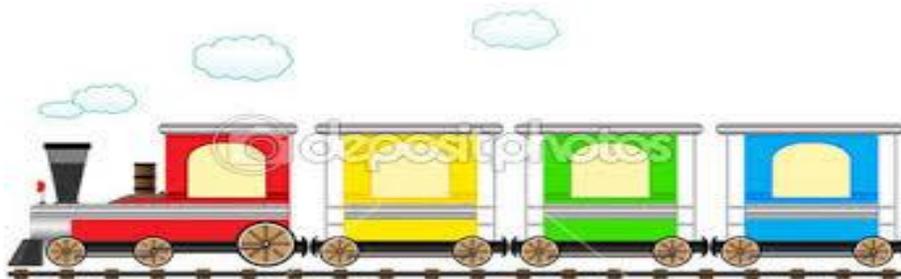


Fairfax County School Health Promotion November Morning Announcements

November Energy Train: Strive to Eat 5 Fruits and Vegetables Every Day!



Announcements (Elementary)

1. This is your wellness wake-up call. Do you ever wonder why people always say, “An apple a day keeps the doctor away?” It’s because fruits keep our bodies healthy. An apple is a yummy and easy fruit to pack and eat at school. Remember strive to eat 5 fruits and vegetables every day.
2. This is your wellness wake-up call. Did you know that blueberries are the only food that is naturally blue? And, they taste great. Blueberries can be eaten alone or try them sprinkled on cereal or in a pancake. Remember strive to eat 5 fruits and vegetables every day.
3. This is your wellness wake-up call. About half of your plate should be filled with fruits and vegetables at every meal. Fruits and vegetables help keep our eyes, skin and hair healthy. They give us energy and help us focus on school work. Remember strive to eat 5 fruits and vegetables every day.
4. This is your wellness wake-up call. Did you know that in this country more tomatoes are eaten than any other fruit or vegetable? Tomatoes taste great on pasta, on sandwiches or even by themselves. Remember strive to eat 5 fruits and vegetables every day.

Two-student dialogue:

This is your wellness wake-up call.

Student 1: What are you eating?

Student 2: It’s a Fruit-Ka-Bob. It has grapes, bananas, melon and strawberries -on a stick. What are you eating?

Student 1: It’s a veggie-Ka-Bob. It has cherry tomatoes, cucumber, carrots and sweet peppers.



Student 2: Oh, I never thought of putting vegetables on a stick.

Student 1: EVERYTHING tastes better on a stick.

Remember to strive for 5 servings of fruits and vegetables every day.

{End}

References:

<http://www.choosemyplate.gov/food-groups/vegetables-why.html>

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

<http://www.choosemyplate.gov/preschoolers/picky-eaters/new-foods.html>

<http://www.lifehack.org/articles/lifestyle/20-incredible-facts-about-eating-fruits-and-vegetables-that-you-probably-didnt-know.html>

<http://www.factmonster.com/ipka/A0781697.html>

<http://www.kidsandfruit.org.au/fun-facts.html>

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2>

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=82>

<http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/>

