

First graders at Stewart Elementary had their first healthy bite of the Pick a Better Snack program Tuesday, January 9.

This program is designed to motivate children to eat more fruits and vegetables in meals and snacks and to be more physically active. Each week Amy Green, 4-H/youth coordinator, visits the first and second grade classrooms to talk about healthy snacks, making healthy choices and they always get to sample a particular fruit or vegetable of the day.

Each week the students are reminded to be brave and try new things – including healthy fruits and vegetables. This first week they discussed how there are over 2000 varieties of apples grown in the U.S. and they all taste and look a little different. They were able to see ten different kinds of apples and compare the taste and texture of the Granny Smith and Gala in the apple taste test.

The Pick a Better Snack supplies at Stewart Elementary are funded by Washington County Extension and grant from the Washington County Riverboat Foundation. Contact the Washington County Extension Office, 319-653-4811, with any questions about the Pick a Better Snack program.



Students in Tara Luers' 1st grade class at Stewart Elementary show off their favorite variety of apple. This class voted Braeburn to be their favorite in the taste test.

