



Volume V Issue IV

Winter '06-'07

Out in front in Monterey County...

Inside this issue:

2. Browse our Resource Library

3. *Real Life Application-Go for 5-to-9*

4. *Fotonovela Fun for Your Class*

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



Deneen Newman
Curriculum Director



Vira Uldall
Chief Business Officer

Congratulations to Soledad Unified School District for great progress with their Student Wellness Policy. All district teachers who provide health and fitness education - from preschool to high school - are in the process of implementing the Nutrition Education portions of the Wellness Policy in the classroom *this fall*.

Chief Business Officer Vira Uldall chaired the Wellness Policy Committee and supported the policy throughout the Board approval process. District administrators organized pilot testing of University of California Cooperative Extension's age appropriate curriculum offerings throughout the grade levels during the 2006 spring semester.

In October and November, all teachers received curriculum binders. Complete book sets went to each school library and Kids' MyPyramid posters went to each cafeteria. Upper grade elementary teachers using garden-based curriculum also received vegetable seeds donated by UCCE Vegetable Crops Advisor Richard Smith.

Curriculum Director Deneen Newman merits credit for her part in this accomplishment. An optimistic, "can-do" person, Mrs. Newman put a lot of energy into organizing and supervising the spring pilot, and has facilitated the roll-out of official implementation this fall. She's made the district message - "implementation is expected" - an easier one for educators by demonstrating how to integrate this program into the instructional day.

Students are learning how to make wise nutrition choices for themselves, and such education empowers them for life. Many thanks to everyone who is working hard to make this happen in Soledad District. **Good job!**

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

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For nutrition & food safety info packaged in a very funny, lively and memorable format, check out these music videos by UC Davis' Carl Winter at http://foodsafety.ucdavis.edu/FSM_Source/HTML_Source_FSM/music_videos.html#CF

An exciting and thought-provoking look at learner-developed visual materials is here: <http://www.photovoice.com/projects/index.html>

**so your District Wellness
Committee is talking...**

When it comes to
Nutrition Education,
who ya gonna call?
UCCE, that's who!

Implementation



Curriculum, dvds, videos or books from
our resource library, classroom visits, special projects
and other teacher support- we can supply what you
need, Pre-K - Adult. It's free, you know.

Happy Healthy Me...
Moving, Munching & Reading
Through MyPyramid
Pre-schoolers

Food & Me
Pre-K - Kinder

Reading Across MyPyramid
(includes selected books)
K-3

TWIGS
(Teams with
Intergenerational
Support)
K-6th grades

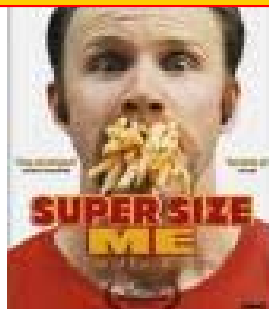
Nutrition To Grow On
Garden-based
Grades 4-6

EatFit
middle and high school

This is a popular
enhancement to
the Eatfit curriculum
used from 5th-12th grades

**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
831.759.7373



NEW!

New additions
to our resource
library:

What to Eat,
Marion Nestle

the new american
plate cookbook

American Institute
for Cancer Research

Eat, Drink &
Weigh Less

Mollie Katzen &
Walter Willet, MD

The Omnivore's
Dilemma

Michael Pollan

Hope's Edge

Francis Moore Lappé

GRUB

Anna Lappé
& Bryan Terry

Chew On This

Eric Schlosser





Real life applications...

Unscramble this phrase and win a gift for your class!



Go for Five-to-Nine



Goal setting and tracking sheet for eating (up to) nine total veggies and fruits each day.

Name _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--------|---------|-----------|----------|--------|----------|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |

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First- decide on a reward for yourself.

When I reach my goal of 5-9 veggies & fruits each day, I will _____.

Week 1: Keep track of daily vegetables and fruit for one week (use slash marks //).

Week 2: Review week 1. If not up to 5-9 servings a day, set a new goal for week 2. I'll eat _____ more veggies and fruits each day.

Last day of winter vacation: Check progress. Did I meet my goal? Yes or no _____.

If no, what can I do, starting now, to meet my goal? _____

If yes, I'll enjoy my reward and think of a new goal for good eating _____

TEACHERS: During Winter Break, students can take along this tally sheet to keep track of their eating habits - and set goals for eating more vegetables and fruit.

It's a great way to extend nutrition teachings into Real Life. When class is in session once more, the results of this personal experiment will provide a gathering activity and discussion topic.

Adapted from WIN Kids for 5th & 6th grades, UWYCE



UCCE wishes all of you a Peas-full Winter Holiday

Call in your answer and contact info to 759.7373



Fotonovela Fun



**Easy to do!
Effective, and
dramatic, too**



UC Cooperative Extension hosted a Do It Yourself Fotonovela Workshop at Marinovich Community Center in Watsonville on November 16th. Participants from UC Davis, UCSF, Santa Cruz County HSA, Monterey County Health Dept, CAFF and Pájaro Valley Unified School District put together sample pages on health issues.

Developing oral health melodrama here are James Brudnick, of Migrant Health Services at PVUSD, Natasha Kowalski of Santa Cruz Co. HSA and Ildi Carlisle-Cummins of Community Alliance of Family Farmers' Farm To School Program.

El Dolor de Dolores

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 that have 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 goals. Partner with Youth FSNE to practice math and language skills for testing, using activities with nutrition content.

For more information call Kathleen at 831.759.7373 .

Ten Good Reasons to use *fotonovela* techniques in your class:

1. Captivates students!
2. Fosters high content retention
3. Immediate feedback and reinforcement
4. 'Novela' will be read again and again, each time reviewing content
5. Uses real people as actors - your students.
6. Development process promotes genuine dialogue
7. Message becomes part of student's life
8. Development process helps students meet state standards in language arts
9. Excellent model for behavioral change
10. It's fun!

