

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—water!! Here are some fun facts about drinking water to help guide your discussion...

- A human is about 67% water, a chicken is about 75% water, and a pineapple is about 80% water.
- Every cell needs water.
- Lack of water is the #1 cause of daytime tiredness.
- A 2 percent drop in body water can cause fuzzy short-term memory, trouble with basic math, and trouble focusing on your computer screen or a printed page.
- Small sips of water over your day are better than drinking down a whole glass or two at one time.
- Exercise increases your need for drinking water.
- If you drink bottled water, ALWAYS recycle your empty bottle!!!

*Source: www.healthdrinkingwaterblog.com

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—apples!! Here are some fun facts about apples to help guide your discussion...

- 2,500 varieties of apples are grown in the United States.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony.
- Apples are a member of the rose family.
- One of George Washington’s hobbies was pruning his apple trees.
- A peck of apples weight =10.5 pounds, a bushel=42 pounds.
- Don’t peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells which can trigger some diseases.
- Apples were the favorite fruit of ancient Greeks and Romans.

***Source: USDA National Agricultural Statistics Service*