



Cooperative Extension • Monterey County

# The Edible Express

Volume VI Issue I

Spring '07



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2. Browse our Resource Library:  
**New! Complete VERB Activity Kit**

3. *Real Life Application-Testing, testing...*

4. *Hand Hygiene-Did you know? End-notes on CA Instructional School Garden Grant*

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

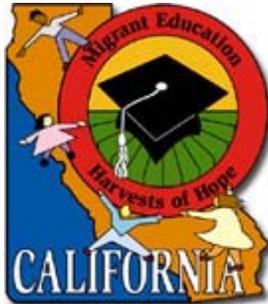
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## "From Harvest Fields to University Campuses"



...to the kitchen table where we're serving a delicious fresh plate of wholesome nutritious foods, thanks to Monterey County's own Community Trainers in Nutrition Martín Perez and Gracie Solorio.



Martin and Gracie are Community Liaisons for Migrant Education here in the Salinas area, and after going through UC Cooperative Extension's Training Program in 2003 they began teaching migrant parents the skills necessary to put a healthful meal on the table. Shown here at Los Padres School, they are giving a class that covers topics such as reducing fat in the family meal and food safety in the kitchen.



Their professionalism and caring is probably why they've been selected to present at the **28th Annual State Migrant Parent Conference**, hosted in mid-March in Los Angeles by the California Department of Education's Migrant, Indian and International Education Office.

Perez and Solorio are packing their bags with such resources as UCCE's **Fit Families Novela**, information and hand-outs from USDA's new **MiPirámide**, picture recipes for refrescos made at home from fresh citrus juice and club soda, luscious museum-quality food models and of course, the ever popular 5-lbs of fake fat.

Their workshop will be appetizing and informative and will give attendees a good place to start their efforts to improve family health through nutritious, delicious meals. Are you going to the conference? Don't miss it!



Everything you need to teach "hand hygiene" to kids, in a lively and appealing format: Posters, games, etc.

<http://www.henrythehand.com/pages/content/index.html>

A funny and thought provoking look at changing polite sneezing/coughing techniques. Show this one in the teachers' lounge!:

<http://video.google.com/videoplay?docid=-8574515984097771637&q=ben+lounsbury>

# 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

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

**NEW!**

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

**Reading Across MyPyramid**  
*(includes selected books)*  
K-3

Since when does "implementation" start with a "C"?



**Nutrition To Grow On**  
*Garden-based*  
Grades 4-6

**TWIGS**  
*Great Garden-based!*  
K-6th grades

**EatFit**  
middle and high school

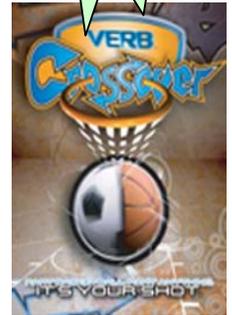
This is a popular extra to use with the Eatfit curriculum in grades 5-12

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, PR radio spots, posters- you name it! It's COOL! It's NEW! **WOW!** 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  
**Chew On This**, Eric Schlosser





# Real life applications...

## Testing, testing...

Testing days are here. You and your students have studied and reviewed for weeks. What else can you do to help them prepare and to achieve success? A survey of local veteran teachers as well as Food and Behavior Research, Cal Tech and Scholastic.com helped to put together this “recipe” for success.

Unscrambled phrase:

IF

YOU

WANT

TO

FIT

IN

YOUR

BATHING

SUIT,

EAT

MORE

VEGETABLES

AND

FRUIT!

- **Avoid sugar.** The day before, remind students to steer clear of such foods as pasta, potato chips white bread and sugars at the dinner table and at breakfast on test days. Such foods can induce a “brain fog” that makes it hard to think clearly, while insulin rushes into the bloodstream to counteract the sugar.
- **Eat a banana** rolled in chopped **nuts** for breakfast on test days. Bananas are high in potassium, which helps the “synapses to synap\*” (helps in neural connections), and almonds and walnuts both contain brain-enhancing minerals and amino acids.
- **Exercise briefly.** Cognitive function is improved immediately after just ten minutes of aerobic exercise. To super-charge the student brain, let kids walk up and down the stairs a few times.
- **Make sure students are sitting up straight.** Posture affects the thinking process. (Prove it to yourself by doing math in your head while slouching, looking at the floor and letting your mouth hang open. Then do the mental math while sitting up straight, keeping your mouth closed and looking forward or slightly upwards. You’ll notice that it’s easier to think with the latter posture).
- **Let each student bring a sprig of Rosemary.** This common herb may have a “wake-up” effect on the brain when the scent is inhaled. Give it a try.
- **Give a pep talk.** In a calm and friendly voice, remind students that they are intelligent and well prepared for the exam. Tell them their intelligence has the power to expand and that you believe each time they take a test they will do better than they did before. (The power of positive thinking does have an effect on school performance - research is beginning to bear this out). Last but not least,

**Sigh, stretch, and take a deep breath** before starting the test  
\*synap? Not a real word, you’re right- but it sounds catchy!



*Good luck to all!*



# Teachers - Are you sick of being sick?

Do yourself and your students a big favor with a Hand Hygiene promotion in your classroom. **Hand Hygiene?** Right- it's not just your Mother's "hand washing" anymore, it's the question of **antibacterial soaps** and the use of **alcohol-based hand sanitizers** as well. **In a nut shell:** antibacterial soaps are not recommended. Hand sanitizers do not substitute for hand washing. Soap and warm water in a thorough 5-part washing process, followed by enough alcohol-based hand sanitizer so that it takes 15 seconds to evaporate- that will do the trick. At least wash hands when entering & leaving class, after bathroom, before food etc. Remember, illness doesn't just float around and land on us- we have to bring it into our bodies with contact between a dirty hand and a mucous membrane.

## Break the chain!



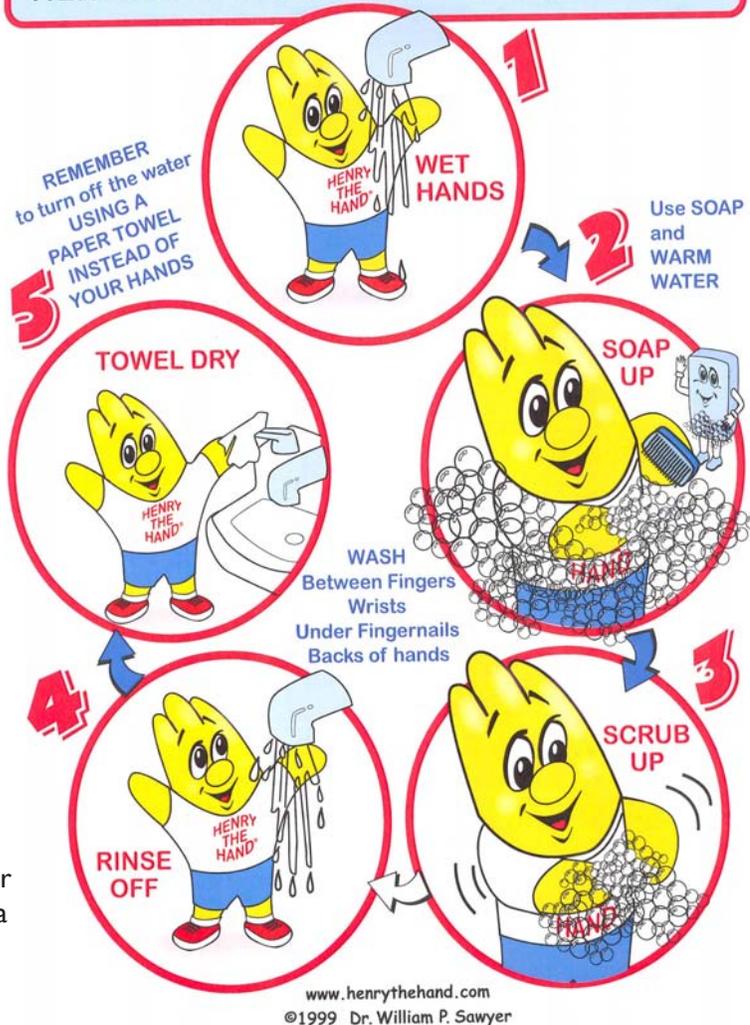
The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools that have 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. 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 .



## HENRY THE HAND'S HAND WASHING GUIDE



From John Fisher Garden Classroom Program Director , Life Lab Science Program/UCSC CASFS:  
(831)459-4035

Are you applying for the CA Instructional School Garden Grant?

To help you make a budget for application form visit <http://www.csgn.org/ABI535.php> to view a garden supply/resource cost sheet that our friends at the CSUMB Farm to School Partnership created.

In the Summer and Fall of 2007 Life Lab and the Farm to School Partnership will be offering a wide selection of professional development opportunities. Meanwhile you can see what's currently offered at Life Lab at [www.lifelab.org](http://www.lifelab.org) and search/post garden related workshops at [www.csgn.org/events.php](http://www.csgn.org/events.php)



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