

CUSTOM EDITION

LEARN⁺™ more

Rocklin Unified School District

Teaching Kids the Importance of Nutrition Education



**WELLNESS
WEDNESDAYS**





Educational Excellence

Rocklin Unified School District is proud to be participating in **Wellness Wednesdays** serving healthy foods & promoting nutrition education.



WELLNESS WEDNESDAYS

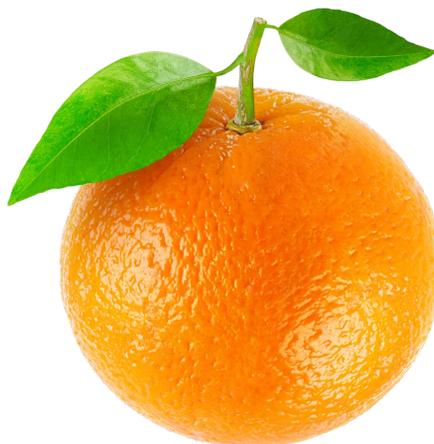


WELLNESS WEDNESDAYS

Teaching Kids the Importance of Nutrition Education.



Vitamin D



Vitamin C



Vitamin A



Fiber



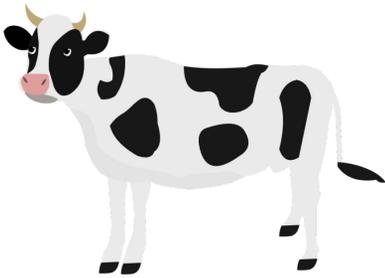
Milk is a type of **dairy product** – most commonly made from **cows**.

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



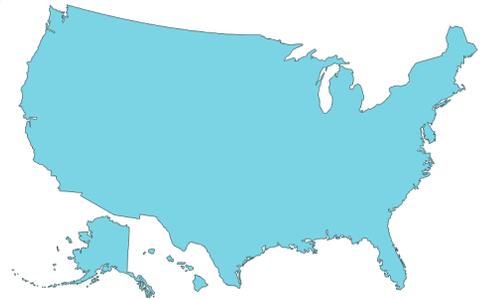
6 Breeds of Dairy Cows:

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



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.

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

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

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.

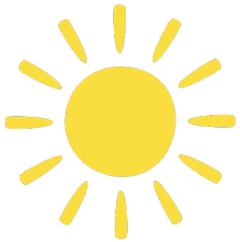
Vitamin D helps prevent **cavities**.



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**.



Oranges

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



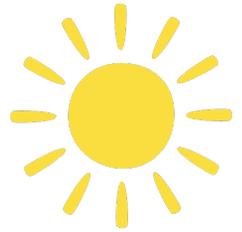
3 Popular Types of Oranges:

1. Navel
2. Hamlin
3. Valencia

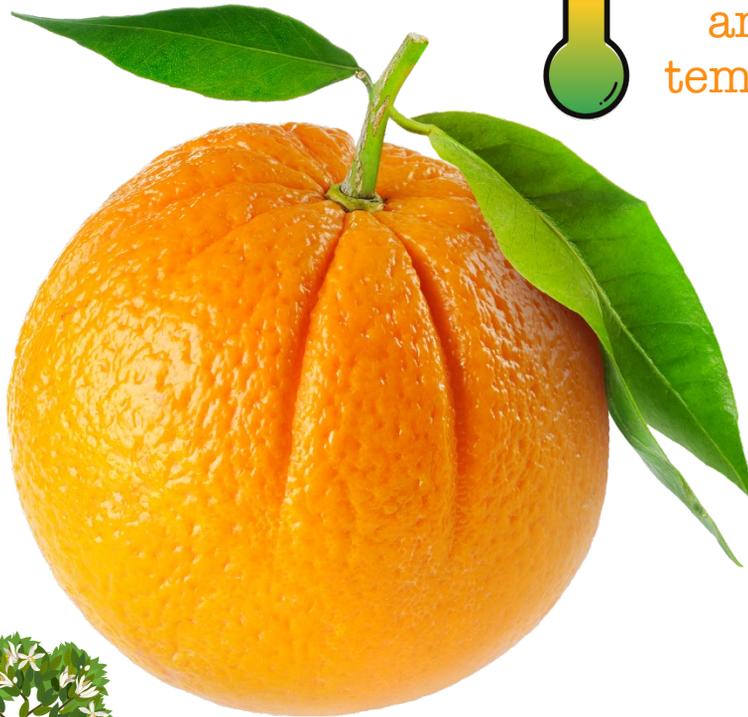
Orange season is 9 months long...
October - June!



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.

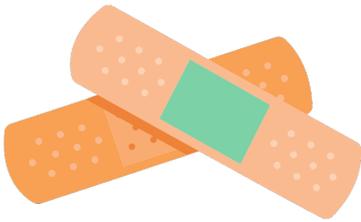
Most oranges are **harvested by hand**.



Vitamin C



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

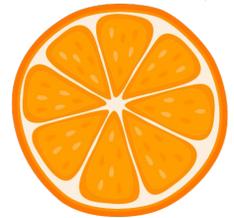


Vitamin C helps to **heal** wounds.

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.**



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.

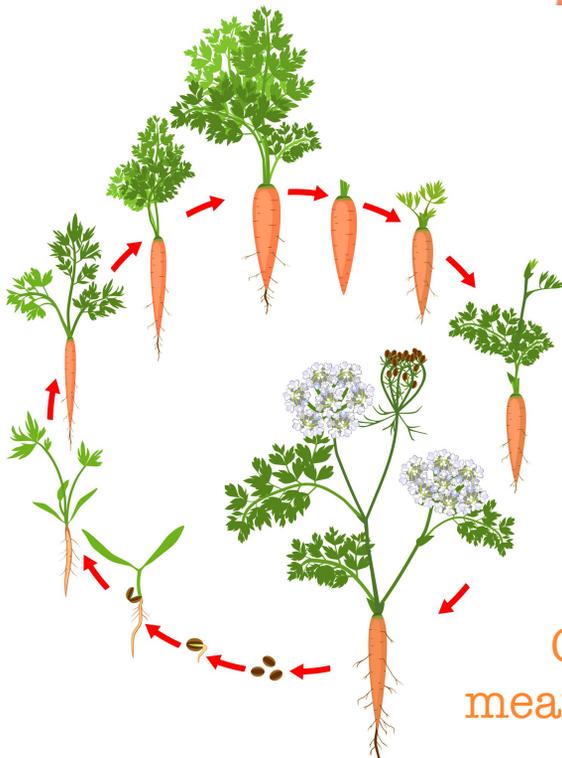


2,000 carrot seeds fit in **1 teaspoon**.

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**.



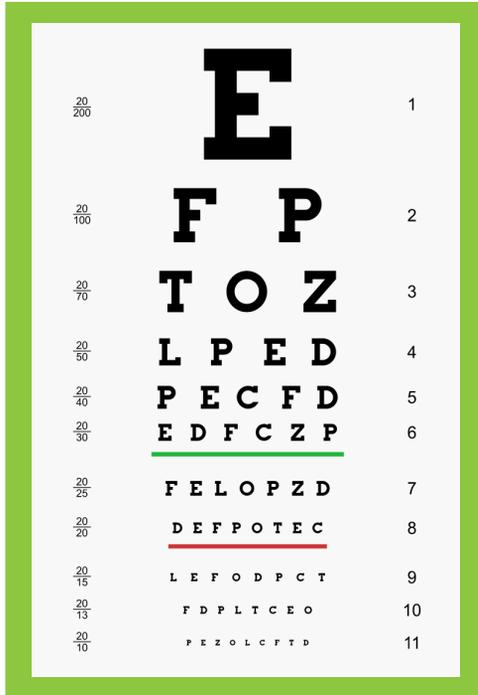
Vitamin A



Vitamin A supports good vision, growth & immunity.

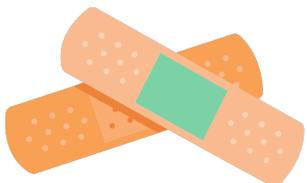


Vitamin A helps **improve eyesight** to **see better at night** and experience **more vivid colors during the day.**



How far can you read down this eye chart?

V I S I O N 



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.





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.

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.

D I G E S T I O N



Food & Nutrition

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