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# Butts County School System

*Teaching Kids the Importance of Health & Wellness*



**WELLNESS  
WEDNESDAYS**



# BUTTS COUNTY

SCHOOL SYSTEM

Butts 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 A



Protein



Vitamin C



Fiber



# Carrots

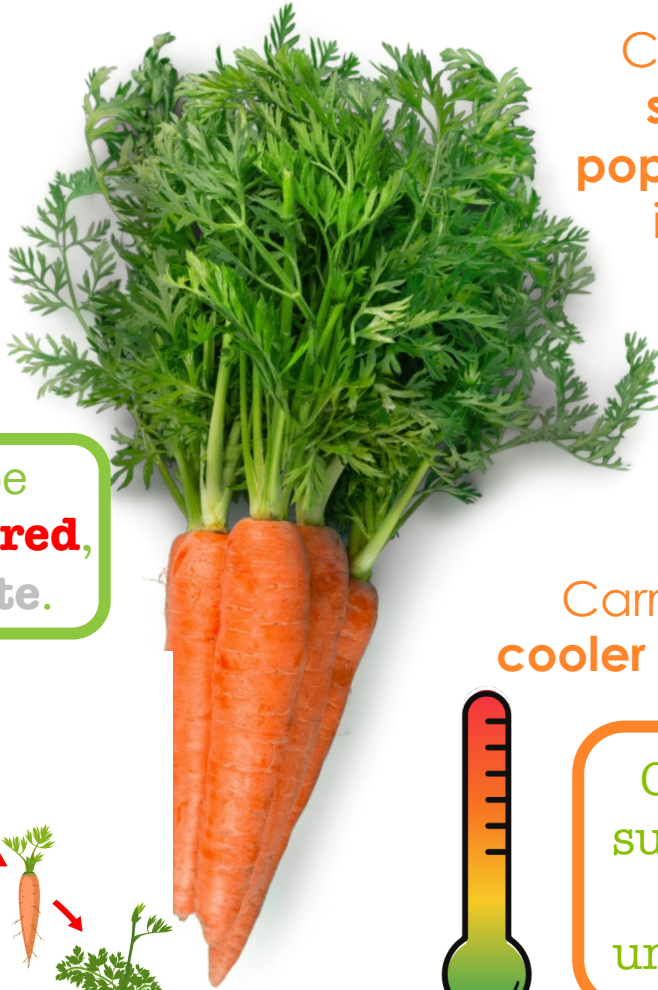
Carrots are a type of **root vegetable** - a vegetable that grows **underground**.



Carrots are **88%** water.



Carrots can be **orange**, **purple**, **red**, **yellow** or **white**.



Carrots are the **second most popular** vegetable in the world.



**2,000** carrot seeds fit in **1 teaspoon**.

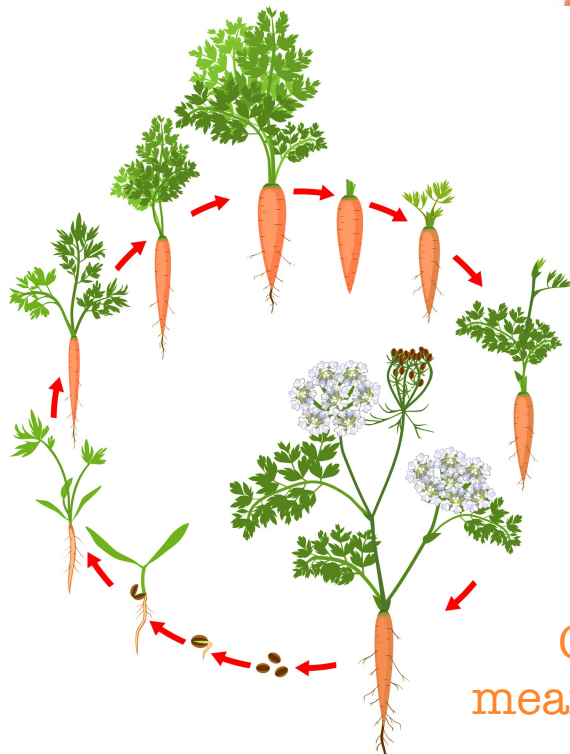
Carrots thrive in **cooler** temperatures.



Carrots can survive entire **WINTERS** underground!

The world record for the longest carrot is over **19 feet**!

Carrots are **biennials**, which means they have a **2-year life cycle**.





# Vitamin A



Vitamin A supports good vision, growth & immunity.



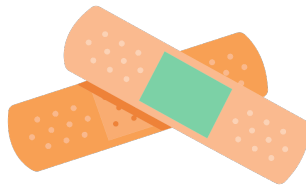
Vitamin A helps **improve eyesight** to **see better at night** and experience **more vivid colors during the day**.

How far can you read down this eye chart?



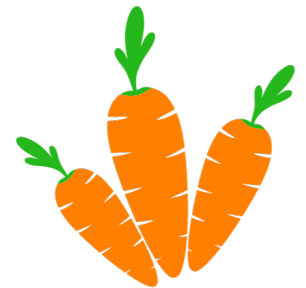
VISION 

Vitamin A has **antioxidant** properties.



Vitamin A is a **fat-soluble** vitamin.

Vitamin A can help **speed up the healing process** of cuts & scraps.



How do you know carrots are good for the eyes?  
**You never see a rabbit wearing glasses!**

Vitamin A supports the **immune system** to fight off infections.





# Milk

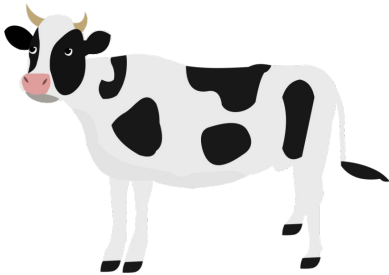
Milk is a type of **dairy product** – most commonly made from **cows**.

**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



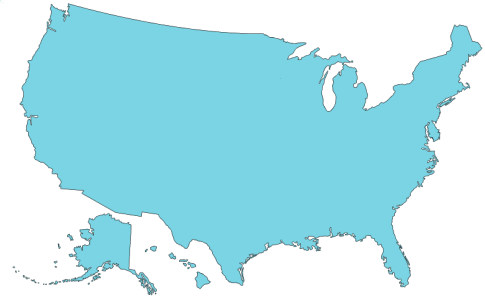
**Holstein** cows all have a **unique pattern of spots**!

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

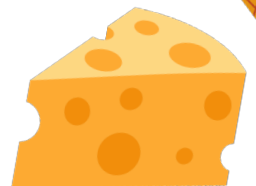
**1 cow** produces around **6 gallons** of milk/day.



**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!



# Protein

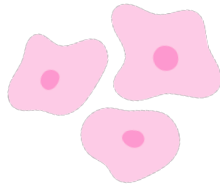


Protein **builds**, **maintains** and **replaces** the tissues in the body.



Protein helps to **transport** & **store** nutrients throughout the body.

**18-20%** of the body is protein.



**EVERY** cell in the human body contains protein.

The body **cannot** store protein **long term**... which is why protein needs to be consumed **daily**.

# BUILDS MUSCLE



Protein is made of molecules called **amino acids**.



Protein plays a big role in **building** and **repairing** muscles.

Protein is a **MACRONUTRIENT**.  
A macronutrient is a nutrient that the body needs in **LARGE** amounts.

Amino acids are known as protein's "**building blocks**."

Protein helps maintain **fluid balance** throughout the body.



# Oranges

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



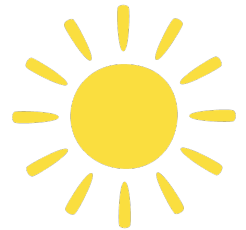
## 3 Popular Types of Oranges:

1. Navel
2. Hamlin
3. Valencia

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



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



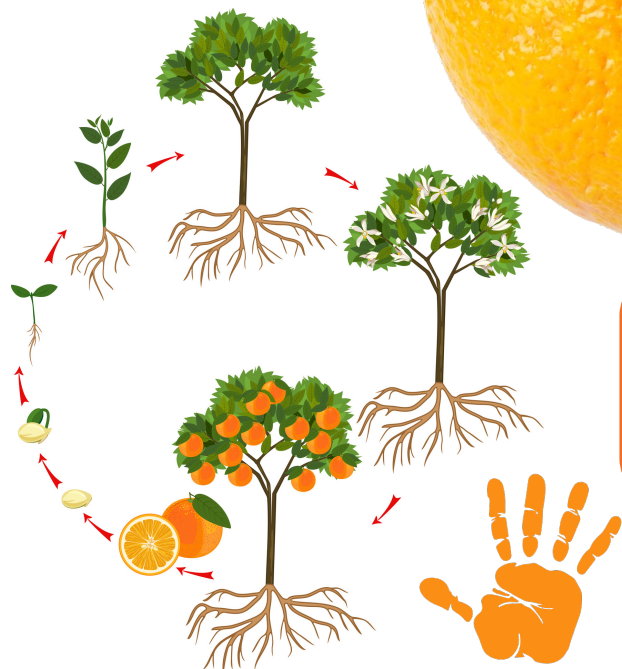
**600+**  
varieties  
of oranges.

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



**Sub-tropical** areas  
have ideal climate  
for growing oranges.

Most oranges are  
**harvested by hand**.

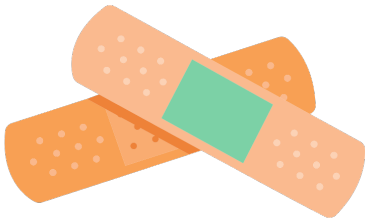




# Vitamin C



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!**

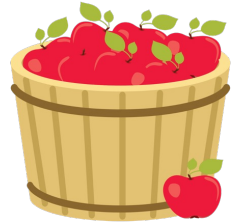


Vitamin C is a very important vitamin for **healthy gums & teeth.**

# 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**.



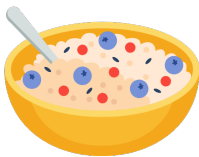
Fiber is a type of carbohydrate that the body **doesn't digest**, it simply passes through.

**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**

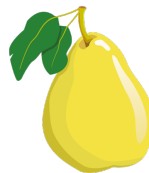
Fiber is **ONLY** found in **plant** foods.



**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



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