



The Edible Express

Volume VI Issue V

Spring-'08



Kids Living Green

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...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

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Living, thinking, breathing and eating green - that's the theme of UCCE Monterey & Santa Cruz Counties' Nutrition Education Programs in 2008.

Youth can be powerful leaders in this effort and in order to support the youthful energy and enthusiasm they demonstrate, UCCE is promoting an "Excellence in Leadership: Kids Living Green" recognition program.

Here, Harden Middle School Principal Jacqui Axtell congratulates Ben Hanly and Jacob Flores for their work in the Recycling Club, as Faculty Advisor Rita Leon beams.

The boys received a Certificate of Excellence signed by UCCE Monterey County's Director, Sonya Hammond. Whole Foods Market showed their appreciation by giving each of the students a green bag full of wholesome goodies.

Earlier honorees include Shanna Morillo, age 3, of Monterey, who recycles "to help the envi-oment" and for pennies to spend on the merry-go-round.



Jay Smith, 18, of Aromas, is proud of his electric car, and is putting effort into making solar-generated electric cars a reality. Right now he's college bound, so there's no waiting list for his cars at the moment.

UCCE is still looking for young people aged 3-18 who have demonstrated outstanding effort and/or achievement in the areas of alternative transport, solar power, wind power, recycling, fresh and local foods, farmers' markets, community gardens, support for sustainable fisheries and so on.

Accomplishments can include actual work in the chosen field, or can be speeches, school projects, art works, youth advocacy projects, drama or another special project. A nomination can be found on the website at <http://cemonterey.ucdavis.edu/EFNEPI22>.

Why is living green a good thing? Good for the earth- and good for us. Less pollution. Less trash. **More money to buy more whole grains, fruits and vegetables - green vegetables, of course.** Youth is leading the way - and we are proud of them.



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

Reading Across MyPyramid
(includes selected books)
K-3

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

TWIGS
Great Garden-based!
K-6th grades

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

NEW!

How do you feed your appetite? Teens spend big bucks to keep their stomachs satisfied. Where you choose to get your food determines how much money you spend."

From UC Cooperative Extension in Riverside we get this great new resource for teens (and their teachers). It's online- and it's FREE. Go here to check it out:

<http://moneytalks.ucr.edu/english/home.html>

Kathleen has a few sample workbooks- just a few!

Call 759-7373 for yours today.

So many good choices - what to do?



Nutrition To Grow On
Garden-based
Grades 4-6

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!



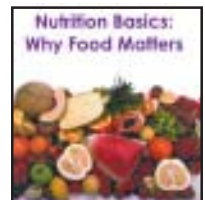
To receive FREE nutrition curriculum & other goodies for your class, call Kathleen 831.759.7373

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.



Feeling your oats?

It's been 10 years since we were first told - with FDA approval - that oats would lower cholesterol.

Since then, studies have shown **without exception that oat fiber does lower LDL cholesterol** - so keep eating your oatmeal.

Toasted oats sprinkled on fruit and yogurt is a tasty breakfast or snack.

Anna Jones, BS,
Nutrition Dept.,
UC Davis



Chamomile also makes a soothing tea.



Real life applications...

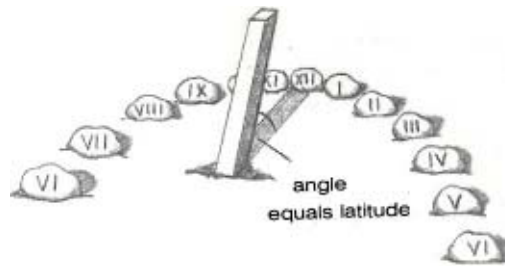
Our Class Sun Dial

A simple sundial offers students the chance to observe the changes in the earth's relationship with the sun that help produce the seasons. Your sundial can be part of an herb lawn.

Before planting, pound a wooden stake into the ground. Have students mark the point where the shadow falls exactly at true noon (Remember during daylight savings time true noon is 1:00 pm). The direction the shadow points to represents true north. Place a stone at the top of the shadow made by the stake.

Check the shadow line for a few days. Now that you have determined true north, remove the stake and pound it in at the same spot at an angle which equals the latitude of your area (36.7 degrees north if you live in the Salinas Valley). The stake should run north to south with the top of the stake pointing north towards the stone.

Over the next few days, come out to the garden at different times and mark the hours with additional stones. Roman numerals can be painted on the sides of the stones. The shadow will rotate counterclockwise, opposite to the direction the sun appears to be moving.



Now you can plant a low-growing herb such as chamomile. In six months, note where the shadow falls, and mark the hours with a new set of stones. Students will see how the angle of the sun has changed, and how the shadows are longer in the fall and winter and shorter in the spring and summer.

This activity is from the book [Children's Gardens - a Field Guide for Teachers, Parents and Volunteers](#), by Elizabeth Bremner and John Pusey; illustrated by Caroline Arnold. It's a treasure trove available from our lending library.

This **Sun Dial Activity** helps students meet the following Science content standards:

- Kindergarten:** 2A, 2C, 4A, 4B, 4C, 4E
- 1st Grade:** 2b, 2E, 3A, 4A, 4B, 4C, 4D, 4E
- 2nd Grade:** 1A, 1B, 4A, 4D, 4G
- 3rd Grade:** 1A, 2A, 4E, 5C, 5D, 5E



Did you miss the first Kids 3K in November last year? A surprising number of families showed up to this event, hosted by Big Sur Half-Marathon and CHOMP, proving that kids just love to run. The Spring event is coming up - be there!

Kids 3K -Saturday, April 26, 2008, for the Otter Trot, which will start at the intersection of **Figuroa and Del Monte** in Monterey. The race will be started in waves based on age groups. Must be five years of age or older and in good health to participate. This is a non-competitive **fun run** and is not timed. Call **831.625.6226** to ask for a registration form.



UCCE will have a resource table at the **Wellness Policy Evaluation Workshop** on **April 9th at CSUMB.**

Healthy Eating Lifestyle Principles is hosting this event, which features **Jean Schultz from the California School Board Association** as the keynote speaker and will offer participants a chance to network with other local district admin to share best practices.

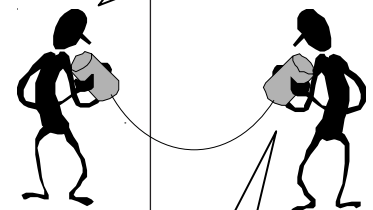
It will be held in the **Living Room (Building 29, University Center), from 1:00 to 5:00 PM.** Seating is limited, so please contact Mike at 372.3616 (or email him at MikeG@helpchooseyourlife.org)

Will we see you there?

Finally!

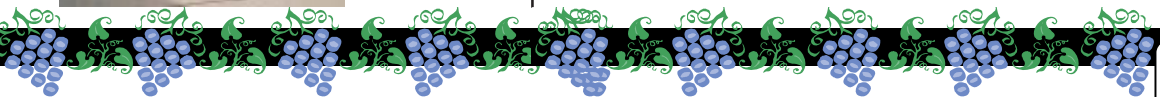
In **Santa Cruz,** the **Children & Youth Environments Committee** (part of the larger collaborative **Go For Health!**) will be having an **afternoon meeting on April 29** from **3:30 to 5:00 pm.** The special meeting is so that teachers, students and other school-based folk can attend and network. It will likely be held at the **Capitola Grange,** but call **Kathleen** in April

Are you going?



But, of course!

at 759-7373 to confirm details. **There WILL be food!**



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 .

