

# Eating Right is Basic



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**University of California  
Cooperative Extension**  
San Francisco/San Mateo Counties  
<http://cesanmateo.ucdavis.edu>

The overall mission of Cooperative Extension is to extend university expertise to meet public needs at the local level. The Nutrition, Family & Consumer Sciences education programs help limited resource families and individuals achieve optimal health through better nutrition and healthier lifestyles, manage their food budgets better, handle food safely, and improve their children's health and well-being. Nutrition education services include :

## Nutrition Education in the Classroom

Children can achieve optimal physical and cognitive development, attain a healthy weight, enjoy food, and reduce the risk of chronic disease through healthy eating habits and participating in regular physical activity. Research shows a strong link between nutrition and learning. Well nourished and healthy children are ready to learn and achieve their fullest potential.

The goal of our program is to help children acquire knowledge, attitudes, and skills necessary to help make healthy food choices that will ultimately affect their academic performance. This goal is accomplished through collaboration with educators who extend nutrition education to their students for a minimum of 15 hours during the school year.

### Our Services:

- Free nutrition education curricula & supporting materials
- Interactive 1.5 hour in-service on curriculum & ongoing support throughout the school year
- "Eating Right is Basic" newsletter
- In-class nutrition/cooking lessons
- Coordination of special nutrition education events

### Education Requirements:

- Attend a group in-service
- Complete an "Enrollment Form"
- Deliver a minimum of 15 hours nutrition education per school year (*includes training & prep time*)
- Complete an "End-of-Year Report" form



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*"Wellness is a connection of  
paths: Knowledge and  
Action."  
--Josh Welch*



## Enrollment Forms

With so much public attention focused on children's health and nutrition, our nutrition education programs have become even more valued, important, and in demand. We look forward to renewing our partnerships with schools and teachers, child care providers, and other community agencies and organizations in San Francisco/San Mateo Counties. Thank you for your on-going support.

**Please take a moment to fill out the "2007 Enrollment Form" and send it in immediately in order to continue our valuable partnership.**

We also welcome new partnerships and collaborations. Please contact us to arrange a curriculum training session for your group, free curricula, classroom visits, parent nutrition workshops, or other special events.

**Thank you!**



## Staff Updates

### Welcome Ana!

Ana Ruth Gonzalez, newly hired Nutrition Education Assistant, joined UC Cooperative Extension in July. She is a valuable addition to the team especially since she is bilingual, fluent in Spanish and English. Ana recently graduated from the City College of San Francisco Nutrition Assistant Program. Prior to UCCE, Ana worked as a flight attendant for a charter airline. Ana stays mentally and physically fit by going to the gym in addition to taking walks with her 16-month-old son and 10-year-old boxer/pit bull dog "Brownie".



### Farewell Lisa!

Lisa Yamashiro, Lead Nutrition staff and PR III, resigned in July to accept a full-time faculty position at City College of San Francisco. We will sorely miss Lisa, for throughout her 7 ½ years with us, she led and built an outstanding team of nutrition educators. Her leadership led to innovative programming, office efficiency, productivity, and staff support. We wish Lisa all the best, and know that our relationship will continue, for we will welcome interns from her program and work collaboratively to both increase the impact of her program and our nutrition education outreach.

## Go Glow Grow

provides nutrition education activities for preschoolers, 3 to 5 years. The curriculum simplifies *MyPyramid* into Go, Glow, and Grow foods (adapted from Team Nutrition, USDA). Each of the 6 lessons includes experiential activities, snack, parent letters, and recipe.

### From Farm to Fork... Promoting School Wellness

provides nutrition education activities for kindergarten. Ten lessons connect local food systems, garden-based learning, school food service, and the establishment of healthy habits.

### Happy Healthy Me... Moving, Munching and Reading Through My Pyramid

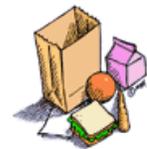
provides opportunities for young children (4 to 6 years) to explore nutrition and physical activity concepts in a fun and interactive way! A variety of nutrition and food concepts are introduced through quality children's storybooks. With 10 units, HHH makes the connection between good nutrition, physical activity, and a healthy body.

### Reading Across MyPyramid

combines nutrition and literacy in 11 units. Children learn about food and nutrition through children's storybooks with food-related themes. Target population is grades K through 3. Activities incorporate interdisciplinary content, including basic concepts of science, math, language arts, and social studies. Lessons have been linked to California Content Standards.

### Power Play (School & Community)

targets 4th and 5th graders to encourage them and their families to eat more servings of fruit and vegetables and be active for 60 minutes every day for better health. These are Calif. Department of Health Services Mini Kits.



## Our Curricula...

## Getting Active... The Importance of Regular Physical Activity for Children

The United States has seen a decrease in the number of children who are physically active and an increase in the number of children who are overweight.

- Nearly half of young people aged 12-21 years in the United States are not vigorously active on a regular basis.
- About 14% of young people report no recent physical activity.
- Over the past 30 years the percent of overweight children aged 6 to 11 years has more than doubled.

### Some potential benefits of regular physical activity for children:

- Builds and maintains healthy bones, muscles, and joints.
- Helps control weight, build lean muscle and reduce fat.
- Improves sense of self-image and autonomy.
- Fosters healthy social and emotional development.



In addition, preliminary data show that physical activity may improve academic performance and alertness in youth.

### Active Play!

Children are designed to move! Most kids like to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. In fact, active play is the “work” of childhood. By moving more and sitting less, children also learn to live in a healthful way.

#### Active play can promote:

- **Cooperation and sharing** as children play and learn to get along with others
- **Curiosity and creativity** as children explore their world
- **Confidence and independence** as children learn to make choices and control their actions
- **Learning** as children’s bodies and brains develop a better ability to learn

#### Active play can develop body skills:

- **Strength, flexibility, and endurance** to explore and experience the world safely
- **Coordination** of small and large muscles, which helps with overall learning
- **Body awareness** as children learn what their changing bodies can do

#### Active play promotes:

- **Stress relief and good sleep** as children use up extra energy and learn a healthful way to get rid of stress
- **Healthy weight** since moving more and sitting less helps lower the chances of overweight
- **Lifelong health** – Keeping children active now helps protect them from getting diabetes at a young age. Moving more helps lower the chances of diabetes and heart disease later in children’s lives.

*Nibbles for Health*

### Walk to School Day is on October 3, 2007!

#### KidsWalk to School

The KidsWalk-to-School program encourages physical activity as an integral part of a child’s daily routine. It assumes that teaching children the importance and pleasure of walking and bicycling to and from school may help to increase the likelihood that they will engage in other forms of physical activity.

#### The goals of KidsWalk-to-School are to:

- Encourage children to walk and bicycle to and from school.
- Increase awareness of the importance of regular physical activity for children, improved pedestrian safety, and healthy and walkable community environments.
- Mobilize communities to work together to create safe routes to school.

#### Anticipated benefits of the KidsWalk-to-School program include:

- Increased levels of daily physical activity for children.
- Increased likelihood that children and adults will choose to walk and bike for other short distance trips.
- Improved neighborhood safety.
- Fewer cars traveling through the neighborhood.
- Fewer cars congesting the pick-up and drop-off points at the school.
- Friendlier neighborhoods as people get out and about interacting with one another.

<http://www.cdc.gov>

#### Additional Resources:

[www.iwalktoschool.org](http://www.iwalktoschool.org)  
[www.walktoschool.org](http://www.walktoschool.org)  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)

# FYI... Youth FSNEP

The **Youth Food Stamp Nutrition Education Program** is a federally funded program to provide nutrition education to youth who are from families that receive or have applied for food stamps. It is implemented through a joint agreement among the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension. We work cooperatively with schools, targeting those with at least 50% of students receiving free or reduced price school lunches, and with child care providers and other organizations serving low-income children in San Francisco/San Mateo Counties.

We simply ask that teachers/extenders provide at least 15 hours of nutrition education in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, newsletter subscription, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and additional resources!

**May Woo, R.D.** provides free on-site training to teachers, providers, and youth leaders to conduct educational activities using any of our curricula. Let us know if you would like your school or agency to benefit from our nutrition education services.



The federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited resource families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our Nutrition Education Program Representatives, **Dina Castellon, Ana Gonzalez, Jenny Lam, and Jan McCulloch** are available to provide nutrition workshops for parents in English, Chinese, Spanish, and Vietnamese. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please contact us to arrange a series of free classes or workshops, or for more information.

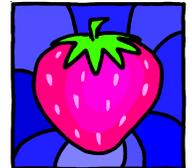


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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

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