

Eating Right is Basic



Volume 5 Issue 2

Spring 2004



Chronicles of 2004



January

- Healthy resolutions for a New Year
- Family day care providers of the Children's Council of San Francisco enjoy a lively, interactive "Food & Me" training
- "5 A Day Power Play!" training empowers teachers at Junipero Serra Elementary
- At Daniel Webster Elementary, Ms. Tse's students learn how to make our healthy bodies grow and glow.
- Kinders at Jean Parker Elementary get fit by spending recess time dancing to the music and movement of "Kids in Motion"



February

- Valentine hearts...love is in the air!
- Standardized tests...start your head...breakfast for brain power!
- Nutrition workshop for Spanish-speaking parents at Junipero Serra Elementary



March

- National Nutrition Month: "Eat Smart, Stay Healthy"
- Friday night fun at Francisco Middle School's 3rd annual "Family Nutrition Night" with parents, students, staff, and mentors.
- Ulloa Elementary celebrates with a fabulous Family Nutrition Night event.



April/May

- April showers, May flowers, spring has sprung!
- National Physical Fitness & Sports Month
- Spin the "5 A Day" wheel of fortune in Half Moon Bay at the Coastside Children's Program's health fair at Hatch Elementary.



June

- Graduations...bittersweet endings, new beginnings...healthy futures
- Warm summer days and vacations
- Less TV, more activity
- Farmers' markets and summer fruits



For more information, please contact:

Lisa Yamashiro, R.D.
University of California Cooperative Extension
San Francisco/San Mateo Counties
300 Piedmont Ave., Bldg B, Room 227
San Bruno, CA 94066
TEL: (650) 871-7559 FAX: (650) 871-7399
layamashiro@ucdavis.edu
Website: <http://cesanmateo.ucdavis.edu>

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*An open mind lets
in boundless
opportunities.*





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Evaluation PostCards



TO: Youth FSNEP Extenders

In May we will be sending out self-addressed, stamped postcards to document the number of estimated hours you spent in preparation and teaching of **“Reading Up the Food Guide Pyramid”, “5 A Day Power Play!”, or “Food & Me”** for the 2003-2004 school year. Thanks in advance for your cooperation and prompt attention to this request.

This information is vital for our programs to receive the necessary funding to support all the free nutrition education resources and services we provide for you. Your comments and feedback are welcome too. Many thanks for your ongoing support and partnership.



Good Reading for Good Eating

The Michigan Team Nutrition Booklist

This is an excellent resource which contains annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. Visit their website at www.tn.fcs.msue.msu.edu for more information about purchasing the booklist (\$9 a copy), or download it for free. Also be sure to check out the **“Pyramids Between the Pages”** resource, downloadable recipes, and parent handouts. See page 3 of this newsletter for more great ideas on linking nutrition education and literacy, as well as a reproducible insert of a parent handout.



Special thanks to Ms. Chris Flood, MSU Extension Program Leader for sharing these wonderful resources from Michigan!

USDA Campaign Promotes Healthy Eating and Physical Activity

Eat Smart. Play Hard.™ is the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS) Campaign to promote healthy eating and encourage physical activity in children and families. The primary target audience for the campaign is children ages 2 to 18 eligible to participate in FNS nutrition assistance programs, their parents, and other caregivers. This national, long-term effort encourages them to adopt behaviors that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid. Campaign messages focus on breakfast, healthy snacking, physical activity, and balancing eating and activity.



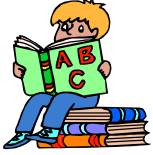
Unhealthy eating and physical activity patterns are placing America’s children at risk. They are now heavier than ever and the majority have eating habits that do not conform to the Dietary Guidelines. More than 14% of children and 11% of adolescents are overweight, and 66% of all children eat more fat than recommended. Only one in five children gets five servings of fruits and vegetables each day as recommended by the USDA Food Guide Pyramid for Young Children, and only one in three school age children participates in physical activity. The **Eat Smart. Play Hard.™** Campaign is part of FNS’ commitment to combat these escalating national trends of poor nutrition, inactivity, and obesity among the nation’s children.



Information about the campaign is available on the FNS website at www.fns.usda.gov. Free posters, brochures, and other “Cool Stuff for Kids” are available for ordering. Check it out!

Why Link Nutrition and Physical Activity with Reading?

There is a natural link between nutrition, physical activity, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own daily lives such as food, eating, playing sports, being active, and family mealtime. Reading books that focus on preparing and eating healthy foods and being physically active can motivate students to adopt positive food and physical activity behaviors that can last a lifetime.



How can reading books with positive food and physical activity messages improve the school nutrition environment?

Children spend a lot of time reading in school. By providing students with books and a variety of creative ways to use them that promote choosing and eating healthy foods and being physically active, you can change your school nutrition environment in the classroom, the cafeteria, and the entire school.

Try these suggestions:

- **Read books in class that relate to foods being offered on the school menu.**

On “Pizza Day” you might read the books *“Pizza Party!”* by Grace Maccarone or *“The Little Red Hen Makes a Pizza”* by Philemon Sturges.

- **Conduct a hands-on cooking activity to go with a book you’ve read.** To encourage students to drink more milk read the book *“Oliver’s Milk Shake”* by Vivian French and make Oliver’s “yummy scrummy” milk shake using the recipe in the book.

- **Use books to encourage students to learn about and try new foods from other countries or cultures.** Read the books *“Magda’s Tortillas/Las Tortillas de Magda”* by Becky Chavarria-Chairez or *“Dumpling Soup”* by Jama Kim Rattigan.

- **Create a showcase that relates to a specific food or food group using 3-D food models or empty food packages.**

Place books in the showcase that are about those foods. For instance, you might set up a fruit and vegetable display during National 5 A Day Week and feature the books *“We Love Fruit!”* by Fay Robinson, *“Grandpa’s Garden Lunch”* by Judith Caseley, or *“The Ugly Vegetables”* by Grace Lin.

- **Set up a reading corner in the classroom.**

Include plenty of light and space for students to get comfortable while reading. Designate a special shelf for books about food, nutrition, and physical activity.

- **Consider using your school’s already established reading incentive program as a way to teach nutrition.**

Set up a reading contest during March--National Nutrition Month. Award points to students for reading books with positive food and physical activity messages. Give away nutrition and physical activity-related incentives when students have read a designated number.

- **Create hallway displays or bulletin boards that focus on annual health happenings, e.g. National Pasta Month, National Pancake Week, National Physical Fitness and Sports Month, etc.** Promote books that go with these events.

- **Designate a specific place in the school library to showcase books that promote choosing and eating healthy foods and being physically active.** Decorate the area to fit the theme.

- **Coordinate a classroom tasting party to go with books you’ve read that focus on a specific theme.** During National School Breakfast Week read books with a breakfast theme. At the end of the week, have a “School Breakfast Tasting Party” and invite students, parents, and school staff.

- **Develop, with student input, short school-wide announcements that focus on nutrition and health topics kids are interested in.**

Invite students to read the announcements over the school P/A system. Include titles of books to go with the nutrition/physical activity concepts being promoted.

SOURCE: *“The Michigan Team Nutrition Booklist”*, www.tn.fcs.msue.msu.edu



This project has been funded by a donation from the United Dairy Industry of Michigan, and with federal funds from the United States Department of Agriculture (USDA), Food and Nutrition Service to Michigan State University Extension, Family and Consumer Sciences Programs – The Michigan Nutrition Network and Team Nutrition.

FYI...Youth FSNEP

The **Youth Food Stamp Nutrition Education Program** is a federally funded program to provide nutrition education to youth who are from families that receive or have applied for food stamps. It is implemented through a joint agreement among the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension. We work cooperatively with schools, targeting those with at least 50% of students receiving free or reduced price school lunches, and with child care providers and other organizations serving low-income children in San Francisco/San Mateo Counties.

We simply ask that teachers/extenders provide at least 15 hours of nutrition education yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, subscription to our newsletter, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and much more!

Lisa Yamashiro, R.D. provides free on-site training to teachers, providers, and youth leaders to conduct educational activities using any of our curricula.

Dana Andrews, Nutrition Education Assistant, is available to provide special nutrition/food activities for children. Let us know if you would like your school or agency to benefit from our nutrition education services.



The federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited income families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our talented team of Nutrition Education Assistants is available to provide group nutrition classes for parents in English, Chinese, Spanish, and Vietnamese. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please contact us to arrange a series of free classes or workshops, or for more information.



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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

San Francisco/San Mateo Counties
300 Piedmont Avenue, Building B, Room 227
San Bruno, CA 94066



Edited by:

Lisa A. Yamashiro, R.D., Program Representative, Youth FSNEP
Faye C.H. Lee, Ed.D., 4H Youth Development Advisor/Home Economist



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