



Cooperative Extension • Monterey County

# The Edible Express



Volume IV Issue II Summer 2005

## This summer, remember...

### Inside this issue:

2. Class Party?  
Try Ice Cream  
in a Can;  
'Super Size Me?'  
We have it!;  
UCCE partners  
with 5aDay

3. Your 2 Cents;  
Ord Terrace  
Speaks

4. The  
Water of Life;  
*Do something  
special this  
summer*

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

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Ms. Rita Leon, the Featured Teacher for Spring 2005, brings a consistent enthusiasm and innovative spirit to her work. As Opportunity teacher at Harden Middle School, Ms. Leon is focused on developing lessons in depth so that the 'take home' message actually makes it home!

Nutrition information and the life skills needed to make good choices for health are important to her, though she starts this unit with an art assignment: if "you are what you eat", draw a self-portrait (see photo). Arcimboldi's classic portrait of Emperor Rudolph II is shown as an example - and doesn't he look vibrant and full of color and life?

**EatFit** is Rita's curriculum of choice for the second year now, and her students have made and enjoyed vegetable quesadillas on whole

wheat tortillas, become involved in the issues presented in "The Truth about Body Image", and contributed to the Monterey County Grows Health project. Ms. Leon spoke with Edible Express today:

"Nutrition education is important because for the most part many kids don't eat anything but junk food - just what's available to them. Either they don't eat anything, or it's chips and soda."

"My goal is for them to understand why it's important to eat a variety of foods ... and how to get the vitamins and nutrients they need".



The emperor, Rudolph II as painted by Arcimboldi, using onions, peas, lettuce and lilies.

**Thanks, Ms. Leon. The central coast needs more teachers like you!**



[http://cemonterey.ucdavis.edu/EFNEP122 - Youth health priorities interview;](http://cemonterey.ucdavis.edu/EFNEP122)  
[Lew Bauman, Monterey's Chief Administrative Officer, in May-Jun Favorite Family Food](#)  
[http://www.ecoliteracy.org/programs/rsl.html Rethinking School Lunch uses a systems approach to address childhood obesity; provide nutrition education](http://www.ecoliteracy.org/programs/rsl.html)  
[http://www.farmtoschool.org/ca/media.htm - "Forums seek ways to put health foods in schools" by Jeff Tobin. Santa Cruz Sentinel, April 6, 2005. "A growing number of parents, teachers and health specialists are looking toward fresh, locally grown foods to convert children from sugar cane to sugar snap peas."](http://www.farmtoschool.org/ca/media.htm)

# Sweet Send-off to Summer!

Grandma used to serve home-made peach ice cream (frozen custard) in the summer. It's an American classic - a real treat. Traditionally Grandmas made the mix and kids turned the crank of the freezer. You can use this classroom activity at the end of the semester- it's easy and a delicious way to encourage students to eat more summer fruit during vacation. It's also fun to make. Irresistible - and low fat, too! The recipe makes about 20 one third cup tasting sized servings.



## Fruit purées for Home-Made Ice Cream

-Try peach, apricot, plum and all kinds of berries. You can prepare the fruit in class the day before you make the ice cream

-Use about 3½ cups (about 1-lb) of fruit for this dessert.

-Puree in the blender. Add up to 1-TBS lemon juice per pound of fruit to keep the fruit from turning brown.

-For seeded berries (blackberry, raspberry, boysenberry), strain puree through a wire mesh strainer before stirring into custard sauce.

The activity will go more smoothly if teachers make this sauce at home the night before, and bring it to class chilled and "ready to roll".

**UCCE  
and  
5aDay  
encourage  
active  
play!**

**Watch  
for us  
together  
in the fall**



1. In a heavy non-aluminum pan, mix **½ cup sugar** with **1-tsp grated lemon peel**. Stir in **2-TBS cornstarch**.
2. Slowly add **2-cups (1%) milk**, whisking well with a wire whisk to thoroughly blend cornstarch. Bring to a boil, stirring constantly. Turn down heat slightly and cook and stir for 1 minute more.
3. Remove custard sauce from heat. Stir in the **fruit puree**. Cool the mix, then cover it and chill at least a couple of hours. Overnight is even better
4. In class - **Pour** cool mix into a clean 1-lb coffee can. Put on the lid and tape securely with duct tape.  
**Place** this can inside a 3-lb coffee can and **fill** the open space with crushed ice. **Pour** **½ cup** of rock salt over the ice.  
**Place** the lid on the large can. Roll it back and forth on a table for 15 minutes.  
**Open** the outer can, **lift out** the smaller can, **wipe** it off and **remove** the lid. Use a rubber scraper to **stir** if needed. **Serve** immediately.

Adapted from Sunset Magazine, Aug 1991, and Cream of the Crop, Spring 2005

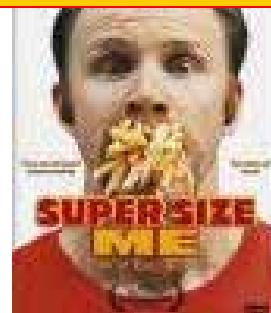
**You can  
get a  
beach ball  
or a super  
snack -**

**your pick!**

**Or maybe  
even a  
foot bag  
to kick!**



**You asked for it- we have it!  
Both the DVD and the  
EXCELLENT activities!**



2



## Your 2 Cents



"What's the best thing you can do to improve your family's health?"

Asked at Harden Middle School



### Rafael Herrera

"I think the way my family and I can have better health would be to cut back on the junk food like hot spicy snacks, soda, chips and fast food - and stop being couch potatoes!"



### Marcos Ramirez

"Dance, Dance Revolution! No question- that is KEY! I do it every day. I've lost 10-lbs in the last 2months without even trying. It's so fun - I can't stop!"

3



# VEGETABLE THOUGHTS FROM ORD TERRACE SCHOOL

An orange, crunchy thing  
A crop that grows on a farm  
Small good thing for you  
Carrots



By Alejandro Morales, 3rd Grade

**CARROTS**  
Nice orange and green thing.  
Good to eat with a salad.  
A nice vegetable.

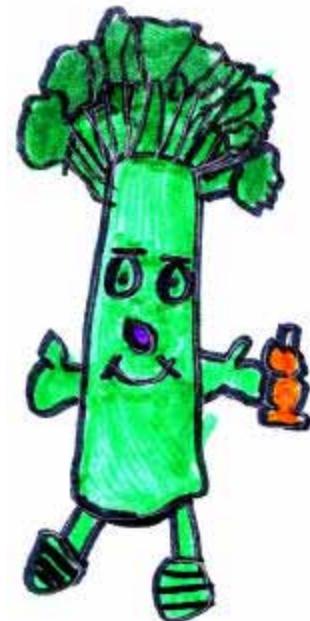
By April Mcmillian, 3rd Grade

**Be Healthy!**  
By Melanie Nguyen, 5th grade

Healthy Food!  
Healthy Food!  
This is what we eat.  
Exercise more  
To get a good night's sleep.  
Vegetable and Fruit is  
A good way to eat.  
It's like a rhythm with  
An exercise beat.  
Bananas, apples, and pears, too  
These are all a very healthy fruit!  
So come along and be healthy!

**Eat Fit Poem**  
By Italia Diaz, 5th grade

At first I was chubby,  
Then we started the program  
I was worried,  
There are more exercises to do  
And it works for me and you!  
Now I am not that chubby  
And I don't have to worry!



By Mark Anthony Garcia, 3rd Grade

**BROCCOLI**  
Yummy Vegetables  
Delicious green broccoli.  
Sweet green broccoli.

By Itzell Casteneda, 3rd Grade





## **WATER = Summer Fun GET IN THE SWIM at these pools:**

**King City:** 401 Division Street. Open week -days from Memorial Day.

**Soledad** Community Pool: 570 Walker (at Metz). Call 678-3745 for fees and info.

**Gonzales** Community Pool open daily from mid-June. Call 675-5000 for info.

**Salinas:** 920 Main Street (next to Sherwood Hall). Call 758-7301 for fees and info.

**Seaside:** Pattullo Swim Center at 1148 Wheeler, off Hilby, is usually open year-round. Plumbing problems have temporarily closed the pool - call 899-6805 to find out when they will re-open - then call 899-6272 for fees and info.

**Monterey** Sports Center: 301 E. Franklin. Open daily - call 646-3700 for fees and info. Scholarships may be available - contact Manager Jeff Vierra.

### **WATER- drink plenty of it.**

Water is the best thirst quencher after a fast soccer game or bike ride, students report. With bodies that are 60 to 70% water, humans need to drink enough water each day to stay **hydrated**.

How do you know if you are well **hydrated** (if you have been drinking enough water)? Hold out your hand and pinch the skin on the top of the knuckle of your middle finger. If the skin snaps back down immediately, you've been drinking enough water. If it stay pinched up, even if only for a moment, you are a little **dehydrated**. You need to drink more water. How much more? Here's a guide:

If you weigh:	Drink this each day:
60 lbs.	7 glasses
90 lbs.	8 glasses
120 lbs.	9-10 glasses
150 lbs.	10-11 glasses



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 on-site workshops, for teachers or staff, 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.



### **Summer -**

A time for rest, "re-creation" and meaningful engagement. Here are some activities to consider:

### **Life Lab-**

get involved!  
Teachers say:  
"I was really excited..."  
"A rich experience..."  
"A great hit..."  
CEUs included!

### **Read -**

Hope's Edge: The Next Diet for a Small Planet  
By Frances Moore Lappé & Anna Lappé

### **Visit -**

Local farm projects like A.L.B.A. (Call Patrick at 758.1469) or The Farm (Call Sarah at 455.2575)

### **Volunteer-**

to help with the Summer Food Program. Check with your District office in Monterey County, and in Santa Cruz County call Denise Gannon at 724.4061

