

Global Child Nutrition Month

Calling all ECPK and Elementary Students !

Students will participate in a grain contest by coloring the different kinds of grains. Each student who turns in a coloring sheet by April 27th will enter for a chance to win a prize.



The Whole World of Whole Grains



Grains provide many nutrients that are vital for the health and maintenance of our bodies. Here are some different grain favorites from around the world.



Rice is a staple food in Asia. In Myanmar, the average person eats 430 pounds of rice a year.

In Mexico corn can be found in almost every meal, usually in the form of tortilla.



In Latin America quinoa is considered the 'mother of all grains'. It is protein rich and gluten-free.

Roti (a type of flatbread) is a daily staple in India and works at every meal, served with yogurt, honey, cooked vegetables and curries.



Italy is famous for its pasta dishes and each region has its own recipes. But pasta was first eaten in China not Italy. In Italy people consume more pasta than any other country in the world.