimes referred to as "**roughage**."

Fiber helps to **regulate** the body's use of **sugar**.



**BOTH** forms of fiber are **important** & **beneficial** to overall health.

Dairy & meat products do **not** have any fiber.

# D I G E S T I O N

# 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 14<sup>th</sup>!**

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.





# Vitamin K

Vitamin K supports proper **blood function, bone growth & kidney health.**

The body has the ability to **create** vitamin K on its own.

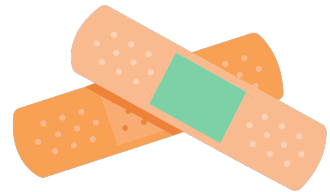
2 main forms of vitamin K: **K1** and **K2**.

Vitamin K is a **fat-soluble** vitamin - which means...

Vitamin K helps the body **heal** from wounds.



It absorbs better into the body when eaten with foods with some fat like **olive oil** or **avocados**!



## STRONG BONES

Vitamin K helps produce **proteins** that bind themselves to **calcium** - this helps **build strong bones.**



Vitamin K is found throughout the body in the **liver, brain, heart, pancreas & bones.**

Vitamin K plays a role in proper **blood function**- specifically with clotting.



Vitamin K supports **heart health.**



# Beans

Beans are the **seeds** of flowering plants – typically grown in pods.

All beans are a part of the **legume family**.

Beans have been cultivated by humans for **6,000** years.



Pods come in various shades of **green**, **yellow**, **red** & **purple**.



## Most Popular Types of Beans:

1. Green Beans
2. Kidney Beans
3. Pinto Beans
4. Lima Beans



The World's Tallest Bean Plant was over **45 feet tall**.

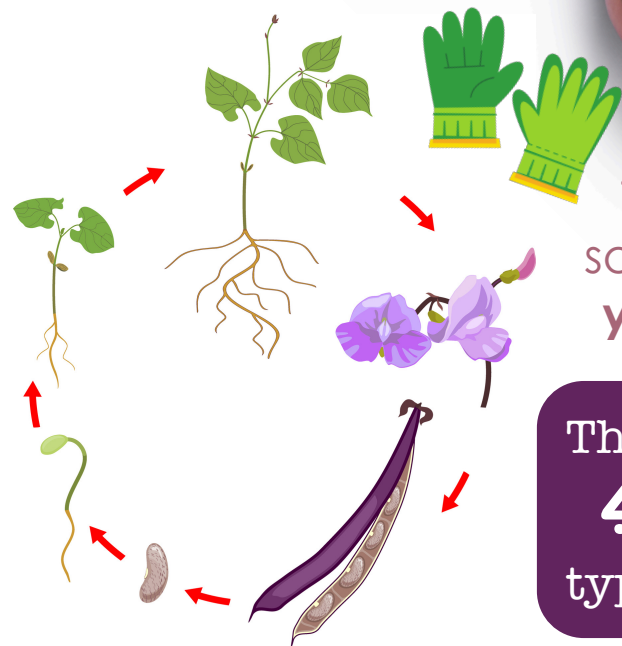


Equivalent to **3 fully-grown giraffes** stacked on top of one another.



Try growing some beans in **your garden!**

There are over **40,000** types of beans.







# Iron

Iron **carries oxygen** in the blood, supports the **immune system** & proper **brain function**.



## 2 forms of iron: Heme & Non-heme.

**Heme** comes from **animal meat** and is easily absorbed into the body after eaten.

**Non-heme** comes from **plant foods** - like spinach!

Iron is found in **EVERY** cell of the body.



**Non-heme** sources of iron are **best** absorbed into the body when eaten with a source of vitamin C, like an orange.

Iron helps muscles function by carrying **oxygen** to their cells.

Supports a healthy **immune system**.



Human blood is **RED** because of iron and oxygen reacting with each other.

**80%** of the **Earth's crust** is composed of iron.

The body uses iron to make **hemoglobin**.



**Hemoglobin** helps carry and transport oxygen in the blood to other parts of the body...like a backpack!



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