



Eating Right is Basic



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Nutrition Education in the Classroom



Children can achieve optimal physical and cognitive development, attain a healthy weight, enjoy food, and reduce the risk of chronic disease through healthy eating habits and participation in regular physical activity. Research shows a strong link between nutrition and learning. Well nourished and healthy children are ready to learn and achieve their fullest potential.

The goal of our program is to help children acquire knowledge, attitudes, and skills necessary to make healthy food choices that will ultimately affect their academic performance.

This goal is accomplished through collaboration with educators who extend nutrition education to their students for a minimum of six hours during the school year.

Our Services:

- Free nutrition education curricula and supporting materials
- Interactive 1.5 hour in-service on curriculum, and ongoing support throughout the school year
- "Eating Right is Basic" newsletter
- In-class nutrition/cooking lessons
- Coordination of special events such as Family Nutrition Nights, and multilingual parent nutrition classes and workshops



Educator Requirements:

- Attend a group in-service
- Complete an "Enrollment Form" each year
- Deliver a minimum of six hours of instruction per school year
- Complete a "End-of-Year Report" form

NOTE: From our website, check out our "Nutrition Education in the Classroom" brochure for a complete listing of nutrition education curricula we offer.

For more information, please contact:

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There are only two lasting bequests we can hope to give our children. One of these is roots; the other, wings.
--Hodding Carter





September Notes

ENROLLMENT FORMS

With so much public attention focused on children's health and nutrition, our nutrition education programs have become even more valued, important, and in demand. We look forward to renewing our partnerships with schools and teachers, child care providers, and other community agencies and organizations in San Francisco/San Mateo Counties. Thank you for your on-going support.

Please take a moment to fill out the "2004 Enrollment Form" and send it in immediately in order to continue our valuable partnership.

We also welcome new partnerships and collaborations. Please contact us to arrange a curriculum training session for your group, free curricula, classroom visits, parent nutrition workshops, or other special events.



Thank you!

September 2004

CELEBRATE!

National 5 A Day Month



Eat 5 to 9 servings of colorful fruits and vegetables every day!



Educator Resources:

www.5aday.com

Free, downloadable nutrition education curriculum, "There's a Rainbow on My Plate", for K-6 grade students.

www.dole5aday.com

Dole's 5 A Day web site provides access to a number of educational resources designed to help you make "5 A Day" come alive in your school.

<http://bayarea5aday.ucdavis.edu/>
"5 A Day Power Play!" nutrition education materials, at no cost, for eligible 4th and 5th grade classrooms and afterschool programs in San Francisco.



UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION
Expanded Food & Nutrition Education Program (EFNEP)

Nutrition Education for Parents



Good nutrition starts at home. Parents have a major impact on their children's eating and physical activity patterns. We can help make a difference.

EFNEP's mission in San Francisco and San Mateo Counties is to help limited resource parents of young children acquire the knowledge, skills, attitudes, and behavior change necessary to achieve better nutrition and health for the whole family.

EFNEP provides a series of 4-6 classes covering topics on basic nutrition and healthy lifestyles, resource management, and food safety.

Our Nutrition Education Assistants incorporate a hands-on, learn-by-doing approach, including cooking demonstrations. Classes are taught in English, Chinese, Spanish, or Vietnamese. All of our services are free.

We can provide on-site group classes, or a special one-time workshop. We can also coordinate a dynamic Family Nutrition Night event for eligible schools. Please contact:

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Back to School Nutrition

ALTERNATIVES TO USING FOOD AS A REWARD

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages overconsumption of foods high in added sugar and fat.
- It teaches kids to eat when they’re not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. Annu. Rev. Nutr. 1999, 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- € Sit by friends
- € Watch a video
- € Read outdoors
- € Teach the class
- € Have extra art time
- € Enjoy class outdoors
- € Have an extra recess
- € Play a computer game
- € Read to a younger class
- € Get a no homework pass
- € Make deliveries to the office
- € Listen to music while working
- € Play a favorite game or puzzle
- € Earn play money for privileges
- € Walk with a teacher during lunch
- € Eat lunch outdoors with the class
- € Be a helper in another classroom
- € Eat lunch with a teacher or principal
- € Dance to favorite music in the classroom
- € Get “free choice” time at the end of the day
- € Listen with a headset to a book on audiotape
- € Have a teacher perform special skills (i.e. sing)
- € Have a teacher read a special book to the class



LOW-COST ALTERNATIVES

- € Select a paperback book
- € Enter a drawing for donated prizes
- € Take a trip to the treasure box (non-food items)
- € Get stickers, pencils, and other school supplies
- € Receive a video store or movie theatre coupon
- € Get a set of flash cards printed from a computer
- € Receive a “mystery pack” (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: “I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”

FRIDAY FREE TIME: “I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about the free time.”

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 6 hours of nutrition education in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, "Eating Right is Basic" 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 and Jenny Lam, Nutrition Education Assistants, are 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

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Newsletter & photos online at
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