

AHCS School Nutrition

K-12 Art Contest!



Fun Fact!

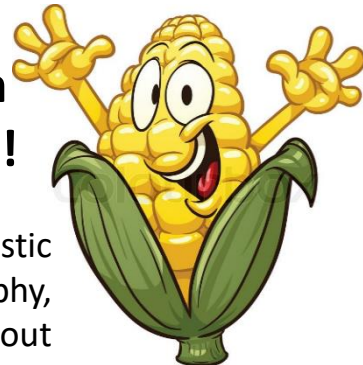
**Watermelon juice
relieves muscle pain!**

Let's Celebrate Good Nutrition WITH Fruits and Vegetables!

1. See list on back of this flyer. Choose your favorite one or more reasons from the top 10 reasons to eat MORE fruits and vegetables. Create your message based on your favorite reason(s), use your own words!
2. Choose any theme you'd like to communicate your message. A few examples Star Wars/ Shrek /Minecraft/Marvel /Harry Potter etc.
3. Contest will run from Monday April 17th To Friday April 28th (last day to submit your entry) Voting will be May 1st - 5th
4. Entries will be assigned a number. Your work will be displayed and teachers and students will vote on their favorites. Winners will be awarded prizes by PFA.

**Fun Fact! Corn will always have an
even number of rows on each cob!**

Show us your creativity and talent! You can use any artistic medium: Create a poster, a sculpture, photography, video/slideshow, a painting! You can even create art out of fruits and veggies...



American Heritage Charter School
1736 S. 35th West
Idaho Falls, ID 83402

Top 10 Reasons To Eat MORE Fruits & Vegetables

Why eat MORE fruits and veggies?

10. **Color & Texture**. Fruits and veggies add color, texture ... and appeal ... to your plate.
9. **Convenience**. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
8. **Fiber**. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories**. Fruits and veggies are naturally low in calories.
6. **May Reduce Disease Risk**. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins & Minerals**. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety**. Fruits and veggies are available in an almost infinite variety...there's always something new to try!
3. **Quick, Natural Snack**. Fruits and veggies are nature's treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!
1. Fruits & Veggies are **Nutritious** AND **Delicious!**