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Perris Kids Get a Jump Start on Healthy Eating



Chef Lee Burton provides directions for several Sky View Elementary School students who prepare snacks of tangerines, blackberries, blueberries and grapes during the campus' Spring Academy March 22.

The City of Perris took its Live Well healthy eating active living initiative to Sky View Elementary School's Spring Academy this week, encouraging students to make wise food choices when they snack or consume meals. About 120 kindergarten through sixth-grade students at the campus on Mildred Street took part in the week-long academy from March 21-25. Students learned the value of choosing fruits and vegetables as part of their diet and took part in discussions about the basic food groups and the importance of a balanced diet.



Perris school administrators Rob French and Vince Ponce observe students at work preparing healthy snacks as part of the Spring Academy.

City workers Crystal Lopez and Cynthia Sanchez led some discussions while Chef Lee Burton conducted hands-on demonstrations that included making healthy snacks of tangerines, grapes, blackberries and blueberries.



Perris City employees Cynthia Sanchez and Crystal Lopez explain the various food groups that make up pizza during a healthy eating discussion that took part at Sky View Elementary School.

Sky View Principal Teresa Flynn-Everett said of the Spring Academy: "This is a wonderful opportunity to partner with the City of Perris and shows the City cares about its children."



Sky View Elementary School Principal Teresa Flynn-Everett stands between Cynthia Sanchez and Crystal Lopez during a discussion about the importance of healthy eating and active living that comprised part of the school's Spring Academy.

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