



Finding Time For Nutrition Education

"The difficult we do immediately..."

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2. **New!** in the Resource Library: **Complete VERB Activity Kit;**
4 new DVDs

3. *Real Life Application- Fast Food Hall of Fame - & Shame*

4. Fresh & local - School Food in Rome

Supplement: Nutrition Label Hand Out

...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

1432 Abbott Street • Salinas, CA 93901

phone 831.759.7350
fax 831.758.3018

http://
cemonterey.ucdavis.edu



...the impossible takes a little longer". That's an Air Force motto, but the words could also describe Kim Legard, a Prunedale Elementary School bilingual 1st grade teacher.

Since "mixed time" for bilingual students is mandated twice a week, she and the three other teachers on her grade-level team use those instructional minutes to teach subjects typically pushed to the margin in today's standards testing-driven class day.

The team covers different content areas: Physical Science, Earth Science, Physical Education & Nutrition, and Music & Movement, and they loop (rotate) the classes.

"In a world of no time to prepare, it's easier to prepare a set of about eight lessons and deliver them four times" said Kim. This method is not just for bilingual education settings, according to Legard. She thinks the model would work in any school with a cooperative grade-level staff who are motivated to meet and organize; to plan who will teach what content area and in what rotation.

Pilar Viveros, another bilingual 1st grade teacher at San Vicente School provides 10-15 minutes a day of nutrition education: both open, large-group discussions and writing (seated activities). She thinks this time allotment best fits the attention span of fidgety first-graders, and finds it easy to encourage her students to eat more vegetables and fruit, since they all want to grow tall!

She shows food pictures or refers to the day's school meals, reinforcing previous knowledge by discussions on such questions as "What do you know about this food?" or "Why isn't pudding an 'extra' food?"

Integrated curriculum, team-teaching different subjects in rotation, nutrition education in very "small bites" of time - 3 methods that may help you to find time for nutrition and health in your class day.

Planners in Gonzales are also looking at nutrition education as a "gathering activity" in the morning. If your school day includes Home Room, here's your chance!



Here are your links to EASY FIND content-standard correlation pages for Reading Across MyPyramid:

- Kinder: <http://ucce.ucdavis.edu/files/filelibrary/1598/36390.pdf>
- 1st Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36391.pdf>
- 2nd. Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>
- 3rd Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>

Let UCCE make NUTRITION EDUCATION easy for you!

When your District Wellness Committee comes calling,, remember that "Implementation" is our middle name!

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.

Go, Glow & Grow!
Age 3

NEW!

Farm to Fork for Kinder
Fabulous new pilot brings together class, cafeteria, garden and home. Standards-based, of course.

"Implementation" starts with a "C", for curriculum!



Nutrition To Grow On
Garden-based
Grades 4-6

Happy Healthy Me...
Moving, Munching & Reading Through MyPyramid
Age 4 and up
Includes accompanying books

Reading Across MyPyramid
(includes selected books)
K-3

TWIGS
Great Garden-based!
K-6th grades

EatFit
middle and high school

This is a popular extra to use with the Eatfit curriculum in grades 5-12

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



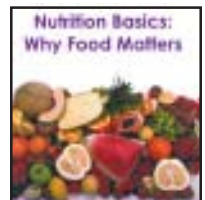
To receive FREE nutrition curriculum & other goodies for your class, call Kathleen 831.759.7373

NEW!



A complete **VERB** activity zone pack: sports equipment, cones, badges, posters, PR radio spots~ you name it. It's COOL ~ it's NEW. WOW!

New from Learning Seed



Some 14 year olds do NOT know that their burgers come from cows - this film tells all.



Up-to-date and very practical for all.



Realistic advice & great tools for making the right choices. Includes class activity guide.



Tidbits



What you might want to know about **ENERGY DRINKS** ~

Are they OK for kids?

What about the SUGAR content?

How about the CAFFEINE?

Get the low-down on these pep-up beverages here ~

<http://anrcatalog.ucdavis.edu/pdf/8265.pdf>

MYTH BUSTER:

MYTH-

Heard that **sugar substitutes** increase your appetite & make you **gain** weight?

NOT TRUE!

Research showed that adults or kids who ate or drank foods and beverages sweetened with **aspartame** (for ex) were not hungrier and did not eat nor drink any more than those who did not use these products.
~from Nutrition Perspectives Zidenberg-Cherr, PhD, Editor

3



Real life applications...

Students - This assignment sends you into fast food restaurants - as a researcher. To qualify for the Hall of Fame, 400 calories or less is good- with a fat content of 13 grams or less. To qualify for the Hall of Shame, more is better and the sky's the limit!

Choose 3 restaurants that you like, and in each one, ask a worker to give you the nutrition information about the products that interest you. Note: some employees may not know that they have to provide this information to you, or they may not know where to find it. It's OK to be nicely persistent. Enter the facts in the tables below.

Fast Food Hall of Fame

Restaurant	Menu Item	Calories	Fat Grams	Sugar Grams	Comments

Fast Food Hall of Shame

Restaurant	Menu Item	Calories	Fat Grams	Sugar Grams	Comments

Teachers - Fast food? That *is* real life! Enjoying fast food once or twice a week can be a part of a balanced eating plan. The important thing is learning how to make the best choices. What's a good choice? For an active teen, a sandwich of about 400 calories might be about right. For best health, the fat content should be 30% or less (about 13 grams of fat for this 400 calorie sandwich)



To calculate the percentage of calories that come from fat, know that each fat gram is worth 9 calories, and go from there. If students can calculate this correctly for each menu item chosen, they'll meet the content standards listed here. →

Calculate the Fat % in Fast Food

- 5th grade:** Number sense 2.1, 2.2
Mathematical reasoning 1.1, 2.1, 2.2
- 6th grade:** Number sense 1.2, 1.4, 2.1, 2.3
Mathematical reasoning 2.1
- 7th grade:** Measurement & Geometry 1.1
Mathematical reasoning 1.1, 3.2

While in Rome... Have lunch at school

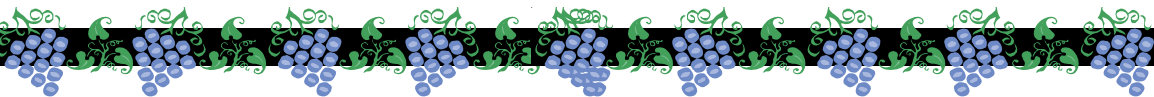
The Farm to School movement has bloomed in the past 5 years. Rodney Taylor, a Southern California Food Service Director has been a “fresh and local” trailblazer in our state, bringing Farmer’s Market Salad Bars first to Santa Monica-Malibu Unified and then to Riverside School District. He spoke at the spring “Value Local Food” Forum presented by Steps to a Healthier Salinas and held out the vision that all our schoolchildren could have farm- fresh produce in their lunches.

Locally, we’ve enjoyed the fruits of Kari Bernardi-Ibsen’s labors in Monterey County. As our first Farm to School Coordinator, hosted by CSUMB, she worked to bring locally grown produce to campuses around our area. She even transformed college food - really- so students eating fresh salad had a hard time gaining the famous “freshman 10lb”.

We can look to Old Europe for an inspirational model as this work continues to develop in California and across the country. In UC Davis’ Sustainable Agriculture I Vol. 19, No. 21 Summer 2007, Jeri Olmert reports on the keynote address at the last annual conference of the National Community Food Security Coalition. At an event presenting topics such as sustainable food purchasing policies, impact evaluation, and health and nutrition, the keynote speaker, Roberta Sonnino, spoke on school food - in Rome.

There, the school lunch program is a product of social equality and community development, and is regarded as a mechanism that transfers the social and political values of Italy to its children through communal preparation and enjoyment of the daily meal. Students do help to prepare their lunch, and sit down together for 45 minutes to enjoy it.

According to Olmert, “food education is an essential element of the educational curriculum and is considered a basic element of learning good citizenship”.



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.

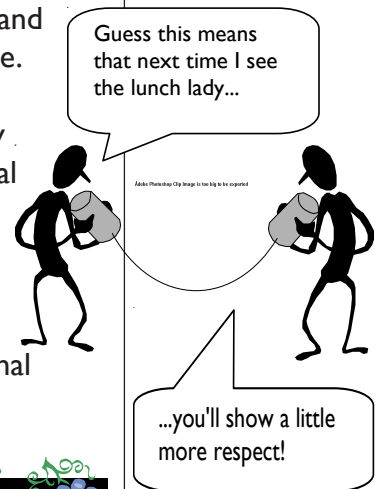
For more information call Kathleen at 831.759.7373 .



Welcome to Gonzales Unified S.D.

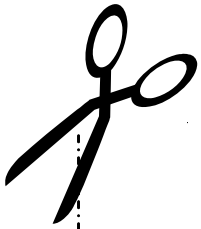
This fall, teachers from GUSD and NMCUSD join the local community of educators who skillfully weave nutrition education into existing instruction in the class day.

You are applauded for your commitment to student health!



Welcome to North Monterey County U.S.D.





Read the label and understand what you are eating

Serving sizes are in common household measurements. Sizes are the same for similar food items.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

% Daily value shows how a food fits into your daily meal plan

These numbers can help you avoid eating too much fat, saturated & trans fat, cholesterol & sodium

These numbers can help you get enough dietary fiber, Vitamin A, Vitamin C, calcium & iron

Daily Values are based on what nutrients you should eat if you eat 2000 calories (or, 2500 calories) a day.

Ingredients will be listed here, in descending order. The main ingredient is listed first; the smallest ingredient is listed last.