

What's Growing On

Welcome to the garden and nutrition corner and welcome back from Spring Break. March flew by so quickly and now it's Spring! During the month students learned the importance of crop rotation in order to control pests, prevent disease, and balance nutrients in the soil. Students are now able to identify the crop families and examples of plants that fall within each family. Students also started painting rocks to display in the orchard and further brighten up our garden with colors and student art!



March was National Nutrition Month. Our main topic included a discussion on rethinking your drink choices and healthy beverage alternatives. Healthy eating in childhood and adolescence is important for proper growth and development, and to prevent various health conditions. As part of a healthy lifestyle, it is important to limit sugars, especially added sugars. Students learned that added sugars contribute calories but no essential nutrients. Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages. In fact, the average American eats about 17 teaspoons of added sugar a day! In the Nutrition Science Lab students learned how to read nutrition labels on foods and drinks. Students practiced identifying added sugars and calculating how much sugar (4 grams = 1 teaspoon) is in their favorite drinks, like soda, Gatorade, energy drinks and juice. Students then discussed healthy alternative beverages like unsweetened iced tea and flavored water. See the “Recipes” section on the garden and nutrition website for easy flavored water recipes to make at home.

We're always looking for help in the garden during or after school hours. To learn how you can get involved, please contact the Garden and Nutrition teacher Kim-Ashleigh Mostert at kmostert@sandi.net

