

WHAT'S IN SEASON AT CRESCENT SCHOOL?

JANUARY

WHAT'S IN SEASON
BEETROOT

You can't **BEET** em!
PACKED WITH ESSENTIAL NUTRIENTS
BEETROOT JUICE
IS ONE OF THE
EASIEST WAYS
SOURCES OF
ANTIOXIDANTS
AND NATURALLY
OCCURRING
NITRATES!
BEETROOT
CHURNS
RELEASE
RELAXES
THE
MIND

DID YOU KNOW?
BEETROOT
IS A GREAT
SOURCE OF
NITRATE
WHICH
IS USED
BY THE
BODY TO
IMPROVE
BLOOD
FLOW

SUPER FOOD



FEBRUARY

WHAT'S IN SEASON
BRAMLEY APPLES

How do you like
THEM APPLES?

DID YOU KNOW?
BRAMLEY APPLES
MAY HELP TO
REDUCE
CHOLESTEROL
AND
RELATE
TO A
REDUCED
RISK OF
HEART
DISEASE

DID YOU KNOW?
A MEMBER OF
THE ROSE
FAMILY!
BRAMLEY APPLES
ARE A
NATURAL
SOURCE OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

**CRUNCHY!
Sweet &
Tangy!**

**A healthy
TREAT!**

THE FIBRE

RICH IN FIBRE AND
ANTIOXIDANTS
BRAMLEY APPLES
MAY HELP TO
REDUCE
CHOLESTEROL
AND
RELATE
TO A
REDUCED
RISK OF
HEART
DISEASE



MARCH

WHAT'S IN SEASON
KALE

so much
CALCIUM!
A SERVING
OF KALE HAS
MORE
CALCIUM
THAN
A SERVING
OF MILK

DID YOU KNOW?
KALE
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

SUPER FOOD

KALE CONTAINS
133% OF
DAILY
REQUIREMENT
OF
VITAMIN A
AND
VITAMIN K
AND
OTHER
HEALTHY
NUTRIENTS

DID YOU KNOW?
KALE
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

CREAM FOR CREAM,
KALE CONTAINS MORE
VITAMIN C
THAN
ORANGES!



APRIL

WHAT'S IN SEASON
BROCCOLI

tiny trees
packed full
of VITAMIN C

DID YOU KNOW?
BROCCOLI
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

SUPER FOOD

**GREAT
FOR YOUR
IMMUNE
SYSTEM!**
BROCCOLI
HELPS TO
PROTECT
YOUR
SKIN
AND
BONES!

DID YOU KNOW?
BROCCOLI
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!



MAY

WHAT'S IN SEASON
SPINACH

boosting with
NUTRIENTS
HIGH IN VITAMINS
A & C

DID YOU KNOW?
SPINACH
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

SUPER FOOD

IRON
SPINACH
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

**POP-AYE'S
FAVOURITE!**



JUNE

WHAT'S IN SEASON
ROCKET

DID YOU KNOW?
ROCKET
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

SUPER FOOD

**LEAFY
GOODNESS**

DID YOU KNOW?
ROCKET
IS A
GREAT
SOURCE
OF
ANTIOXIDANTS
AND
FIBRE!
PERFECT
FOR
SCHOOL
SNACKS!

**ROCKET IS AN
EXCELLENT
SOURCE
OF
FIBRE.
IT
CONTAINS
VITAMINS
A & C
AND
OTHER
HEALTHY
NUTRIENTS
WHICH
CAN
HELP
TO
IMPROVE
BLOOD
FLOW
AND
HEALTHY
BONES!**

perfect
in a salad!



Olive