



# The Edible Express



Volume IV Issue IV Winter '05-'06

## Our Teachers are the best!

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...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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http://cemonterey.ucdavis.edu



Monterey County Grows Health was a very beautiful and satisfying project. At left is University of California Cooperative Extension's County Director Sonya Varea Hammond checking out the publication; distributed in October with the South County newspapers.

Many thanks to teachers and nurses at Prunedale Elementary, Marina Vista, Ord Terrace, Cuddeback, Harden Middle and Santa Lucia schools. Their participation was key to the success of the project.

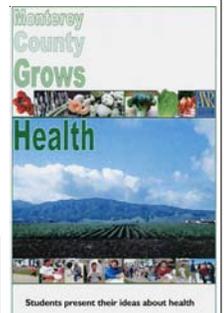
From the end piece of the paper: "Monterey County is fortunate to be the source of such abundance. Vegetables, fruits, healthy beef, local fish, good bread- everything necessary for a healthy life. As Rep. Sam Farr has said, "our work product [from

agriculture] is the only one we pray over [giving thanks at the supper table]". Local growers, dairymen, cattle ranchers and restaurant owners are among many who "grow health" here.

It's a real eye-opener to discover what local students think about health.

Clearly, family health is a big priority for youth.

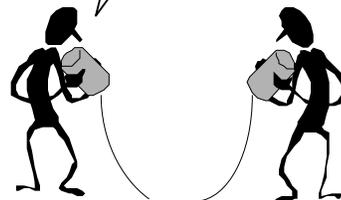
If you read their words and feel like making some changes for better health, please let us know.



The National Steinbeck Center, in partnership with Hartnell College, the Western Stage, Partners for Peace and the Salinas City Libraries are sponsoring a program known as the Steinbeck Chair. Our biggest goal is to collect **10,000 poems** from our community by Oct 2006, for the the Guinness Book of World Records. Poems about healthy eating, fruits, vegetables, exercise and local agriculture are welcome. Poems don't have to rhyme. They don't have to be in English. So - write a poem and send it to us. For more info, go to [www.10000poems.com](http://www.10000poems.com).

What about Sara's recipe for the bagel, cream cheese and hot you-know-what sandwiches?

That won't grow health! A heart attack, maybe!



<http://cemonterey.ucdavis.edu/EFNEPI22> - **Health priorities interview; Salinas Mayor Anna Caballero**, in November-December *Favorite Family Food* <http://www.readtofeed.org/> - "**Children changing the world**" games, curriculum and classroom activities in global issues and solutions to hunger and poverty . <http://extension.missouri.edu/fnep/teaching.htm> -**MyPyramid introductory lessons** for pre-k through 8th grades

# Get ready, get set, grow!



**School Garden Resources-** Winter is a perfect time for garden planning. Our lending library has a few items to help you envision your blooming plot: Nutrition To Grow On - Standards-based nutrition education for grades 4-6 with plenty of garden activities; Literature in the Garden from the Junior Master Gardener Golden Ray series (limited copies available); Square-foot Gardening info, handouts and measuring too; In the Three Sisters Garden; Gardening Wizardry for Kids; Cultivating A Child's Imagination Through Gardening; Worms, Worms and Even More Worms: A Vermicomposting Guide for Teachers; Health and Nutrition from the Garden from the Junior Master Gardener.



**Vegetable Scramble**  
Unscramble these:

psraugasa

ihanpcs

omurhsmo

tucleet

nnioo

maotot

rcuumebc

dshira

eanb

hsuasq

eylcre

vacdoao

hctoierak

ibocicro

bbacgae

ocnr

repppe

trrcoa

edset

Answers next issue

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**MyPyramid Hand-outs** put your students "in the picture". How much food for an active 9 year old girl? What kind of food for an inactive 11 year old boy? Picture handouts give suggestions for both boys and girls from age 3 to age 18, at all 3 activity levels. A simple way to ease into the new pyramid. Available as emailed PDF files for you to print as needed. 831.759.7373

## Let's Get Moving!

Working Together to Promote Active Lifestyles  
in Young Children Ages 2-7

Activity Cards



Includes  
User's guide,  
Activities Handout,  
Activity Cards,  
VHS and DVD

University of California  
Agriculture and Natural Resources  
Publication 3494  
Project funded in part by USDA, FSNRP

## The Fit Families Novela Series

for parents who want the best for their families



## Leader's Guide



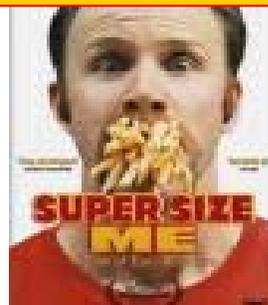
For use with the videotapes or DVDs:

Marta's Delicious Snacks  
Cristina's Day of Discovery  
Marisa's Big Move



University of California  
Agriculture and Natural Resources  
Publication 3496  
Project funded in part by USDA, FSNRP

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



To receive FREE nutrition curriculum & other goodies for your class, call Kathleen ..... at 759.7373



## Winter Break Activity:



Sit down with your parents and watch some TV ads.

Talk about the ads together.

Answer the questions below.

Bring your answers to class after the break for a class discussion.

1. Describe one of the ads you saw.
2. What emotion or feeling was used to help sell the product? There may be more than one (Example: love, happiness, sadness, excitement).
3. What does the ad say the product will do for you?
4. Do you believe the product will do this? Why or why not?

Like this activity from WIN the Rockies?

Go to [www.uwyo.edu/winterockies](http://www.uwyo.edu/winterockies)



## Farm Day in Monterey



FARM DAY is bigger and better than ever. Third graders continue to enjoy Monterey County Ag Education's very popular program that gives them an up close and personal view of the growing process. The Bee Man, the Plant Doctor, 4-H - they're all there.

Want to see a sheep shearing? A friendly cow from a local dairy? You'll meet them all. Several groups show students the way to make good food choices for better health, including U.C. Cooperative Extension.

Here's Extension staff and Boney Moroney at Monterey County Fairgrounds, asking "Got calcium?" There are two more chances to visit or volunteer for Farm Day - in Salinas in February and in King City in March - see you there!

## A McLibrary at your school?

Long ago in the 1930s, students bringing projects to school in boxes were cautioned to black out any company names or messages on the container, lest partisan commercial messages enter into the pure and rarified scholastic air of the school environment. The social responsibility of safe-guarding the minds of children was keenly felt and taken seriously.

Now, in the 2000s, schools actually sell advertising space in halls, on scoreboards and even on roof-tops - to be seen by passengers in planes flying overhead. Is this a good thing? Nutrition educators attempt to help young people create healthful, life-long habits, and wonder - what impact will such advertising have on the health of our children?

Joanne P. Ikeda, MA, RD is a Cooperative Extension Nutrition Education Specialist & Lecturer at UC Berkeley. She sends along this link to a newsletter called Informed Eating. The current issue reports on an October symposium in which "leading experts from around the nation gathered at Loyola Law School in Los Angeles to share cutting-edge strategies to address one of the most hotly debated topics of our time: curbing junk food marketing to kids".

All the symposium presentations are available for viewing from the website, and if you find time during the winter break, you might want to take a long thoughtful look. Very interesting stuff! What do you think?

<http://www.informedeating.org/newsletters/051115.htm>

Melt 1/2 cup peanut butter & 1/2 cup butter or margarine in large microwaveable bowl on HIGH heat for 1 min. Add 1 pkg. Mini-marshmallows. Heat 1 min til marshmallows puff; stir.

- Add 6 cups popped popcorn, 6 cups bite-sized shredded wheat, 1 cup dry-roasted peanuts and 1-cup raisins; stir gently.
- Place paper liners into two 12-cup muffin pans. Divide mixture into 24 cups.
- Bake at 250' for 10 minutes. Store "cups" in airtight container.

Each: Total calories: 210 Fat:10 g Carbohydrate: 28 g Sugar: 11 g Fiber; 2 g Protein: 5g, Sodium 140 mg; Cholesterol 10 mg

**Snack Attack!**

# School Food.. the beat goes on ...



Good news! From State Superintendent O'Connell's news release:

AB 689 by Assemblymember Pedro Nava (D-Santa Barbara) requires the State Board of Education, based on recommendations from the State Superintendent of Public Instruction, to adopt model content standards for health education by March 1, 2008. [This bill has been signed by the governor- excellent!]

"High-quality health education helps our students develop the knowledge and skills needed to avoid health risks and to enhance their health and academic achievement," O'Connell said. "The health education standards created as a result of this bill will provide school districts with fundamental tools for developing health education curriculum and improving student achievement in this area."

*Eating well and maintaining fitness are two of the end products of successful health education. Support your students' learning to make positive choices about their health. We can help by providing your district with top of the line nutrition education materials. Call 759.7373 for more information.*



## Nutrition Education Curriculum in your district Wellness Policy

Local districts are moving ahead to develop the Student Wellness Policies mandated by the federal government. You probably know about these, and know that they must be in place by the '06-'07 school year. You may have even been contacted about school breakfasts, the food served in school lunches, after-school fitness programs or nutrition curriculum.

On November 29th, district Wellness Policy Committee representatives from Monterey and Santa Cruz Counties met in the second of three sessions devoted to this planning and hosted by HELP (Healthy Eating Lifestyle Principles). The theme of the November meeting was nutrition education curriculum, and Life Lab, CSUMB Farm to School, SPARKS and CanFit joined UC Cooperative Extension and other groups to present several different approaches to health and fitness education.

Your opinion counts! If you have a preferred curriculum, now is the time to contact your district's Wellness Policy Committee and make your ideas known. The process is participatory, so please - jump right in!

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.

## Heads Up! for parents of teens ...

Anorexia Bracelets  
Reveal Secret  
Society

They look like any bracelet you might buy at the mall. You probably wouldn't even notice if your child started to wear one, but these are not just any bracelet.

Parents said they thought the bracelets were just a teenage fad, but finding out what the fad was all about shocked them. They realized the teens were engaged in a practice that could be a matter of life and death-exchanging secret signals with other people with eating disorders and other destructive behaviors.

Red bracelets represent anorexia, purple is for bulimia and black and blue is for self injury.

Parents should recognize the warning signs.

From UC Berkeley  
Nutrition Specialist  
J. Ikeda, MA, RD

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