



Volume III Issue II

Summer 2004

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Things to do (for Grown-ups)

...creating an information bridge that allows educators easy access to ready to use, research based nutrition information.

University of California and U.S. Department of Agriculture cooperating

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Walk Across Monterey County?

Start thinking about it, and use your free time this summer to get in shape. By August you'll be ready to participate in Extension's program to register miles walked by your class or group and be the first to "walk across the county." Think that sounds far? In Texas, folks "walked across" the whole state!

Drink plenty of water - before, during and after you walk.

How To Walk: *Move at a steady pace, breathing deeply, with head up, back straight and tummy flat. Swing your arms freely at your sides.*
Beginners- *stay on level ground.*
Everyone - wear reflective clothes at dawn and twilight. In daylight wear a hat and sunblock.



Here's a practice activity to do before school ends:

- Activity:** The S Trail
Grade Level: 3-5
Equipment: none
Skills emphasized: walking, jogging
Organization:
 1. Students form a single line
 2. Designate 1 student to lead**Description:**
 1. Students follow the leader in a single file line, with their eyes focused directly on the person in front of them.
 2. The student leader makes S patterns beginning with a walk and gradually increasing speed to a jog.
 3. After a period of 30-45 seconds, rotate the leader to the back of the line and continue with the "new leader".**Variations:**
 1. Form 2 or more lines and have several patterns going simultaneously.
 2. Use other formations such as geometric shapes.
 3. Change movement to a skip or a gallop
 4. Dribble a basketball or soccer ball while traveling.**Teacher:** Students may need a reminder to stay in line! ☺

Thanks to Carol A. Rice, PhD, RN, Texas Cooperative Extension, Texas A&M University System

Summer should be juicy



Lazy Summer Day? Things to do:

Start Agua Fresca.

Go for a 2-mile walk with your buddy.

Check out the Don't Buy It! Website

Make a Bean-a-dilla for lunch.

Finish 1 glass of Agua Fresca for a taste-test.

Rest in a hammock in the backyard with an old-school book like Strawberry Girl by Lois Lenski.

Head to the swimming pool with your buddy.

Finish Agua Fresca for the family dinner.

Go for a 1 mile family walk.

Play at the skate park till dark.

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Try these delicious cold drinks. You can make them easily in the blender. (Be sure to wash the blender immediately after using). Each recipe makes enough for 8 glasses.



Watermelon Agua Fresca

About 3 hours before:

1. With a large spoon, remove red part of 1 really ripe (about 12-lb) watermelon. Blend in batches, putting liquid into a large bowl as you work.
2. Add juice of 4 limes, 2/3 cup sugar, 1 handful washed fresh mint (coarsely chopped). Stir and cover bowl. Let sit at room temperature.
3. When ready to serve, pour watermelon liquid through a strainer into a large glass jar. Add 1-quart club soda and 3 limes thinly sliced.
4. The ajua fresca can be served with a ladle (soup server) over ice cubes in tall glasses.

You could make this for a family picnic on 4th of July.



Horchata

The night before:

1. In a large bowl, put 2/3 cup long grain rice, 1 1/4 cup chopped almonds, 1 (3") piece of canela (cinnamon), broken in pieces.
2. Pour 2 1/2 cups boiling water in the bowl and stir well. Cool.
3. Refrigerate overnight.
4. Pour mix in blender, add 2/3 cups sugar and blend on high for about 3 minutes; till smooth.
5. Pour this liquid through a strainer. Mix with 2 cups cold low-fat milk. Pour over ice cubes in tall glasses. Enjoy.

"Happiness comes from products", right?

Not! We'll soon have some exciting activities from the Rocky Mountain States that will help 5th and 6th graders examine sources of body image messages and develop critical viewing skills.

The Health Academy at North High may be looking at these themes in a fotonovela in the fall - stay tuned! Meantime, check out the "Don't Buy It, Get Media Smart!" interactive website at <http://www.pbskids.org/dontbuyit>

To receive **FREE** nutrition education curriculum and other goodies for your class, call **Kathleen at 759-7373**



Eggs-
periment

- You'll need glass jars with lids or clear plastic containers (no metal)
- Labels
- Permanent marker
- A white hard-cooked egg for each substance you want to test
- Soft toothbrush
- Fluoride toothpaste
- Your choice of fresh lemon, lime, orange or grapefruit juice, cola; Lucas candy

3



Weird Science!

Ah - summer vacation. Lots of free time to hang out and eat - whatever - right? If parents and teachers have any extra concern about student overweight or dental problems, this experiemnt may help prevent them by extreme example.

It can be done in class during the last week of school, or at home, by the students themselves. Allow at least 8 hours- but a week is better, to see the ongoing icky process. Either way, the results are very dramatic!

Apply toothpaste to one side of an egg. Brush gently for 3 minutes, rinse very thoroughly and dry the egg. Draw a circle with marker around the brushed area.

Put the egg into a jar, cover with your choice of liquid (the Lucas candy must be mixed with water first) and label contents of the jar. Mark the time of immersion on the label. Check egg after at least 8 hours, and then once a day for a week.

Discuss the results with students. Ask them to think of these eggs as their own teeth. You will all be shocked (and thats a good thing)!



Thanks to *Maria Gutierrez* at
Texas Cooperative Extension

State's School Vending Machines A Mess, But Enlightened School Leaders Leading Way to Healthier Choices

Sacramento, CA, May 11, 2004...While today's release of a national study shows that school vending machines are crammed with unhealthy food options, some California administrators are bucking the trend and taking innovative steps to protect both their students' health and their school's bottom line.

This doesn't have to be an argument of healthy children vs. profit margins...
...California may be moving in the right direction. Passionate, innovative and bold school pioneers are jumping ahead of the curve by introducing new policies and programs aimed at improving the nutrition of their school children. In some California schools, junk food has been ousted and students are buying healthier alternatives.

In our tri-county area, Suzanne du Verrier (Alisal School District), Heather Church (California Project Lean) and Kari Bernardi (Monterey County Farm To School Partnership) are leading the way. On Thursday June 3rd, they'll convene school faculty and administrators - and other interested residents- to develop and implement nutrition and physical activity policies. A "delicious lunch buffet" will be served. Cooperative Extension will participate with a resource table offering yummy commodity-based recipes.

**If you'd like to attend,
RSVP (by May 21) to Kari at 582-5115.**

Free Gardening Curriculum Training

Area educators are invited to attend a free gardening curriculum training hosted by UCCE's Youth Development Program.

Wednesday, June 23, 2004, 9:00 am - 12:00pm

UC Cooperative Extension

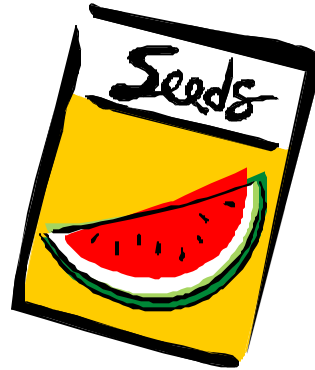
1432 Abbott Street, Salinas

Space is limited to 30, so respond by Mon, June 14th by calling 831.763.8026 or email lschmittmcquitty@ucdavis.edu

To participate in the training, educators must agree to two site visits and the completion of an evaluation and data sheet after the end of the program.

Training includes:

- A free copy of the TWIGS curriculum
- Hands-on instruction
- Free seeds
- Door Prizes
- Refreshments
- CEUs available from CSUMB



Funded by donations from Wells Fargo Bank and Weyerhaeuser.

The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools with 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. Our goal is to encourage students to try many different foods, eat plenty of nutritious fruits and vegetables and enjoy appetizing and nutritious snacks, especially whole grain snacks that they can prepare themselves. Gardening projects help students learn about plant food sources from hands-on experiences.

UCCE offers free teacher or staff on-site workshops, free ongoing program support and free curriculum - choose from a variety of educator-developed selections geared toward helping your class to achieve AYP standards. Partner with Youth FSNEP to practice math and language skills for testing using activities with nutrition content.

For more information call Kathleen at 831.759.7373



Free time on a summer afternoon?

Things to do:

Read: Fast Food Nation, Eric Schlosser; or Fat Land, Greg Critzer

Walk on the beach. Empty your thoughts of all but the waves on the sand.

Water the peach tree and the heirloom tomatoes.

Go for a swim in CSUMB's outdoor pool.

Sit on the porch glider and sip fresh lemonade.

Eat supper outside

Ride your bike at sunset.