

The Wolftrap Elementary Nutrition and Health Committee wrapped up the 2010-11 school year with the



last of their "Fun Food Facts at Lunch" events. The events started in the spring with "Green Foods" for St. Patrick's Day. Kids sampled kiwi, avocado, and kale generously donated by Whole Foods Market in Vienna. Several parents baked the kale into crispy chips and the kids couldn't get enough of them! Kiwi was also a hit and avocado was a favorite with a smaller number of kids.

In April, the Nutrition and Health Committee visited the cafeteria with sugar cube pyramids portraying the amount of sugar in each of five common food and beverage items: Coca-Cola, Pop Tarts, Strawberry Yogurt, Ketchup, and Skittles. The kids were surprised by how much sugar was in each of the items. The committee members explained that sugar can come from sources like fruit and even milk but added sugar from corn syrup and cane sugar are commonly found in many sweet treats. They emphasized that sugar should be eaten in moderation as part of a well-rounded diet filled with fruits and vegetables.



In June, for the final event of the 2010-11 school year, Chris and Sara Guerre, owners of the Maple Avenue Market and Farm, visited the students during all lunch times. They brought fresh produce from their farm in Great Falls harvested by several Wolftrap students and parents the day before. The harvesters endured the early June heat wave to pick sugar snap peas, broccoli, radishes, and beets. They used a hose to do the initial cleaning of the vegetables. They worked with the sounds of a sheep nearby and were very

curious about the chickens so Chris gave them a tour of coop. Some of the kids pet the chickens and were even brave enough to gather some fresh eggs.

The next day, all Wolfrap students were able to sample the fresh-picked produce as well as garlic scapes (curly green shoots from garlic bulbs.) The Guerres also brought eggs from their chickens to show and stopped by each table to let the kids see what the produce looks like when pulled straight from the ground. The children finished off all of the broccoli and beets and kept coming back for more of the plentiful sugar snap peas. Even the scapes were devoured by the brave students who sampled them raw! The kids had many questions for the Guerres regarding the farm. The Guerres love to teach kids about seasonal produce and welcome families to their farm. For more information about this event, contact the Nutrition & Health Committee at nutrition@wolfrappta.org.

