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.
Teaching Kids the Importance of Nutrition Education.

- Fiber
- Vitamin K
- Iron
Apples are one of the most widely cultivated tree fruits.

Most apples are harvested & sold fresh.

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

2,500 varieties of apples are grown in the United States.

21% of apples are juiced.

36 apples make 1 gallon of cider.

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

Most apples are hand-picked.

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

5 of the Most Popular Varieties of Apples:

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

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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.

Fiber helps to regulate the body’s use of sugar.

**Insoluble fiber** is sometimes referred to as “roughage.”

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

Dairy & meat products do not have any fiber.

Digestion
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**.

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

World Cucumber Day is June 14th!

Cucumbers grow on **vines**.

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

Bees are essential for the pollination of cucumbers.

Cucumbers are **90% water**.

The flavor of cucumbers comes from the seeds.
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 supports **heart health**.

Vitamin K plays a role in proper **blood function** - specifically with clotting.
Beans are the seeds of flowering plants – typically grown in pods.

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

Most Popular Types of Beans:
1. Green Beans
2. Kidney Beans
3. Pinto Beans
4. Lima Beans

There are over 40,000 types of beans.

The World’s Tallest Bean Plant was over 45 feet tall. Equivalent to 3 fully-grown giraffes stacked on top of one another.

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

Try growing some beans in your garden!
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.

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!

80% of the Earth’s crust is composed of iron.
Food & Nutrition

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