



For the past three weeks, first graders at Stewart Elementary have been learning about "healthy bites" through the Pick a Better Snack program. The program is designed to motivate children to eat fruits/ vegetables and increase physical activity. Each week Amy Green, 4-H/youth coordinator, visits the first grade classrooms to talk about making healthy food choices. Students get to sample a particular fruit/ vegetable of the day. The focus this week was on exercise and broccoli. Students learned that 60 minutes of exercise is required each day for healthy bodies. Tracy Strabala's first grade students at Stewart Elementary put in a little exercise time in the classroom by dancing the Interlude.esy . If you have questions about the Pick a Better Snack program or would like to volunteer or financially support the program, please call the Washington County Extension Office at 319-653-4811. (Article and pictures courtesy of Amy Green, 4-H/ Youth Coordinator, Iowa State University Extension & Outreach, Washington County.)

