

Students Help Make Hallway Bulletin Board on Nutrition



A big "thank you" to students from Ms. Karl and Mrs. Godwin's classes for creating their own healthy meals for our "Eat a RAINBOW of colors every day" bulletin board. This board is meant to remind us to choose foods from several different parts of the food pyramid - especially the orange (grains), green (vegetables), red (fruit), and blue (milk) at each meal. Purple is the meat group and the serving size for it is less in a day. The yellow group (oils) is what students call the "sometimes" group and includes many desserts and foods processed in oil.