



Dorchester County  
Public Schools  
Every Child A Success!

# SUPERINTENDENT'S PRESS RELEASE

W. David Bromwell, Interim Superintendent

DATE: October 28, 2019

## Childhood Nutrition Day Celebrated at Sandy Hill Elementary School

Sandy Hill Elementary School students used their senses to explore healthy foods on Childhood Nutrition Day on October 16 in an educational taste session coordinated by Dorchester Career and Technology Center teacher Charlene Zinnel and her Culinary Arts students.

Students from kindergarten to 5<sup>th</sup> grade visited three taste sessions to sample different foods. One station offered different varieties of apple, with the students voting on their favorite. Another station had students touch fruits with different textures – mango, kiwi, and avocado – and then taste them. At the final station, students smelled and then tasted samples representing sweet (grapes), salty (pumpkin seeds), bitter (cocoa powder), sour (lemons), and spice (radishes).

Childhood Nutrition Day was a collaborative effort of the DCTC Culinary Program, Leslie Bishop and volunteers from Mid-Shore Meals till Monday, Nate Bratko of the University of Maryland Extension Program, The Judy Center's Coordinator Chareka Harris, and Sandy Hill Elementary School. It was launched by the American Culinary Foundation in 1995 to spread awareness of good nutrition and obesity issues.



*Sandy Hill students give the thumbs up to apples.*