



# Eating Right Is Basic

Volume 11, Issue 2

Spring 2010

## Singing and Swinging into Spring: Promote health with nutrition songs and activities



Singing and dancing are wonderful ways to teach about healthy eating, particularly with limited time available. Songs only

Movement activities “refresh” the brain, get “the wiggles” out, and build physical fitness.

take a few minutes and can be incorporated into other subjects such as PE, language arts, and science; and they contribute to the performing arts abilities of students. They can be played in the cafeteria, too.



*Kindergarten students sing and dance the "Vegetable Parts" song in Mrs. Hackett's Selby Lane classroom in Redwood City School District.*

For **National TV Turnoff Week April 20-26th**, instead of watching television, children can entertain their families with a song and dance performance before or after dinner.

This can be a homework activity, a good way to pre-

Music helps children learn and remember new information, improves language abilities, and puts a smile on everyone's face.

pare for testing, and a fun way to involve parents. **Tvturnoff.org**

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*A kind word is like a spring day.*

*- Russian Proverb*



### SONG RESOURCES



#### UCCE nutrition education curricula:

- Happy Healthy Me Curriculum—at least one song is included in each of the 9 lessons.
- Farm to Fork 1st Grade Curriculum—songs are included in lessons 1, 2, 5, & 7.



**Nutrition Education for School Food Service Kit** contains adapted songs from **groovypyramid.com**, **dole5aday.com**, among others: [cwh.berkeley.edu/resource/nutrition-education-school-food-service-tool-kit-overview-english-spanish](http://cwh.berkeley.edu/resource/nutrition-education-school-food-service-tool-kit-overview-english-spanish)



**Shake It Up! With Fruits & Veggies CD** (Network for a Healthy California): Order CD & download lyrics at: [web3.kpcorp.com/c2credit](http://web3.kpcorp.com/c2credit)

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For Supplemental Nutrition Assistance Program (SNAP) or food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



# Expanded Food and Nutrition Education Program EFNEP Celebrates 40+ Years!

This past year, the Expanded Food and Nutrition Education Program (EFNEP) was proud to celebrate its 40th anniversary by reaching over 500,000 limited-resource families and helping them make better choices in nutrition and health (USDA, March 30, 2009).

California EFNEP provides a series of 8 classes from the Eating Smart • Being Active Curriculum.

Participants learn to:

- ◆ Plan nutritious meals.
- ◆ Stretch their food dollar.
- ◆ Practice safe food handling.
- ◆ Increase physical activity.
- ◆ Prevent disease through healthy food choices.



## EFNEP Makes a Difference

Read what one participant said when she graduated from EFNEP.



"I have gained a lot of benefits for myself and my family. I learned from the nutrition class this year. I eat better,

Lessons incorporate a hands-on learning approach, cooking demonstrations, recipes, and incentive items. Participants receive a certificate of completion when they graduate.

### *Mission of EFNEP*

*To improve the health of limited-resource families with young children through practical lessons on basic nutrition, physical activity, food budgeting, and food safety.*

Trained community-based educators teach the classes in a small group setting and facilitate social support. They understand the food-related issues of their communities, tailor the workshops to meet audience needs, and speak the language of the participants. They inspire and motivate participants to make healthy changes in their homes and communities.

EFNEP is a USDA-funded nutrition education program. In California, it is administered by the University of California Cooperative Extension. In San Mateo/San Francisco Counties, 200-300 families graduate from the EFNEP class series every year.

more vegetables, and fruits. My digestion, energy, and how I feel about myself has changed. I bring healthy dishes to our reunions. We eat more variety of fruits and vegetables. I know that I am contributing to the health of my sons and the people around me. Before I was lazy to exercise; now I see it as a part of my life. I feel that if I do all of this, it is going to be a great example for my girls."

—Ines Ahuatzin

*(Translated from Spanish by Dina Castellon, EFNEP Nutrition Educator)*

## Special Thanks

EFNEP reaches its population by partnering with pre-schools, schools, government agencies, and community-based organizations. UC Cooperative Extension San Mateo/San Francisco Counties thanks its partnering agencies for their continued support and dedication.

- Asian Family Support Center
- Asian Perinatal Advocates
- Asian Women's Resource Center
- Bayshore Child Care Services
- Cabrillo Unified School District
- Carecen Central American Resource Center
- Chinatown Public Health
- Coastside Children's Programs
- Community Learning Center
- Compañeros del Barrio
- Daly City Parks and Recreation
- Donaldina Cameron House
- Ecumenical Hunger Program
- Edgewood Center for Children & Families
- Excelsior Family Connections
- Family Connections (Peninsula)
- Hamilton Family Center
- Health Plan San Francisco
- Health Plan San Mateo
- Jefferson Elementary School District
- Jelani House
- Kai Ming Head Start
- La Honda-Pescadero School District
- Mt. St. Joseph St. Elizabeth Epiphany Center
- Nihonmachi Little Friends
- Pacifica Family Resource Center
- Pediahealth Clinic
- Portola Family Connections
- Project Read Families for Literacy
- Ravenswood City School District
- Redwood City School District
- San Francisco General Hospital Children's Clinic
- San Francisco State University Head Start
- San Francisco Unified School District
- Shelter Network
- South of Market Childcare Centers
- South San Francisco Unified School District
- Southeast Asian Community Center
- Sunset Beacon Center
- True Sunshine Preschool Center
- Vietnamese Elderly Mutual Assistant Association
- Visitation Valley Community Beacon Center
- Wu Yee Children's Services

For more information or to schedule an EFNEP series, please contact UC Cooperative Extension (650) 871-7559



# SMART SNACKING 101

## Which one is the better choice? Fruity Snacks or Fruit for a Snack



Surprisingly, many people choose the first option.

While having a “treat” now and then is understandable, processed snack foods and beverages containing added sugars have become the norm, not the exception. They are heavily advertised, easily available, and cost relatively little. Children receive these snack foods from a myriad of sources, including parties and fundraisers at some schools. The sugar adds up without parents and teachers realizing it, and it can affect children’s mood, appetite, and health. On average, people consume 22.2 teaspoons of added sugar per day (355 calories) with teenagers at 34.3 teaspoons of added sugar per day (549 calories).\* Seventy-five percent of children do not eat enough fruit.\*\*



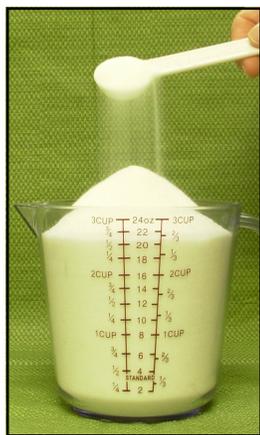
### SNACK SCENARIO—Do the Math

One day, a moderately active 9 year old boy ate the following items for a school celebration and afterschool snack. What was the impact?

Birthday cake with icing	250 Calories (7 t. sugar)
Bag of Fruity Snacks	200 Calories (8 t. sugar)
<b>Total calories (sugar)</b>	<b>450 Calories (15 t. sugar)</b>

Estimated calorie needs per day = 1800 Calories  
 Discretionary or “extra” calories per day = 195 Calories  
 These two snacks provided 25% of his total calories.

These foods can be balanced over the week, but look at other snack foods & drinks he had that week:



- Candy for a holiday
- Ice cream for PTA fundraiser
- Cookies for dessert
- Juice drinks after school
- Squeezable yogurt while shopping
- M&M math lesson at school
- Chocolate for Willy Wonka Day
- A cinnamon roll with Grandma
- Popcorn at the Farmer’s Market
- A sports drink at the park
- A granola bar in the car
- A soda with pizza on Friday night

**TOTAL ADDED SUGAR = 3 CUPS (144 t.) for 1 week**



**Q:** What sweet, healthy snack food is missing?  
**A:** Fruit.  
 Whole fruit contains natural sugar (not added) for energy, vitamins, minerals, and fiber; and has many health benefits.



American Heart Association recommends:  
 100 calories (~6 t.) of added sugar per day\*

### RECOMMENDATIONS

(Amounts depend on age, sex, & activity level)

**FRUIT** amounts per day:  
 2-3 years: 1 Cup  
 No more than 4 oz. (½ Cup) juice  
 4-8 years: 1—1 ½ Cups  
 No more than 6 oz. (¾ Cup) juice  
 9-13 years: 1 ½ Cups  
 No more than 8 oz. (1 Cup) juice  
 (= 1 small juice box per day)



### 12 TIPS TO ADD FRUIT



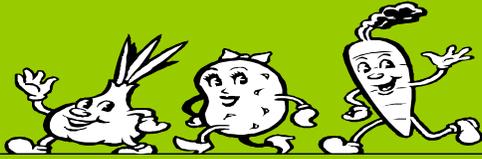
1. Make fruit kebobs—FUN!
2. Pack fruit for on-the-go snacks—EASY!
3. Add fruit to breakfast cereals—NUTRITIOUS!
4. Add fruit to lunches—THOUGHTFUL!
5. Cook fruit for dessert—LOVELY!
6. Put fruit & yogurt in a smoothie —AWESOME!
7. Keep a bowl of fruit available—SMART!
8. Refrigerate cut-up fruit in clear container—CLEVER!
9. Have children buy & prepare fruit—ENJOYABLE!
10. Buy locally grown fruit in season—DELICIOUS!
11. Buy fruit for celebrations, lessons, meetings, and fundraisers—WONDERFUL!
12. Create an ad campaign or poster contest to market fruit as a snack—INSPIRATIONAL!

Information from MyPyramid.gov



\*Amount of added sugar per 1800 calories. Source: Circulation 2009; 120; 1011-1020 downloaded January 2010 at [circ.ahajournals.org/cgi/content/full/120/11/1011](http://circ.ahajournals.org/cgi/content/full/120/11/1011)

\*\*Journal of American Dietetic Assoc., March 2009



## UC-FSNEP\*\* Nutrition Education

### Do you want to...

- Improve the health of children so they learn better?
- Integrate food-related topics (i.e., nutrition, gardening, cooking, food systems) into the core curriculum?
- Support your school wellness policies?
- Provide standards-based nutrition education?

**We can help!** We partner with schools to provide comprehensive nutrition education that includes:

- Assessment & evaluation of nutrition education efforts.
- A broad array of FREE\* hands-on, research-based, content standards-driven nutrition lessons, resources, and materials.
- Garden-enhanced nutrition education.
- FREE\* on-site training and academic support.
- Nutrition and cooking classes for parents & teachers.
- Coordination of events such as Family Nutrition Nights.
- "Eating Right is Basic" newsletter subscription.

### Featured Nutrition (& Gardening) Curricula

- Pre-K:** Go, Glow, Grow
- Pre-K-K:** Happy Healthy Me
- K-2:** Farm to Fork
- K-3:** Reading Across MyPyramid
- 4-5, CYO:** Power Play, Nutrition to Grow On
- K-6:** TWIGS
- 6-8:** Eat Fit
- 9-12:** Jump Start and Money Talks

### To participate, we simply ask that teachers:

- Receive nutrition education training.
- Complete specified hours of nutrition education per year.
- Complete a one-page enrollment form and activity logs (needed for continued federal funding).
- Participate in assessment and evaluation efforts.

\*We work with schools, community youth organizations (CYOs), and child development centers in which at least 50% of students receive free or reduced-price meals and snacks.

\*\*UC-FSNEP Stands for University of California-Food Stamp Nutrition Education Program. This program is implemented through a joint agreement between United States Department of Agriculture SNAP-Ed (Supplemental Nutrition Assistance Program—Education), California Department of Social Services, UC Davis, and University of California Cooperative Extension.

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**Bringing NUTRITION EDUCATION to  
Schools • Youth • Parents • Individuals**

# SMART SNACKING 101 QUIZ

Use the Newsletter article and labels for reference

Information to help with Smart Snacking 101 Quiz

HINTS:

- 1 teaspoon of sugar = 4 grams
- Check serving size.

- What is the first and main ingredient in Fruity Snacks?
  - Apple puree concentrate
  - Berries
  - Red #40
  - Corn syrup
- How many teaspoons of sugar are in one package of Fruity Snacks (answer is rounded)?
  - 2 teaspoons
  - 4 teaspoons
  - 8 teaspoons
  - 12 teaspoons
- In terms of calories, one package of Fruity Snacks equals approximately how many oranges (answer is rounded)?
  - 1 orange
  - 2 oranges
  - 3 oranges
  - 5 oranges
- What item in fruit helps the digestive system and contributes to satiety?
  - Fiber
  - Vitamin C
  - Sugar
  - Potassium
- Oranges contain trans fat.
  - True
  - False
- 100% vitamin C and 0g fat written on the Fruity Snacks package means it is a healthy snack.
  - True
  - False
- Which snack comes in a package that can be composted?
  - Orange
  - Fruity Snacks



Mixed Berry Fruity Snacks

## Nutrition Facts

Serving Size	10 Pieces (25g)
Servings Per Container	About 2.5
<b>Amount Per Serving</b>	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 0g	0%
Sugars 13g	0%
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 100%
Calcium 3%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** CORN SYRUP, SUGAR, APPLE PUREE CONCENTRATE, WATER, MODIFIED CORN STARCH, GELATIN, CONTAINS TWO PERCENT OR LESS OF CITRIC ACID, ASCORBIC ACID (VITAMIN C), NATURAL AND ARTIFICIAL FLAVOR, COLOR ADDED, COCONUT OIL, CARNUBA WAX, YELLOW #5, RED #40, SODIUM CITRATE, BLUE #1



Orange, raw, California, Valencia (2 5/8" diameter)

## Nutrition Facts

Serving Size	1 (121g)
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b> 59	Calories from Fat 3
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 3g	12%
Sugars	0%
<b>Protein</b> 2g	
Vitamin A 6%	Vitamin C 98%
Calcium 5%	Iron 1%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** ORANGE



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- Answers:
- D—corn syrup
  - C—8 teaspoons
  - C—3 oranges
  - A—Fiber
  - B—False
  - B—False
  - A—orange

# NUTRITION-THEMED SONGS AND ACTIVITIES



## FRUIT SNACK SONG\*

By Jennifer Gabet, UCCE

F-R-U-I-T (say each letter, students repeat back)  
Fruit is good for me (students repeat back)  
(Activity: cheer arms)



F-R-U-I-T  
Fruit is energy  
(running arms)



F-R-U-I-T  
Fruit is brains for me  
(point to head)

F-R-U-I-T  
Fruit is beauty  
(smooth hair and face)



F-R-U-I-T  
Fruit is love for me  
(hug self and wiggle)

F-R-U-I-T  
Fruit is tasty  
(rub belly)



F-R-U-I-T  
Fruit is a snack for me  
(take a bite out of fruit)



## QUICK TUNE FOR COOKING ACTIVITY

Read: "Growing Vegetable Soup" or "Stone Soup." Make, pretend to make, or draw soup.  
Add this short song and act it out.

Chop, chop, chippity chop  
Cut off the bottom  
Cut off the top  
What there is left  
We will put in the pot  
Chop, chop, chippity chop



\*Use with Reading Across MyPyramid or Farm to Fork vegetable or cooking lesson.

## FUN DANCE ACTIVITY or ENERGIZER

### "Dance Till You Drop" or "Freeze Dance"

(Great for indoors or rainy days—at home, too)

- Play the "Shake It Up! With Fruits and Veggies" CD.
- Have the students dance to the music.
- Stop the music periodically.
- Have the students drop to the floor or freeze when the music stops. Ask them to name a fruit or vegetable.



\*Use with Reading Across MyPyramid fruit or snack lesson.

## Vegetable Parts Song\*

By Kathleen Nolan, UCCE

Are you a root- root- root?

No, I'm a stem!

Are you a leaf - leaf- leaf?

No, I'm a flower!

We are roots and fruits and flowers,  
Stems and leaves that give us *power*,  
Vegetables that make us *shine*,  
Hour by hour!



## Vegetable Parts Activity

- Stand in a whole-class large circle.
- ROOT:** Sing first line while stomping feet.
- STEM:** Sing second line while bending down then straighten with arms by side.
- LEAF:** Sing third line while waving arms.
- FLOWER:** Sing fourth line while putting arms in circle above head in a large round shape.
- CHORUS (Last 4 lines):** March/skip in place or in a circle while singing the chorus.
- POWER:** When singing the word "power" flex arm muscles.
- SHINE:** When singing the word "shine" stop and wiggle hands/fingers.
- Repeat 3 times or more, increasing speed each time.

\*Use with Reading Across MyPyramid or Farm to Fork vegetable lesson.

P.E. Standards: 1.1, 1.4, 1.5, 1.22, 3.1, 4.1, 5.1, 5.2, 5.3  
Health Standards: 1.N.1, 1.N.3

