

Where's The Juice?

Your body needs certain nutrients to run in tip top shape. Some of these nutrients are found in fruits and vegetables.

Why do you need fruits and vegetables???

Fruits and vegetables hold many vitamins,

and each vitamin has a job to do...



Vitamin A for healthy eyes, lungs and skin and to help resist infections is found in orange, yellow, and green fruits and vegetables.



Vitamin C for healthy gums, for healing cuts and burns, and to help resist infections is found in raw fruits and vegetables.

Vitamin K for normal blood clotting and healthy bones is found in leafy vegetables.



Vitamin E to protect our body's cells and tissues from damage is found in leafy vegetables

Many of us like to drink juice, which is one way to consume these important components. But just like there is junk food and healthy food, there are healthy beverages and not so healthy beverages.

How do you know if it's healthy or not??

Every food and drink item has to have a nutritional label. So look at the labels!

- ◇ Go for drinks that say 100% Juice
- ◇ Go for drinks that have Reduced Sugar written on them
- ◇ Drink any juice in small amounts, $\frac{1}{2}$ a cup to 1 cup is plenty at one time



Try This At Home!!

Strawberry Fluff Recipe

Ingredients

- 16 oz . Fresh or frozen strawberries
- 1 pkg. colored marshmallows
- 1 large tub of Cool Whip
- 1/4 cup sugar

You will need :

- Parent
- Knife
- Mixing spoon
- Large bowl



Instructions:

1. Cut up the strawberries and place in the large bowl.
2. Mix the strawberries and the Cool Whip together.
3. Next add in the sugar.
4. Mix well.
5. Stir in 1/2 to 3/4 of the package of marshmallows.
6. Finally refrigerate for 30 minutes
7. Enjoy



Career Corner

Nutritionist - Nutritionists advise on matters of food and nutrition impacts on health. Different professional terms are used in different countries, employment settings, and contexts.

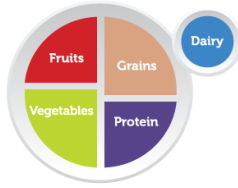
How Nutritionists Benefit Agriculture:

- Promote health in farmers and community
- Indirectly promotes agricultural products

Nutritionists Study:

- Chemistry
- Food Science

SCAN ME



Thank you to our major sponsors

American Agriculturalist Foundation
 AmerisourceBergen
 Bayer
 Corteva Agriscience
 Dick and Shelva Mains Fund
 Farm Credit Foundation for Agricultural Advancement
 First Citizens Community Bank
 Glatfelter Family Foundation
 Kathy Berry Agency
 Land O' Lakes
 Lazy Hog Farm

McCormick Family Foundation
 Nationwide
 Northeast Agricultural Foundation
 Pennsylvania Farm Bureau
 PA Beef Council
 Pennsylvania Dairymen's Association
 Pennsylvania Soybean Board
 Pennian Bank
 PNC Bank
 Peoples Security Bank & Trust
 The Donald B. and Dorothy L. Stabler Foundation

Farm Facts

- Apple trees begin to bear fruits within three to ten years.
- Apple trees can bear fruits for up to a hundred years. However, most growers replace the trees in the orchards every forty or fifty years.
- A single peach tree may produce from 4 to 10 bushels of peaches per year.

Name the benefits of each vitamin and where it can be found!

Benefits

Where are they Found?

Vitamin C

Vitamin K

Vitamin A

Vitamin E

Benefits	Where are they Found?

What you should look for the next time you drink juice?

1. _____
2. _____
3. _____