



Second Grade Students get excited about nutrition with Nutrition Adventures Program

April 24, 2013

Students attending Noralto Elementary After School Program were introduced to nutrition and cooking with the four week Nutrition Adventures Program.

Offered by Nutrition Services, this four week course introduces young students to the five food groups and USDA's MyPlate. The course also covers basic cooking techniques such as measuring, kitchen safety and recipe reading.

Students prepared a fabulous recipe each week, learning about MyPlate as they went. The first week students prepared whole wheat biscuits as they learned about the health benefits of whole grains. Tropical smoothies, the all time favorite recipe, introduced students to the dairy and fruit groups. The third week students prepared individual veggie pizzas as they learned about the importance of fruits and vegetables and healthy snack choices. The last recipe the students prepared was

an apple chicken wrap, a lesson about incorporating vegetables into the main course or protein part of the meal. An activity was included in every Nutrition Adventure Lesson including Measuring Math, Calcium Relay and Go! Slow! Whoa! Snack Food Marathon. Students received a Jr. Chef award and Neal the Nutritional Seal T' shirt after completing the four week Nutrition Adventure course. Noralto After School students and staff alike are excited to see Nutrition Services return next school year with more cooking classes and opportunities for nutrition education.

