

EATING RIGHT IS BASIC

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Energize Your Holiday Season With 10-Minute Activity Breaks

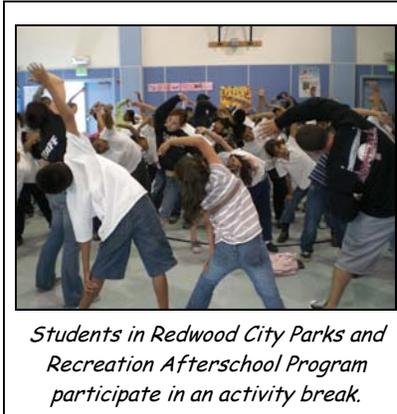


Do you find it difficult to schedule physical activity* as the days grow shorter and your to-do list grows longer? The good news is that you and your children can divide activity into ten minute segments throughout the day.

activity from "Energizers" website below:

These movement breaks can give you the extra boost you need to get through the busy holiday season. For energetic children (and kinesthetic learners) frequent activity breaks can help:

- Improve mood and behavior
- Improve attention and concentration
- Improve test scores



Students in Redwood City Parks and Recreation Afterschool Program participate in an activity break.

The 12 Days of Fitness, sung to the "12 Days of Christmas" tune. Sing: "On the first day of fitness, my trainer gave to me..."

(Write on the board):

- 12 jumping jacks
- 11 raise the roofs
- 10 knee lifts
- 9 side stretches
- 8 jogs in place
- 7 jabs/punches
- 6 kicks to the front
- 5 hula hoops
- 4 jumping ropes
- 3 muscle poses
- 2 scissor kicks
- 1 stork stand (balance on one foot)

In the classroom, start each day with simple exercises such as jumping jacks, knee lifts, arm swings, and squats while reciting a morning pledge. Incorporate physical activity into lessons, e.g., $4 \times 2 = 8$ jumping jacks.

For the holidays, discuss children's favorite winter sports and act them out, play cultural music and dance, or try the following holiday

**Recommended Activity Levels:*

- 30 minutes per day most days—adults
- 60 minutes per day or most days—children

Energizers: www.ncpe4me.com/energizers.html

PE Central: www.pecentral.org

American College of Sports Medicine: www.acsm.org

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You cannot discover new oceans unless you have the courage to lose sight of the shore.

- Andre Gide



Just in Time for New Year's Resolutions...EAT FIT

Help your middle school students set nutrition and fitness goals with our recently updated, very successful Eat Fit Curriculum. Schedule a meeting or demonstration to learn about this proven program, free for eligible schools. Eat Fit comes with standards-based lessons for teachers and a magazine style workbook for each student. Students with internet access can complete a personal diet and physical activity analysis.



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Growing Healthy Kids

Nutrition Education and School Gardens



University of California Cooperative Extension

Master Gardeners



San Mateo San Francisco Counties

Ready, Set, Grow Training for School Garden Teams

UCCE San Mateo County Master Gardeners recently

formed a school gardening team and joined forces with the UCCE Nutrition Education Program to present an all-day, interactive workshop at East Palo Alto Charter School on November 15th.

Participants learned how to plan, create, and maintain a school garden. They

also discovered educational opportunities in the garden and how to integrate nutrition education.

Due to high interest in the workshop, the Master Gardeners are considering a Spring training. If you are interested in developing a school garden, contact the Master Gardeners at 650-726-9059 x109. For nutrition curriculum related to gardening call the Nutrition Education Program at 650-871-7559.

Life Lab: www.lifelab.org

California School Garden Network: www.csgn.org

San Francisco Green Schools: www.sfgreenschools.org

Collective Roots: www.collectiveroots.org

Get Healthy San Mateo: www.gethealthysmc.org



Eating Healthy...From Farm to Fork Available for K-2nd



The very popular Eating Healthy...From Farm to Fork is now available for K-2nd

grade. This program is free for qualifying schools. Non-qualifying schools may purchase the curriculum at cost.

This unique and valuable, standards-based curriculum makes the connection between local food systems, garden-based learning, school food service, and

the establishment of healthy habits.

Each lesson includes introduction, objectives, competencies, standards, teacher background information, two activities, making the connection extension ideas for each topic area: farm, garden, cafeteria, and nutrition, recipe activity, and parent letter.

The California Content Standards are easily found on sidebars attached to each lesson.

The curriculum may be adapted for afterschool programs. Our 4-H Urban Youth Development Program Representative is currently training and supplying Community Youth Organizations in San Francisco with this curriculum.

Call a Nutrition or 4-H Program Representative at 650-871-7559.

http://ceplacer.ucdavis.edu/Custom_Program969/Eating_Healthy_from_Farm_to_Fork.htm



Network for a Healthy California

Harvest of the Month Toolkit Available

Harvest of the Month is a nutrition education resource toolkit developed by the

Network for a Healthy California. The toolkit includes monthly interactive, skills and standards-based educator newsletters and parent letters centered around a featured fruit or vegetable.

By participating in Harvest of the Month, students will increase:

- Access to fruits and vegetables through school meal programs, classrooms, school gardens, etc.

- Preference for selected produce items through classroom activities, such as taste testing, cooking in class, and school garden activities.
- Participation in daily physical activity.
- Knowledge of and familiarity with California-grown fruits and vegetables.

Learn more about Harvest of the Month: www.harvestofthemonth.com

Call a Nutrition Representative to receive training, support, and a print copy: 650-871-7559



REMINDER:

Time to Enroll in the SNAP-Ed Nutrition Education Program.

Receive valuable resources and support for FREE when you complete the yearly enrollment form.

Our program is funded as a matching program by USDA. The value of your time planning and implementing nutrition education is given back to the program to increase teacher resources and support. To receive these funds, USDA requires student demographic information and a record of your time.

Send in an enrollment form today!

Healthy Classroom Celebrations

School celebrations that focus on healthy options for children can be fun, exciting, and educational. In this time of abundant treats, increasing childhood obesity, low levels of physical activity, and increasing food allergies, children (and adults) benefit from celebrations which focus on healthy alternatives to high calorie, low nutrient treats. Help create a healthy school environment with these ideas.



★ Involve Parents and Staff

- Form a Healthy Celebrations Team or designate a Healthy Celebrations Coordinator at your school. Involve the PTA. Compile a healthy party idea book to share.
- Ask parents and staff to share a healthy recipe idea and if possible, do a 10-minute cooking demonstration in the classroom.
- Instead of food, ask a parent to donate a book in honor of their child. Use this as an opportunity to build your Reading Across My Pyramid and Happy, Healthy Me library.

★ Plan Non-Food Games and Activities

- Play an active game outside.
- Make a special hat, crown, or mask.
- Organize a special walk with the principal.

★ Provide Non-Food Rewards or Prizes

- Give stickers, pencils, tattoos, bracelets, cards, etc.
- Let a child be the teacher's assistant for the day.
- Give extra recess time.

★ Feature Healthy Foods in Fun Ways

- Make a rainbow fruit platter or fruit kebabs. Serve with low-fat vanilla yogurt.
- Make smiling burritos: Tortillas, refried beans, cheese for hair, olives for eyes, cherry tomato nose, whole bean smile, orange wedge ears. Serve with salsa, if desired.
- Do a Taste Testing Activity with featured fruits or vegetables. Ask students to taste each item; describe the flavor, texture, and color; and create a graph of what they liked or didn't like.

★ Ask Children to Share...

- Favorite holiday music CDs
- Cultural traditions
- A story, picture, or poem in honor of the holiday or birthday



★ Connect to the Community

- Decorate pillow-cases for a homeless shelter.
- Make cards to give to nursing homes or hospitals.
- Invite senior citizens and/or grandparents in for a meal.



Nutrition Program Representative, Jenny Lam, prepares Healthy Yogurt Sundaes for a classroom celebration

Sweet Potato Dip

Makes 30 tastes at 1/4 cup each

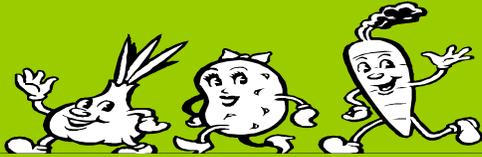
- 3 cups boiled or canned sweet potatoes
- 3 tablespoons cinnamon
- 3 teaspoons nutmeg
- 1 1/2 cups nonfat plain yogurt
- 3 cups unsalted crackers or flat bread.

Mix sweet potatoes and yogurt together in a bowl. Add spices. Serve with whole wheat crackers.

Source: Harvest of the Month—December

www.cspinet.org/nutritionpolicy/healthycelebrationsCT.pdf

www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx



SNAP-Ed Nutrition Education

Do you want to...

- ♦ Improve the health of children so they learn better?
- ♦ Meet California Content Standards in Math, English/ Language Arts, and/or Health Education?
- ♦ Comply with wellness policies?
- ♦ Meet nutrition and physical activity requirements?

We can help! We offer:

- ♦ FREE* interactive, research-based, Content Standards-driven nutrition and physical activity lessons and materials for preschool to high school.
- ♦ FREE* on-site training and academic support.
- ♦ Nutrition education for parents.
- ♦ Coordination of events such as Family Nutrition Nights and cooking demonstrations, among others.
- ♦ "Eating Right is Basic" Newsletter subscription.

Sign up or re-enroll TODAY!

Contact: May Woo, RD, Program Representative

Nutrition lessons for pre-K to high school

- Pre-K:** Happy Healthy Me - nutrition, activity & literacy
- K-2:** Farm to Fork - food systems & a healthy diet
- K-3:** Reading Across My Pyramid - nutrition & literacy
- 4-5:** Power Play (also in a Community Youth Organization format) - fruits, vegetables & activity
- K-6:** TWIGS - gardening and nutrition
- 6-8:** Eat Fit - computer diet analysis & goal setting
- 9-12:** Jump Start and Money Talks

To participate, we simply ask that you...

- ♦ Receive curriculum training at a staff meeting, in-service, or individual meeting.
- ♦ Complete a minimum of 15 hours of nutrition education planning and instruction per year.
- ♦ Complete a one-page enrollment form and a participation report (needed for our continued federal funding).

*We work cooperatively with schools in which at least 50% of students receive free or reduced price school lunches. We also partner with after school programs, child care providers, and other organizations serving limited income families and children in San Francisco and San Mateo Counties.

**SNAP-Ed stands for Supplemental Nutrition Assistance Program—Education. This program is implemented through a joint agreement between the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension.

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

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Bringing NUTRITION EDUCATION to
Schools • Youth • Parents • Individuals