



Cooperative Extension • Monterey County

The Edible Express

Volume VI Issue V

Winter '07-'08



Inside this issue:

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

3 Real Life Application-
Nature's Math in
the Winter
Classroom Garden

4 Just Kids 3K

...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>

Together we can create a bridge to success.



Mary Marks, PhD.



Jennifer Rousseve,
MS., R.D.

"Parents send their children to school with the expectations that they *will* be healthy ~ and they *will* succeed" said Dr. Mary Marks at the recent Annual FSNEP Conference. Marks holds a doctorate in

teacher education and came from a strong Physical Education background to the California Department of Education where she is the Health Education Specialist in the School Health Connections/Healthy Start Office.

Both she and the program's Administrator Jennifer Rousseve, M.S., R.D, presented to educators in the Youth program on the second day of the conference, offering the message that "standards are our friends". Standards-based education has been around since 1995 and definitely raises the bar for administrators and classroom teachers alike.

There is certainly a conflict for school personnel - they all perceive the health and welfare of the student to be most important - **but** - these days they are held accountable for academic success. "Historically we have not identified academic success as being aligned with mental and physical [health] education" stated Dr. Marks. A helpful reminder before starting *any* educative effort is stated in this old Japanese saying "The brain cannot endure what the *oshiri* cannot....". This gives rise to the certainty that the well-nourished and exercised student is receptive to academic content ~ and we owe it to that student to provide the tools that enable her to be successfully responsible for her own health, throughout life.

One way to meet State Superintendent O'Connell's goal of "Closing the Achievement Gap" is to support those in the school environment who demonstrate that "good nutrition and good health are tools to raise test scores". A small but significant starting step for a teacher might be a read-aloud time, using one of the marvelous books provided by the UC Youth FSNEP program. Just a thought....

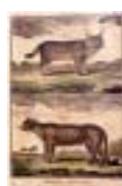


Here's a vegetable I
think you'll all really
like!

Hope you have
LOTS of it in the
new year!



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



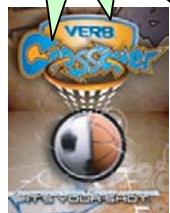
- Kinder: <http://ucce.ucdavis.edu/files/filelibrary/1598/36390.pdf>
1st Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36391.pdf>
2nd. Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>
3rd Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>

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.

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

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!

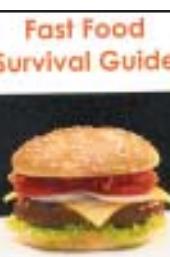


To receive FREE nutrition curriculum & other goodies for your class, call Kathleen 831.759.7373

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.

2



Tidbits



Enjoy that cup of cocoa! It's rich in flavor - and in 'flavonols', which are associated with reduced risk for cardiovascular disease. Researchers Taubert, Roesen, and Lehmann et al reported research in JAMA 7.4.07 that confirms the benefits of regular cocoa intake. Make your hot cocoa the old-fashioned way, with milk and dark chocolate ~ good for your bones and your heart.



Don't peel that apple before you eat it! "An apple a day..." looks more and more to be true. According to Cornell researcher Rui Hai Liu, it's the apple peel itself that contains compounds that actually fight cancer cells in the laboratory.
(cont. on end page...)

3



Real life applications...

A Garden? In Winter?

Try an indoor classroom garden the **Three Sisters** way:

Look for a "Baby Vegetable Collection" when you buy seeds.

Put germinating mix in each 6-inch pot, and dampen it. In each pot, plant a pole bean plant and a radish plant ~or~ a carrot and a lettuce plant.

Feed your plants with fish emulsion and water before the soil gets too dry. Here's an activity that will help you learn as your plants grow.

For the next 2 months, watch your plants and write down the answers to these questions:

- How many days does it take for each plant to germinate?
- Chart ~and compare~ the growth of different kinds of plants
- Chart and graph the different kinds of plants according to their height in inches (centimeters; feet)
- What is the weight of plants before ~ and after ~ watering?
- What is the weight of each plant's harvest?
- What is the volume of water given to each plant (as measured in cups, pints, quarts, liters or gallons) throughout the growing season?

From the book *In The Three Sisters Garden*, J. Denee



Nature's Math

- 2nd Grade:** Measurement & Geometry 1.1, 1.2, 1.3
Statistics, Data analysis & Probability 1.1, 1.2, 1.3, 1.4
Mathematical Reasoning 1.1, 1.2
- 3rd Grade:** Number Sense 3.1, 3.2
Algebra & Functions 1.4
Measurement & Geometry 1.1, 1.4
Mathematical Reasoning 1.1, 2.1, 2.3, 2.4, 2.6
- 4th Grade:** Statistics, Data analysis & Probability 1.1, 1.2, 1.3, 2.1, 2.2
Mathematical Reasoning 1.1, 2.1, 2.2, 2.3, 2.4, 2.6

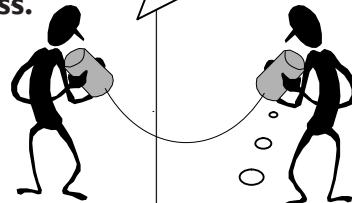
Just Kids 3K



Saturday November 10th was a gorgeous day for the very first Just Kids 3K run in Monterey CA. Hosted and coordinated by "JUST RUN®", this inaugural event surpassed expectations considerably when 600 entrants took off from the starting gate.

JUST RUN® is a website-based bilingual program from the Big Sur Marathon folks, designed by fitness and running experts to assist youth in the development of **healthful lifestyle choices with a focus on fitness.**

Next Run
April 2008



Some young children may not have understood the idea of "running even after you're tired of running" ~ but after participating in this event, then eating a breakfast for champions while wearing the coveted medal, the message hits home - running is *fun!*.

This run will be scheduled twice a year, starting in 2008. Don't miss the next one, in April!



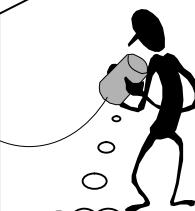
The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools that have 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties.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

Here's a rhyming reminder for you and your students: "I sit on my back porch after school and read a book that's really cool. I snack on my favorite that's **round, red and sweet**. It's **crunchy** and **juicy** and can't be beat - **my apple!**"

It's the triterpenoids in the apple that do the trick!



A new download from our website is a great discussion starter for any age students:

Family food around the world.

What looks tasty on these tables? What looks nutritious? What looks unhealthy - and why? Go to <http://cemonterey.ucdavis.edu/EFNEP122>

