

# Facts Page

Let these health facts enhance your lesson.

**Blueberry Facts**—Blueberries have been around for thousands of years, and were once called “star berries” because of the star-shaped calyx on the top of each berry. They are the second most popular berry in the United States. Fresh blueberries are typically available in June, July and August. Frozen blueberries can be found in supermarkets year-round, and dried blueberries are also available for blueberry flavor any time of year.

**Whole Grain Facts**—Whole grain foods offer healthy benefits and great flavor, but most Americans don't eat the recommended 3 daily servings. Whole grains contain the entire grain kernel—the bran, germ and endosperm. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole cornmeal and brown rice.

**Breakfast Facts**—Breakfast may be the most important meal of the day, but it is the meal most often skipped. Our bodies need refueling after not eating for 10 to 12 hours, and eating breakfast helps kids and adults think clearly and accomplish more. Breakfast doesn't have to be traditional foods—more important than what you eat is that you eat at all!

**Pancake Facts**—The first ready-mix food to be sold commercially was Aunt Jemima pancake flour. It was invented in St. Joseph, Missouri, and introduced in 1889. In Springfield, Massachusetts, the World's Largest Pancake Breakfast is held each year. In 1999, more than 71,233 servings of pancakes were served to more than 40,000 people. That's a pancake stack over 2 miles high!

**Tofu Facts**—Tofu, or soybean curd, is cheese-like and comes from soybean milk. It is pressed into soft cakes, and is valued for its ability to take up the flavors of the ingredients it mixes with. It is a high-protein food eaten in many countries around the world. Soymilk is a non-dairy beverage made from crushed, cooked soybeans. It comes in a variety of flavors, and usually has calcium added to it for extra nutrition.

**Handwashing Facts**—Many people (20%) don't wash their hands before fixing food. Handwashing is the number one thing we can do to prevent catching cold. It's a good habit to get into—when should you wash your hands?

- After going to the bathroom
- After blowing your nose or coughing
- After playing with your hair
- After playing with your pets, or feeding them
- After using the computer
- Before a meal or snack
- Before setting the table
- Before touching clean dishes
- Before helping with cooking

