

In This Issue:

Apple Taste Test @ Entoa

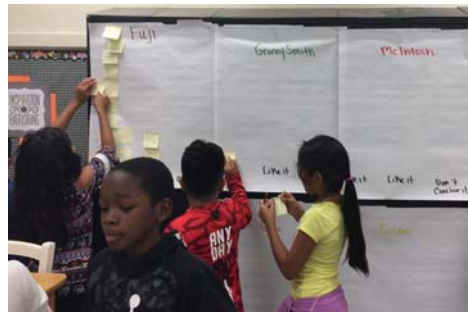
# LunchBites



## What's Going on in School Nutrition



The Great Apple Taste Test



Students cast their votes



Entoa students in Denise McConnell's fourth grade class participated in an apple taste test with the School Nutrition Department. Five types of apples, plus a "mystery" apple were prepared for the students to taste and rank. They tried Gala, Fuji, Granny Smith, Golden, and McIntosh. Students cast their votes by examining the apple using their sense, writing an adjective that best described the apple on a sticky note, and placing their vote in the form of a bar graph on a poster (see picture on the top right). Students were given the options of "love it", "like it", or "did not like it".

Once all the apples were tasted and described, the students compared the bar graphs to determine a winner. There was a tie between the McIntosh and the "mystery" apple, which was a ripe yellow apple. The students did a blind tasting between the two and McIntosh came out on top!



Thank you Ms. McConnell for partnering with school nutrition!  
#EdibleEducation



# ELF for HEALTH

## DECEMBER

2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mondays- Send your buddy an email of encouragement		<b>READY, SET, GOAL</b>	1 Write down your health and fitness goals for 2017	2 Eat the rainbow	3 Drink a gallon of water
4 Meal plan and prep for the week	5 Try a new smoothie	6 Pay it forward	7 New workout challenge	8 Pack a healthy snack and an extra for a friend	9 20 Things of Gratitude List	10 Clean out your closet
11 Meal plan and prep for the week	12 Write a thank you note	13 Get up 15 minutes early	14 Try a new method of cardio	15 Read, write, or meditate	16 Enjoy some "me" time	17 Donate an hour of your time to help someone else
18 Meal plan and prep for the week	19 Go meatless!	20 Clean out your inbox	21 Share a blog, book, etc.	22 Eat a salad with homemade dressing	23 3 food groups per meal	24 Write a "What I love about you note"
25 You did it! Enjoy the day	26 Keep up the good work and start your resolutions early	27 <i>Keep Going</i>	28	29	30	31

Gainesville City School Nutrition encourages you and a buddy to complete the entire *Elf for Health Challenge* this December.

Forward this issue of *LunchBites* to a friend and challenge them today.

**Healthy Holidays!**



This institution is an equal opportunity provider.