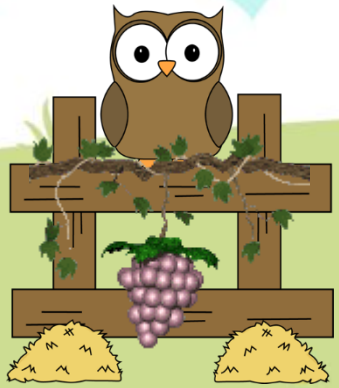
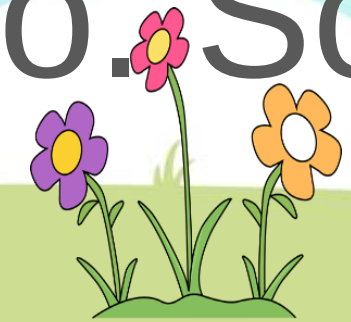
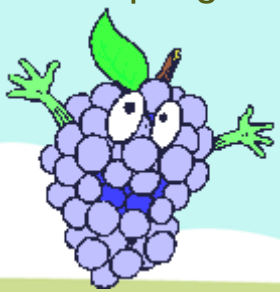
Nutrition Award
Rachel Shiver
Franklin County
Region 1 Elementary
Franklin Co. School

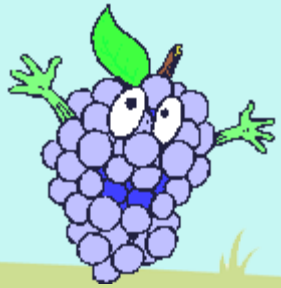




“Heard it through the Grape Vine”

- The Fresh Fruit & Vegetable Program kickoff theme this year was “Heard it through the Grape Vine”
- Education project was showing how grapes and raisins are a healthy and fun choice of fruit that is packed full of vitamins and minerals.
- Objective/Goals: To show the students how to incorporate nutrition and exercise in everyday food and fun choices.
- Our Third grade classes are in competition with who can grow the biggest Bonnie cabbages. The students are recording the growth over a 2 month period.
- Mooove over the Cows are coming was our farm to school share for this year. The students enjoyed a time of sampling dairy products and learning about cows.





Sign in sheet on guest snack table with hedgehogs made with grapes and pears.

Representitave Halsey Beshears was the first special guest to stop by.

FCS cheerleaders pumping up the crowd!

Kindergarten singing a grape song.

Winners of the great grape race!

Incorporating activity with nutrition, we had some students participate in a grape race. Nutrition and activity go hand in hand.

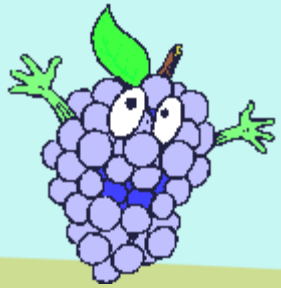
2nd grade students played with cups and sang a grape song.

4th grade students read nutritional facts about grapes and told a few grape jokes.

9 Reasons why you should eat grapes

- **Helps cure asthma and migraines**
- **Effective remedy against breast cancer**
- **Prevent heart attacks and lowers cholesterol levels**
- **Strengthens bones and prevents onset of osteoporosis**
- **Provides relief from constipation and indigestion**
- **Boosts immune system and prevents fatigue**
- **Reduce risk of kidney diseases**
- **Prevents loss of vision and macular degeneration**
- **Improve brain function and prevent Alzheimer's disease**

- Grapes Nutritional value:
- ½ cup contains 50 calories and less than 1 g of dietary fiber. Grapes are also good source of vitamins A and C as well as minerals like manganese, iron and folate.

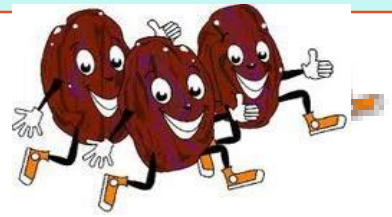


“Heard it through the Grape Vine”

The Main Event

Florida Raisins taking the stage

Lesson Plan



Dancing Raisins experiment

Materials: 10-15 raisins, clear soda, tall clear drinking glass

Experiment:

Fill the glass with soda.

Drop 10-15 raisins into the soda.

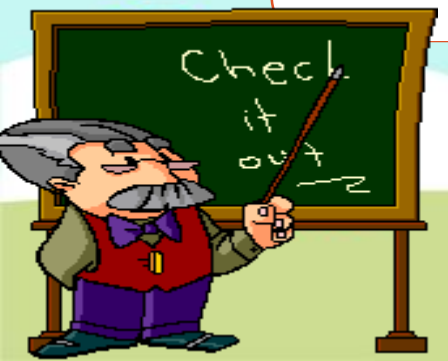
Focus all of your attention on those raisins. Are they moving? Yes! They're floating, they're bobbing up and down, they're dancing!

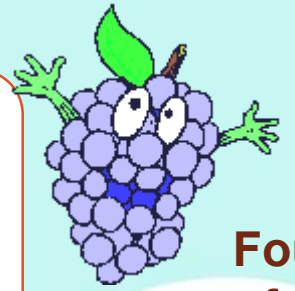
*** Dancing Raisins Variation**

Throw in macaroni, noodles, lentils, craisins, even corn!

Which combination of soda and dancers "performs" the best show?

Keep experimenting until you find the best combination!



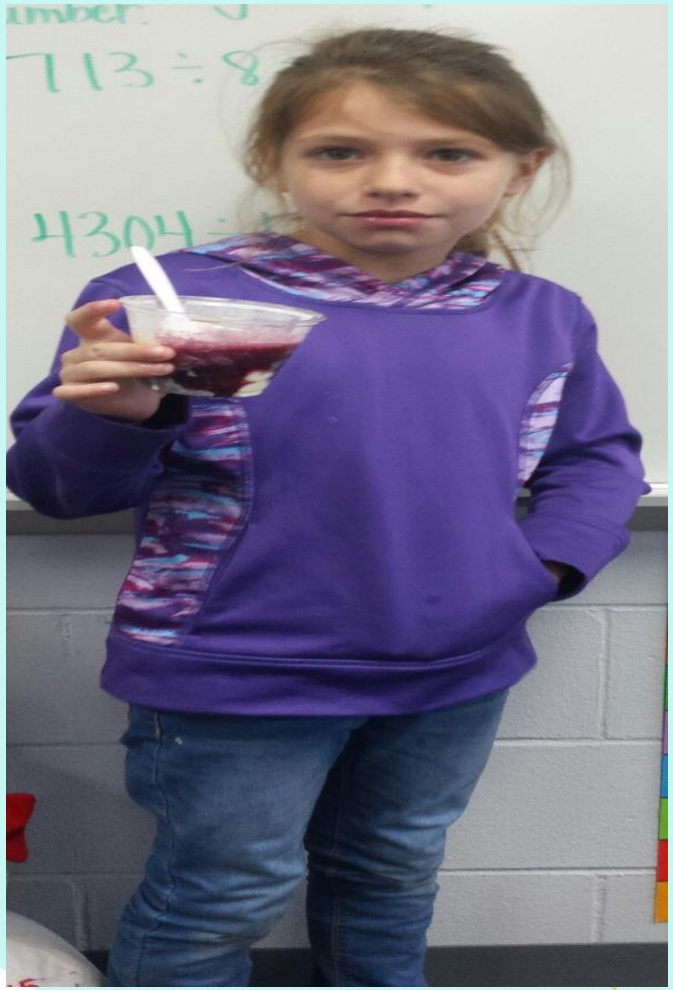


Fourth Grade's version of

Have you ever had a Purple Cow?

In continuing with the grape theme I went to Ms. Barber's fourth grade class and we made a purple cow smoothie. It is a delicious treat!

Ingredients: 2oz.Welches grape juice and 3oz vanilla ice cream.



Bonnie Plants 3rd Grade Cabbage Program

One of our Farm to School project's. The 3rd grade planted Bonnie cabbage. They are off to a great start. The students will be tracking the care and growth of their plants and also competing with other 3rd graders to see who can grow the largest cabbage

Mooove over the cows are coming

"Mooove Over the COWS are Coming!"

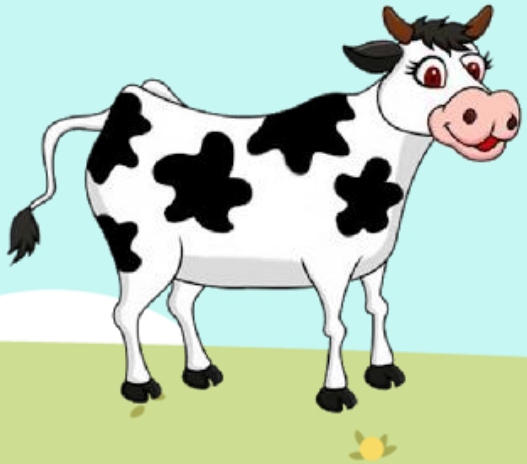
Franklin County School is having a Dairy Celebration!

April 3rd thru 5th Food & Nutrition Services will be going into elementary classrooms educating students of Dairy and Cows in a fun way. Milk it does the body good!! Food & Nutrition will have the lunchroom decorated with cow attire. Students will see a display of a Cow to milk themselves. A Brown Cow will have information about the Cow.

There will be a photo booth for pictures of milk mustaches.

In the Lunchroom there will be samples of Dairy products for All students to taste. High School students will be introduced to a Moo-Lah Brew ice coffee. Middle school will be trying Moo Shots of Mocha to add to their milk for a flavorful mocha madness drink.

FCS hosted a farm to school day with dairy. As you can see the students had a great time sampling some dairy products such as Moca-milk, yogurt with peaches, two different types of cheese and doing a little dress up.



THANK YOU!

As you can see we had awesome participation for this event. I would like to extend a special thanks to Ms. Lakeisha Hood for her support, to our SRO and other Seahawk staff for another great kickoff.