

## HeartBeet Café School Nutrition & Wellness Programs

Using fun comics, Heart & Beet educate and inspire kids to make healthier food and drink choices. All sessions are 10-15 minutes in length and can be integrated into each of your lunch periods! The programs below are geared to grades K-5.



### Making a Sweet Splash with HeartBeet Café

The 'Making a Sweet Splash' comic, teaches students about dehydration, the importance of water, why sugary drinks are unhealthy, and options to jazz up water. If the school allows, we will supply a sample drink that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### Heart & Beet Go Organic

Many people believe that the definition of organic is 'healthy.' Heart & Beet Go Organic explores the real definition of organic which focuses on how foods are grown and also discuss how to tell if a product is organic. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### Attack Your Snack with HeartBeet Café

The 'Attack Your Snack' comic focuses on what ingredients really make up your snack. We explore four easy tips for reading ingredient labels and deciding whether a snack is healthy or not! If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



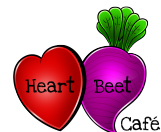
### Glu10 with HeartBeet Café

Many kids hear the words gluten-free but don't really know what it means. The 'Glu10' comic focuses on what gluten is, why it is used in foods, and how to identify whether foods are gluten-free or not. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### Break for Breakfast with HeartBeet Café

The 'Break for Breakfast' comic explores why breakfast is so important to our health and how it can directly impact your school work. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



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### **Cukes with HeartBeet Café**

The 'Cukes' comic focuses on cucumbers. Kids get to learn all about the nutritional value of a cucumber, different ways to eat a cucumber, different types of cucumbers & whether a cucumber is a fruit or veggie. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### **Don't Squash US with HeartBeet Café**

The 'Don't Squash Us' comic focuses on squash. We discuss whether squash is a fruit or vegetable, the nutritional value of squash, how to eat squash & the different types of squash. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### **Root for the Beet with HeartBeet Café**

The 'Root for the Beet' comic focuses on Beets! We explore what a root vegetable is, the nutritional value of beets, and how to eat beets. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### **What's in that Chip with HeartBeet Café**

The 'What's in that Chip' comic focuses on a favorite snack, the potato chip. We explore the ingredients of a potato chip and what makes one chip healthier than other chips. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



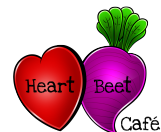
### **Bag the Lunch with HeartBeet Cafe**

The 'Bag the Lunch' comic focuses on the importance of lunch and making healthier lunch choices – whether you buy lunch or bring lunch. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### **How OLD is that Cheeseburger?**

In this nutrition segment students think about what should happen when food ages. They learn about the word preservative and how preservatives change the way our foods break down and have very little nutritional value. They will begin to understand how important it is to eat "real" food such as fresh fruits



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& vegetables versus highly processed, fast-food. And, yes, we have an 'OLD' Cheeseburger to show students!



### Would You Eat a Bowl of Sugar?

This session will visually show children how much sugar is commonly part of our daily diet. We touch on how sugar has a negative effect on our bodies. We also learn how sugar can be hidden in foods and how can we make healthier sweet choices.



### What's Really in that Box?

This session teaches students how to read labels and understand what is really in the food we are eating. It is a basic introduction to how to read nutrition labels and identify the foods, sugars, artificial colors and dyes that may be in the food we are eating.



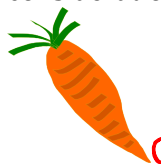
### Smack Down Between Yam & Sweet Potato

The 'Smack Down Between Yam & Sweet Potato' comic focuses on the differences between Yams and Sweet Potatoes. Kids get to learn all about the nutritional value of yams and sweet potatoes. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### Squash the Spaghetti

The 'Squash the Spaghetti' comic focuses on spaghetti squash. Kids get to learn all about the nutritional value of a this winter squash, how to eat spaghetti squash, and how it compares to real spaghetti. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.



### Crunch & Sip!

The 'Crunch & Sip' comic focuses on carrots. Kids get to learn all about the nutritional value of this root vegetable and different ways to eat them. If the school allows, we will supply a sample snack that aligns with what was just learned. Allergen considerations are discussed with the school nurse.