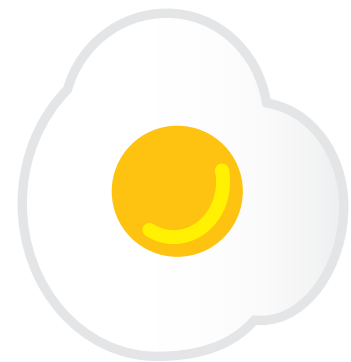
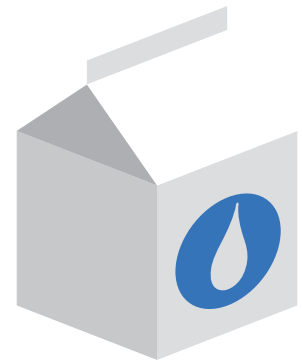


DID YOU KNOW?

FUN NUTRITION FACTS

ELEMENTARY

1. Did you know that chocolate milk does not come from a brown cow?
2. Did you know that eating breakfast helps you to do great in school?
3. Did you know that raisins are dried grapes?
4. Did you know you should eat at least five servings of fruits and vegetables a day?
5. Did you know grapes, kiwis, and bananas are really berries?
6. Did you know avocados have a seed, so that makes them a fruit?
7. Protein helps to build muscles.
8. Blackberries, raspberries, and even strawberries aren't berries at all, but clumps of tiny individual fruits that grew together.
9. Calcium is a mineral which is needed for strong bones and teeth.
10. Tomatoes are made up of 95.5% water.
11. Strawberries and raspberries are the only fruits that wear their seeds on the outside.

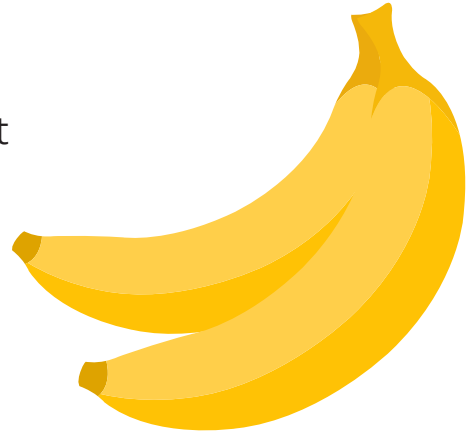


DID YOU KNOW?

FUN NUTRITION FACTS

MIDDLE

1. Did you know that a strawberry is not a berry, but a banana is?
2. Did you know tomatoes are a fruit not a vegetable?
3. Did you know an average strawberry has around 200 seeds?
4. Did you know avocados have seeds, so that makes them a fruit?
5. Did you know kids who eat school breakfast have healthier weights than children who skip breakfast?
6. Scientists define a fruit as the part of a plant that develops from a flower and has seeds, which means bell peppers, squash, cucumbers, and pumpkins are all fruits.
7. An apple tree can produce up to 400 apples a year.
8. Think of this next time you go apple bobbing: Apples float in water because they are 25% air.
9. Unlike bananas grapes can no longer ripen once picked.
10. Remember blue and purple fruits help your memory.
11. Tomatoes are made up of 95.5% water.
12. A pomegranate can contain 600 to 1,400 seeds.

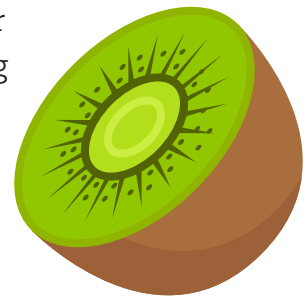
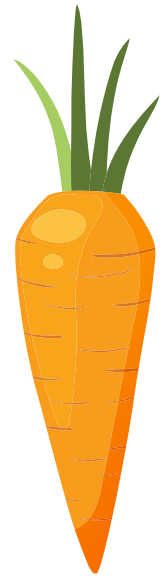


DID YOU KNOW?

FUN NUTRITION FACTS

HIGH SCHOOL

1. Did you know you should eat at least five servings of fruits and vegetables a day?
2. Did you know there is no such thing as baby carrots? Those little bagged carrots in the grocery store are cut from full-grown varieties that are sweeter and thinner than traditional carrots. But don't worry these carrots are still vitamin-rich like full-size varieties.
3. Did you know that broccoli contains more protein than steak?
4. Did you know that breakfast sandwiches did not become a mainstream breakfast item until after the civil war in the late 1860's?
5. Did you know the world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable?
6. Having trouble sleeping and/or waking up on time? Eat some cherries! Cherries contain melatonin, a hormone that regulates our sleep-wake cycle.
7. Early explorers were drinking water infused with fruit before it became a trend. They used watermelons as canteens for their water.
8. Apples, pears, cherries, and plums are just some of the fruits that come from the same family tree as the rose.
9. Dried fruits contain more calories than fresh fruits since the drying process takes out water and volume.
10. Did you know that kiwis have twice the vitamin C of an orange?
11. Remember this next time you need to stay awake to study for an exam: Eating an apple is a more reliable method of staying awake than consuming a cup of coffee. The natural sugar in an apple is more potent than the caffeine in coffee.
12. Seeking wisdom? The scientific name for a banana is *Musa Sapientum*, which means "fruit of the wise men."



JOKES!

Q: Why did the fisherman put peanut butter into the sea?

A: To go with the jellyfish!

Q: What do snowmen eat for breakfast?

A: Ice Crispies

Q: Did you hear the joke about the peanut butter?

A: I'm not telling you. You might spread it!

Q: Why shouldn't you tell an egg a joke?

A: Because it might crack up!

Q: What are twins favorite fruit?

A: Pears!

Q: If a crocodile makes shoes, what does a banana make?

A: Slippers!