



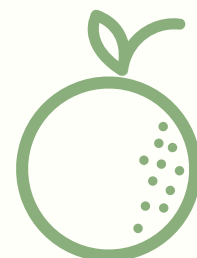
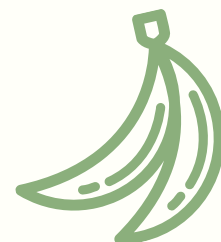
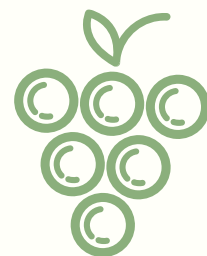
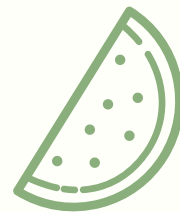
DECEMBER 2019 NUTRITION EDUCATION

FRESH FRUIT & VEGETABLE PROGRAM

**USE THESE FUN FACTS TO SHARE
WITH YOUR STUDENTS ON FFVP
SERVING DAYS!**

More Nutrition Education Opportunities are
available.

Visit npsk12.com/nutrition to learn more!



DID YOU KNOW?

Apples- float because 25% of their volume is air.

Cucumber - made up of mostly water - great for when you are thirsty!

Grapefruit - helps your skin heal from cuts and scrapes!

Grapes - grow strong bones & teeth by eating this fruit. They are high in calcium like milk!

Kohlrabi - the closest vegetable relative is a cabbage but this veggie taste more like broccoli.

Pineapple - boosts your immune system to not get sick.

Sugar Snap Peas - grow strong muscles with this plant-based protein.

Tri-Color Carrots - eat more carrots for lazer vision

Watermelon Radish Coins - there are over 100 types of radishes and some can grow to weigh over 100 pounds!