



Volume V Issue I

Spring 2006

Celebrating Nutrition - Transform Your Environment!

Inside this issue:

2. Announcing... Fun things for students to enter & do

3. Integrating Curriculum - Eat Like the Pioneers
New stamps indicate the "wholeness" of a grain product

4. How groups can transform the environment

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



Obesity and the symptoms of ill-health that can accompany it are so pervasive these days that it is downright scary. People may feel helpless to attempt changes.

UC Nutrition Specialist Joanne Ikeda works to address this issue.

"We live in an environment that promotes a sedentary lifestyle and eating foods of poor nutritional quality," said Ikeda. "We know that eating right doesn't come naturally for most people. This underscores the need to modify environments so that making healthful choices is easier for adults and children"

Families and classes can have an impact on the healthfulness of their environments. Here are some activities that can transform the environment into one that promotes a more healthful lifestyle:

• Clean up local parks.

• Draw a map of walking paths and bike riding trails in the area and distribute it to community members.

• Put up a basketball hoop.

• Form a neighborhood watch program with the police dept.

• **Plant a vegetable garden.**



• **Bring vegetables or fruit salad to a potluck meal.**

• **Hand out oranges or apples as an after-game snack.**

• Join the parent-teacher group at the local school and promote nutrition and physical activity.

• Support fund-raisers that involve physical activity, such as car washes and jog-a-thons, rather than candy or cookie dough sales.

• **Buy more produce.**

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

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<http://cemonterey.ucdavis.edu>

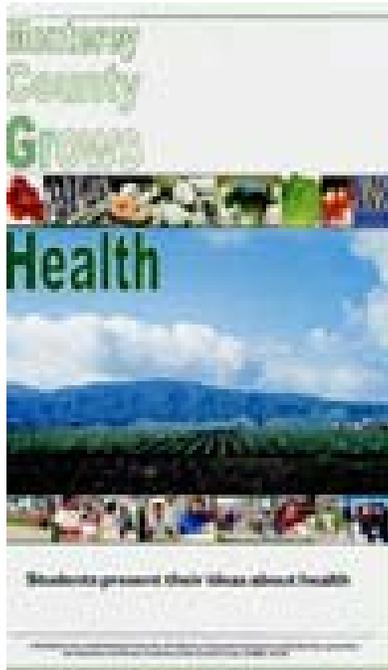


<http://ucanr.org/spotlight/obesity.shtml> - **Perspective change needed in obesity prevention**

<http://extension.missouri.edu/fnep/teaching.htm> - **MyPyramid introductory lessons** for pre-k through 8th grades

<http://www.globalcommunity.org/flash/wombat.shtml> - **a short animated piece great for Earth Day**

<http://www.earth911.org/master.asp> - **where it's Earth Day every day**



Second Edition On The Way...

The spring 2006 Edition of **Monterey County Grows Health** will be published in time for Mother's Day.

Please send art, articles or poems to UCCE, 1432 Abbott Street, Salinas CA 93101 or fax to Kathleen at 758.3018



What about the 10,000 poems?

Vegetable Scramble

Answers:

- asparagus
- spinach
- mushroom
- lettuce
- onion
- tomato
- cucumber
- radish
- bean
- squash
- celery
- avocado
- broccoli
- cabbage
- corn
- pepper
- carrot

Oh *right!* Would you like to be in Guinness? (the record book, we mean) Did you send your poem in? Is it one of many to be seen? 10,000 from the Central Coast, to show the world that we're the most!

Yes, we grow rhymes along with greens, and we think that is really keen!



send to 10,00 Poem Project Natl. Steinbeck Ctr One Main St. Salinas, CA 93901

Kids Care About Clean Air

Riding bikes or walking or car-pooling all help to keep our air clean. Even riding the bus helps! If you are in 1st through 8th grades and you make a great poster about this idea by April 1, you could win

\$100.00!

Call Shelley at 883-3750 for more information

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

**Fun
Fund-raisers
(Not fattening,
too!)**

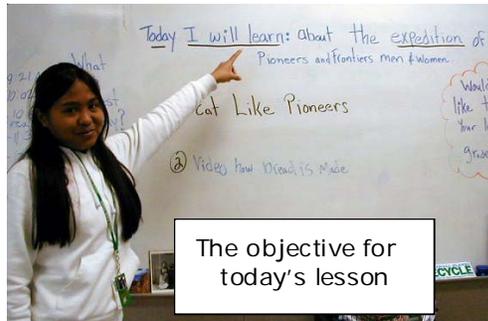
- * Walkathon around the school
- * Car Wash
- * Bike Rodeo
- * Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- * Fun runs
- * Gift-wrapping
- * Singing telegrams
- * Talent shows
- * Carnivals, Dances, Festivals,
- * Recycling
- * Bowling night
- * Skate night
- * Scavenger hunt
- * Tennis shoe pitching competition

"Eat Like the Pioneers"



Integrating nutrition education into your curriculum is a challenge. True? False? Actually, it's whichever you make it. Remember that nutrition education is about food. Food interests students - and - food facts can be a part of whatever you are teaching.

Chemistry? Baking. Math? Personalized eating plans; any recipe. Science? Digestion, metabolism, effect on bodily function of various nutrients, etc. **Language Arts?** Food and nutrition concepts as writing prompts. **Economics?** Planning to feed a family - to- the world cost of the fast food revolution. **History/Social Studies?** Food through history- compare and contrast the typical daily meals during the Industrial Revolution and now.



The objective for today's lesson

Here's a Harden Middle School 8th grade social studies class enjoying a hands-on experience of foods from Lewis & Clark's era. A chance to grind wheat started a discussion of

how hard life was, 'back in the day'. Learning about

the foods eaten by pioneers and Mountain Men (up to 7-lbs of meat in one meal!) was an eye opener.

Eating like the Pioneers and Frontiers People

was much more fun than an ordinary holiday party and students enjoyed foods limited to whatever was available in the mid 1800s, bringing and sharing such items as nuts, dried fruits,

corn bread & honey, dried meat (jerky), lemonade and of course the

quintessential American dessert, pie.

'Real life application of content' informed this lesson plan, and it's evident that students really took home the message.



The daily grind.



Ms. Leon serves a slice of Apple Pie

(continued next issue)

3



What kids like...

likely to be a wholesome source of energy. It's easy to see- just look for the Whole Grain "stamp of approval" on the package. An excellent rating = a complete serving of whole grains in each portion. Enjoy your favorite after school today!

Pizza, bagels, a fast bowl of cereal with ice- cold milk. How do these snacks rate for nutrition? They can be just great. With the renewed emphasis on whole grains, these popular foods are more



Celebrating Nutrition - Transform Your Environment!



Earth Day 2006
April 22
Celebrate the planet :

* **Art** from recycled materials; leaf prints; sun dials

* **Clean** the environment: school, park, beach. Form teams, make it a relay, make it fun.

* **Discuss** how to keep the planet "green". A group in the Bay Area has pledged to buy nothing new (except food & household supplies) for a year. How can they do this?

* **Enjoy** the great outdoors: bike, *bird watch*, camp, canoe, climb, hike, kayak, run a trail, walk, *watch a waterfall*.

4



University of California nutrition experts say that "The idea that eating right and getting physical activity are solely governed by personal responsibility is a concept of the past. Terms such as "environment" and "community" are now creeping into the lexicon of obesity prevention.

They offer suggestions for groups and agencies to modify the environment:

- **Health care and health insurance providers** - Offer weight management services, monitor patients to identify unhealthy trends toward overweight early, and educate patients and the community on healthful eating and physical activity.
- **Urban planning** - Make parks, sidewalks, walking paths and bike trails a part of the community. Plan cities so that schools, parks and services are within walking distances of residences.
- **Urban development** - Encourage and offer incentives for supermarkets and farmers' markets in areas that have limited access to fresh fruits and vegetables.
- **Government legislation** - Regulate food sales at schools and food and beverage advertising to children. Require nutrition information on restaurant menus.

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 FSNE to practice math and language skills for testing using activities with nutrition content.