

The students at Oak Terrace Elementary School have been extremely receptive to the Pick A Better Snack (PABS) program. Over the course of four months, the students have been introduced to a variety of fresh fruits and vegetables such as jicama, broccoli, pomegranates, and celery. Each lesson provides an overview of a fruit or vegetable: where it is grown, history, nutritional benefits, and 'fun' facts.



From Instructor Juliette Britton: "The students have really grasped 'why' fruits and veggies are so good for our bodies. The children fully understand the role of vitamin C in promoting a healthy immune system; they giggle about the benefits of fiber, but recognize its importance in maintaining a healthy digestive tract, and are excited to learn that leafy greens help build strong bones because they are a good source of calcium. All grades (k-5) are catching on to the numerous health benefits of eating a variety of fruits and veggies. In one of the kindergarten classes that I visited last week, I started my lesson by telling the students that we were going to try a fruit that begins with the letter 'p' (we were sampling pears that day). A little boy shouted out, "I know, we are eating potassium today!" (the week prior we did a lesson on bananas and we talked about potassium)! The Pick A Better Snack program is a wonderful way to encourage healthy snacks, and it has provided children with the answer to the timeless question: "Why do I have to eat my broccoli?"

From Instructor Elizabeth Thomas: "When told we were tasting celery sticks, some of the children were saying 'no thank you' to the morning snack. After hearing a fun fact that celery was awarded to winners of sports competitions in ancient Greece, all of the students in the six classes taught ate the celery and admitted to liking it. The timing for this lesson was perfect as the Winter Olympics were in full swing and very popular with the students."



From Instructor Elizabeth Thomas: "Broccoli slaw was served one week and many of the students had never seen shredded broccoli before. They were pleased to learn that it was a familiar vegetable and enjoyed eating it like a salad. Seconds were requested in each of the six classes taught by one PABS instructor. In the classrooms where there was no PABS presentation, students were less likely to try the snack and more waste was created."