



# The Edible Express

Volume VIII Issue II

Fall '09



## Inside this issue:

New DVDs; introducing RAMPPAS

Sample Song & P.E (K-1)

Stay Healthy in School

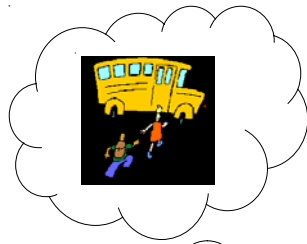
...creating an information bridge that allows educators easy access to ready to use, research based nutrition information.

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

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## Back to School

The promise of success and achievement is part of the beginning of school each fall. This year we'll all try harder to help this student - and all students - feel just as happy as he does now about school, when the winter break arrives.



Here's something to post & help students to remember....

### A Pledge of Health

I pledge to keep my body strong; to move and play and think; to eat my fruits and vegetables, and choose water when I drink. I will wash my hands, brush my teeth, contain my sneeze and cough, be safe, be calm, sleep well each night, and turn the TV off.

~J. Gabet 2009  
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- September is Food Safety Month
- Binational Health week starts Friday October 9th - the kick-off is at the Steinbeck Center from 5-7 pm
- As Halloween approaches, encourage alternate, non-sugary treats (stickers, fancy shoelaces, etc.)

Class size up by a third~ break-time down by half ~ two grades in your class room instead of one ~new cafeteria duty before school .... what else is new at YOUR school this fall? With all you have on your plate, you'll be glad to find out that -

## Nutrition is easier this year!

1. In addition to UCCE materials, you can count all of these activities:

- Ag in the Classroom
- Dairy Council
- Life Lab
- TWIGS
- Nutrition from your regular math and reading curricula
- Junior Master Gardener
- RAMPPAS- new from UCCE

2. Data on student demographics will be obtained from CDE. - not the teacher.



### MultiAge Classrooms

<http://www.greatexpectationsschool.com/education/multi-age-classrooms.html>

Managing your multi-age classroom

[http://findarticles.com/p/articles/mi\\_qa3666/is\\_199408/ai\\_n8710550](http://findarticles.com/p/articles/mi_qa3666/is_199408/ai_n8710550)

Combination classes: cutting-edge teaching tool or anathema to proper learning?

[http://www.mv-voice.com/morgue/2002/2002\\_06\\_07.classes.html](http://www.mv-voice.com/morgue/2002/2002_06_07.classes.html)





## Reading Across MyPyramid Songs and Physical Activities



CD available for participating grade level teams in early October



These easy activities are designed as Curriculum Adaptations for UCCE's *Reading Across MyPyramid*. The activities are all done to the accompaniment of nutrition-related songs that use familiar melodies. **The song lyrics are specifically designed to enhance and reinforce the learning objectives in each chapter of R.A.M.P.**

**They provide physical activity in the context of nutrition education.**

Use them for extended learning at P. E. time or recess ~ they meet CA State Content Standards in P.E. and Health and address all learning modalities.



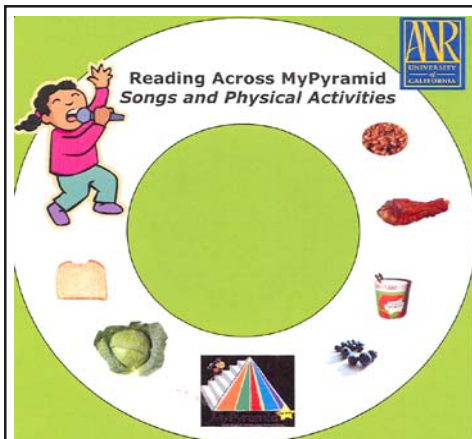
K-3rd Grade teacher using Reading Across MyPyramid?  
Teaching P.E. this year?

Want some fun and easy activities that meet standards in P.E. AND engrave nutrition concepts indelibly in participants' minds?

Call Kathleen at 759.7373

New DVDs in Our Resource Library:

- \*Setting Goals for Healthy Living (grades 9-12) Discovery Education
- \*Making Healthy Choices (grades 9-12) Discovery Education
- \*Vitamins - Elements of Nutrition Learning Seed





# The Parts is Parts Vegetable Song



Are you a root- root- root?

No, I'm a stem!

Are you a leaf - leaf- leaf?

No, I'm a flower!

We are roots and fruits and flowers,  
Stems and leaves that give us power,  
Vegetables that make us *shine*,  
Hour by hour!



## 1<sup>st</sup> grade:



- Form into 5 groups (roots, stems, leaves, flowers & fruits)
- Stand in a whole-class large circle.
- Roots sing first line while stomping feet
- Stems respond by standing up swiftly from crouching position with hands by sides and sing second line.
- Leaves sing third line while waving arms and wiggling fingers.
- Flowers respond by singing fourth line while swaying arms overhead in a large round shape.
- All join hands and skip left, singing the chorus (last 4 lines). Then skip right and repeat chorus.
- Repeat all 3 times or more, increasing speed each time.

This activity meets the following P.E. Standards for 1st Grade: Movement concepts 1.1, 1.4, 1.5; Rhythmic Skills 1.22; Fitness concepts 3.1, 4.1; Self Responsibility 5.1, 5.2; Social interaction 5.3; and Health Standards: Essential Concepts 1.N.1, 1.N.3



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# Stay Healthy in School this year!



Do NOT touch the  
**Tzone!**

mucous membranes  
of your eyes, nose or  
mouth are where germs  
enter your body!

## The 4 Principles of Hand Awareness

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!

Spread the word not the germs!

Visit [www.henrythehand.com](http://www.henrythehand.com)

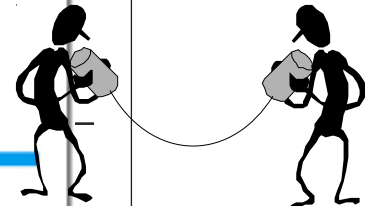
The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

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A peach for the  
teacher,  
because you  
work so hard.



Teachers  
need more  
information  
than this!



You're right! They can  
go to this web site for  
a whole tool -kit!  
[http://www.cdc.gov/h1n1flu/  
schools/toolkit/](http://www.cdc.gov/h1n1flu/schools/toolkit/)

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, 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.

