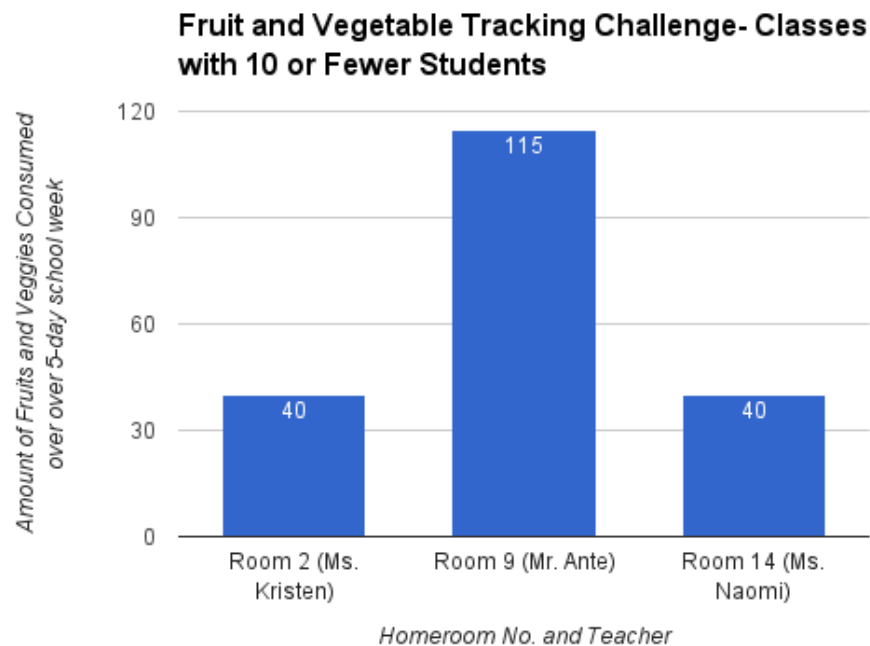


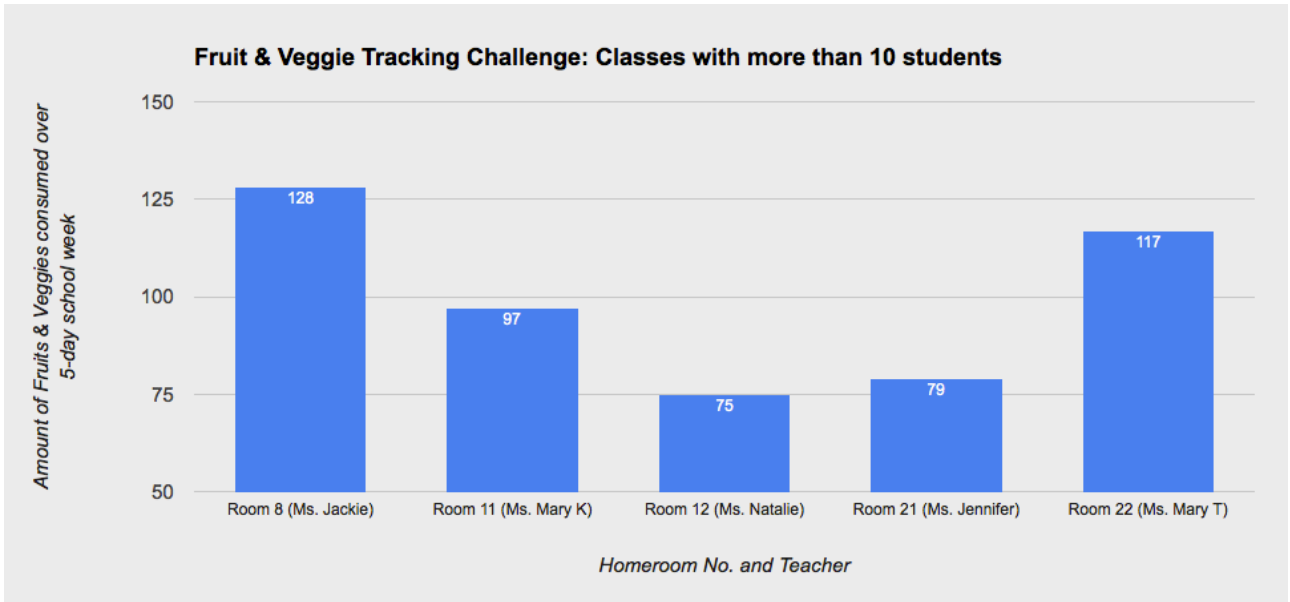
## Nutrition Challenge

By Valeria Cori-Manocchio

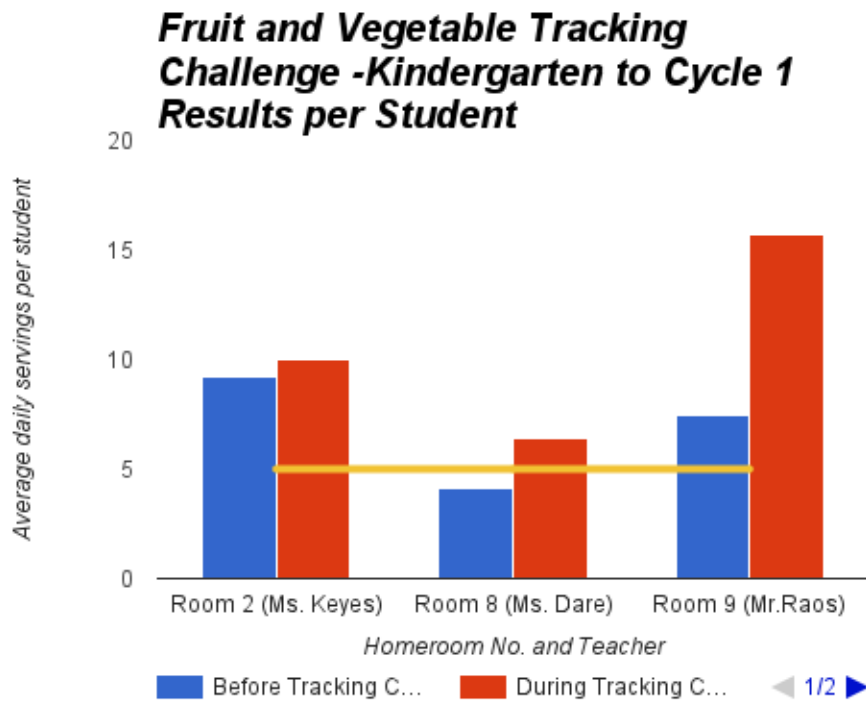
From April 1<sup>st</sup> to May 16<sup>th</sup>, Parkdale classes tracked their fruit and vegetable consumption as part of their nutrition initiative. Students from Kindergarten to Cycle 2 recorded how many fruits and/or vegetables they ate per school week before the challenge and their progress once the challenge was underway.

When it came time to name a winner, the participating classes were separated by size. From the classes with ten or fewer students, Room 9 (Mr. Ante) won with 115 fruits and vegetables eaten over the challenge weeks. Room 8 (Ms. Jackie) took first place in a landslide with 128 fruits and vegetables eaten during the friendly competition.

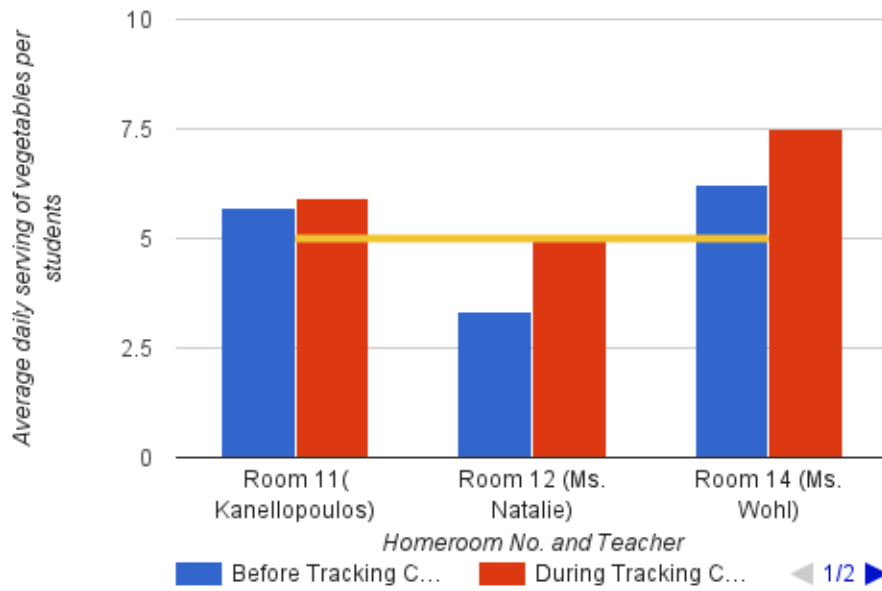




Apart from the increased amount of fruits and vegetables classes consumed over the challenge period, individual students improved their average daily servings of fruits and vegetables. Throughout the six-week time, all eight classes surpassed Health Canada's guide of five servings of fruits and vegetables per day.



### Fruit and Vegetable Tracking Challenge-Cycle 1 Results per Student



### Fruit and Vegetable Tracking Challenge- Cycle 2 Results per Student

