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Teaching Nutrition

By Jim Conrad

POSTED: 5:09 pm EDT March 14, 2011

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UPDATED: 6:52 pm EDT March 14, 2011



Jim Conrad

[ABINGDON, Va. -- Watch Video](#)

Developing good nutritional habits is a pretty big topic for second graders to get a grasp, and is even more difficult for kindergarteners.

But some nutritional specialists have a unique way to teach good eating habits and exercise. The Organ Wise Guys.

A far cry from Bert and Ernie, but the Organ Wise Guys bring a special message to students of Abingdon Elementary a couple of times a week. The guys, Andy and Annie, are all about good nutrition and their support group is their organs.

"Inside each of the dolls, each of the organs are personified in some manner like Hearty Heart or Calci M. Bone and then we learn about the different foods and nutrition that it takes to keep these organs running correctly," said school nutrition manager Francine Ivery.

Like Madame Muscle. "We use this as a teaching doll to let the kids know that they need to get plenty of exercise for their muscles and this is a real important one," says Kim Hollaway nutrition specialist.

Just another way that school systems have been pushing better eating habits, including what is offered each day in the cafeteria. "We do much less frying, very little frying do we do. We use whole grain products and things like that and we usually bake or steam the food that we do prepare," Ivery added.

And just like the real world, when it comes to food it's a matter of choice for the children. "So we've been making some very good choices, especially they like the yogurt that was offered as a choice from nutrition class," kindergarten teacher Susan Weaver said.

So what ever these Organ Wise Guys are bringing to the table the kids are eating it up.

"You have to drink water, you have to eat healthy. You have to eat apples, oranges and bananas," says kindergartener Alani Perry.

And just like the good students they are, they take those suggestions home with them.

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Nearly 23,000 people live in Buchanan County, Virginia and in the last few days it seems they all have pulled together as one. The entire region is mourning and the community is reflecting on Sunday's events. Watch Full Interview: Chief W.H. Price

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The Buchanan County Sheriff's Department has released funeral details. Video From The Candlelight Vigil In Buchanan County

- [Two Deputies Dead, Two Wounded, Suspect Killed In Buchanan Co., VA Shooting](#)



We will update the story as details become available. Watch 11 p.m. Update - View Photos From The Scene

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A Buchanan County community is mourning this evening after having four deputies shot in the line of duty. Two of the deputies were killed.

- [Buchanan County Press Conference](#)



Live coverage of the press conference concerning the deputies shot in Buchanan County, Virginia.

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