



## What can just one person do?

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

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### Making a difference in King City.....

The UCCE Community Trainers in Nutrition Program planted some hardy seeds here in the Salinas Valley in 2003. In the top photo (left) is graduate Ana Greenberg of King City receiving her certificate.

Nearly seven years later, Ana faced the threat of chronic disease herself. Far from moping - and realizing that many others had similar issues - she recalled her nutrition training and answered the call to action.

She's teamed with a Certified Educator who received her training at Stanford University and developed a comprehensive program for South County residents that includes nutrition classes, cooking classes - with time to practice and eat the results for lunch- and a support group (perhaps the most important element).

Participants feel right at home in the friendly atmosphere of the twice-weekly sessions, and express their gratitude for gaining the coping skills they need in order to stay healthy.

Ana has recently begun an afternoon meeting for kids that begins with an exercise component out on the deck, led by a local Zuma expert. Currently she is seeking an R.D. to join the program, and is hoping to create an information booth at the Farmers' Market, complete with tastings and recipes.

Her motto is "The Purpose of Life is a Life of Purpose", and she is "walking the talk".

Next time we wonder "what can one person do?", we have only to look at Ana for an answer. For more information, email her at [fiestabetes@yahoo.com](mailto:fiestabetes@yahoo.com)



Children, Food and TV Ads: <http://www.nytimes.com/2010/04/20/health/20brod.html?src=twr>

Is Junk Food Addictive? <http://www.diversityinc.com/article/7534/Is-Junk-Food-as-Addictive-as-Cocaine/>



**It's nearly summer**, and here are some more great ideas from Erin Avery, a student in the Masters of Nutritional Science Program at San Jose State.

Her focus is Sports Nutrition, and this excellent plan is part of her volunteer work for the Family Nutrition Program at UCCE-Monterey County.



## Tackling Childhood Obesity with Active Play

As we all know, childhood obesity in this country has become a *huge* problem. A recent study in the Journal of Pediatrics found that 1 in 5 children are obese and 1 in 16 children are grossly obese. **It is critical that parents and teachers alike get involved in motivating and creating the space for kids to be active.**

Just one hour of active play several times a week is enough to make a difference in a child's health and fitness. So, whether you're a parent or a teacher, get a group of kids together after school from the classroom, the neighborhood, or just the family, and engage in some active play.

An hour of active play should always involve a 5 minute warm-up and cool down, and include at least 30 minutes of continuous activity. **A great way to engage kids in exercise is with circuit workouts.** It keeps them moving, requires little concentration, and is over before anyone has time to get bored.

The other great thing about a circuit workout is that it requires no special equipment; it can vary from basic jumping jacks, sit-ups and push-ups, or can include the use of jump ropes, balls, small weights, or any other equipment you have on hand.

In a circuit workout, participants rotate through several consecutive exercise stations that each focus on a different muscle group, spending a set amount of time at each station with short breaks in between.

On the next page, you'll find an example of an hour of active play that includes a circuit workout.

Be sure all participants have a water bottle handy.

Additional Resources:

<http://kidshealth.org/parent/fitness/general/exercise.html#>

<http://www.netfit.co.uk/younger-webok.html>

<http://www.jumpbunch.com/kidsfitnessgames.html>



## WATER - Drink Plenty of it!

**Drink~** 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 **dehydrated**. You need to drink more water. How much?

7 glasses a day for a 60-lber to 11 glasses for a 150-lber will do it.

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# circuit of play

- Warm up - 400 meter run (or 2-3 minute run around the parking lot or building).
- 5 minute stretch
- 20-30 minute circuit workout: spend one minute at each station with a one minute break in between to rest and transition to the next station. Kids should work at a medium pace that can be sustained for 20 minutes of exercise. **Use fun music to indicate periods of exercise.** Depending on number of stations and time allotment, go through 1-3 rounds. Example stations: sit-ups, pushups, squats, broad jumps, skipping, walking backward, walking sideways, jumping jacks.
- (Optional 10 minutes) **All out circuit: for fun**, at the end of the medium paced circuit, pick just three stations where kids can give it their all for one minute at each station, while they count the number of reps they accomplish.

The adult supervisor should make a record of what was accomplished by each participant. Sit-ups, push-ups, squats, or a timed running sprint are good exercises for this because each is easily quantified, and **with time and consistency, kids will see their reps increase or times improve as they get stronger.**

- 5 minute cool down stretch
- **15 minute snack circle:** at the end of this vigorous workout it's great to make sure kids get the most out of it by providing a healthy recovery snack, such as cut fruit, veggies, string cheese, or whole grain crackers. **Avoid exercise drinks and high sugar/high fat snacks.**

Snack circle is an opportunity to talk to the kids, to answer questions, and to inquire about their ideas for circuit training activities or active play time.

## Watermelon



## Agua Fresca

(for 45-60 portions, ½ cup poured over ice) 3 hours before:

1. Wash the outside of a large (12-lb), really ripe watermelon. Scoop out the red part and blend in batches, pouring liquid into a large bowl as you work.
2. Add juice of 4 limes, 2/3-cup sugar, 1 handful fresh mint (washed, coarsely chopped). Stir and cover bowl. Let sit at room temperature.
3. At serving time, strain watermelon liquid into a large glass jar. Add 1-quart club soda and 3 thinly sliced limes.
4. Use a ladle to serve agua fresca over ice cubes in tall glasses.  
(Each portion has about ½ teaspoon added sugar)



# A Fitting Finale...



Free time on a summer afternoon?

Things to do:

*Read: The End of Over-Eating, David Kessler; or The Double Comfort Safari Club, Alexander McCall*

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

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Her dedication to her students' wellbeing is evident- she uses the full six weeks allotted to teach nutrition and over the years she's honed and polished her collection of assignments, surveys, videos and information sources so that her delivery of this content is seamlessly articulated.

The proof of the pudding - pun intended- shows in assessments, of course. As all good teachers know, posters offer the chance to display many things: mastery of content; organizational skills, both language and graphic arts. In the nutrition field, the "plate concept" - what does good nutrition look like? - is considered a valid evaluation tool. Ms. Traylor has put this idea to good use over the years.

Here's a recent poster from some ELL students (English Language Learners) showing that good teaching and an interest in food are both universal.



**Mary Ann Traylor**

After 39 years of teaching, Mary Ann Traylor is retiring from North Salinas High School in June. She has donated her nutrition archive to UCCE Monterey, where it will be a part of the Resource Library for use by other health educators, so her work will live on...

|                      | CARBS      | FATS       | TOTAL     |
|----------------------|------------|------------|-----------|
| 1 Danish Pastry Roll | 120        | 140        | 10        |
| 1 Milk, skim         | 40         | 5          | 20        |
| 1 Oatmeal, cooked    | 114        | 20         | 11        |
| 1/2 Cucumber, sliced | 20         | 0          | 30        |
| 1/4 Cantaloupe       | 21         | 5          | 6         |
| <b>Lunch:</b>        | <b>598</b> | <b>130</b> | <b>77</b> |
| 1 Chicken Tzatziki   | 68         | 72         | 76        |
| 1 Bread whole, 2oz   | 147        | 15         | 13        |
| 1 Cup                | 30         | 0          | 0         |

**A "Nutritious Menu"**

We wish you well, and thank you for your years of service to our local students.



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.

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.

