

# Eating Right is Basic



Volume 7 Issue 1

Winter 2006



## Highlights



### Oo October

#### “Moving & Munching Across MyPyramid”

event for 70+ kids from Bayshore Elementary's After-School Program (Daly City). “Move & Groove”, “MyPyramid Art”, “Green Thumb Gardens”, “MyPyramid Toss”, and two healthy snack stations!

#### “Get Fit EPA” Event

at Cesar Chavez Academy (East Palo Alto) to promote fitness & nutrition. Our “veggie gourmet” booth served up Garbanzo Salad, Veggies with Peanut Dip, and Black Bean Salad. Check our website for the “Fresh Ideas for Vegetables” recipes!

### Nn November

#### “Reading Across MyPyramid” Training

Teacher training at Bayshore Elementary. Delightful new storybooks have been added to the updated version!

#### Classroom Lessons

at Jean Parker Elementary (SFUSD)

### Dd December

#### “Creative Nutrition Activities for Pre-K”

Workshop for San Francisco YMCA child care providers during their professional development week.

### Jj January

Happy, Healthy New Year!

#### “Eating Right is Basic” Newsletter

Hot off the press! Contact us if you are interested in our curricula, teacher trainings, classroom visits, parent nutrition workshops, or special events.

#### Parent Nutrition Workshop

at Redding Elementary School (SFUSD)

#### Nutrition & Health for Busy Families!

4-week series of classes for pre-K parents at Our Second Home, Daly City. Dinner & child care provided!

### Ff February

SFUSD's Nutrition & Physical Activity Month

### Mm March

#### National Nutrition Month®

Celebrate! Step up to Nutrition & Health!

Visit our website at <http://cesanmateo.ucdavis.edu> for more information.



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](mailto:layamashiro@ucdavis.edu)  
Website: <http://cesanmateo.ucdavis.edu>

## Inside this Issue:

UCCE Update  
MyPyramid for Kids Insert  
MyPyramid for Kids Curricula  
FYI...Youth FSNEP

*“Good, better, best;  
never let it rest til your  
good is better and your  
better is best.”*





## Nutrition Staff Updates

### New Staff:

**Joanne Chin, Administrative Assistant**  
Welcome! Joanne also attends business and computer classes at CCSF. She previously worked for SFUSD Student Nutrition Services.

### New Responsibilities:

**Marilyn J. Johns, County Director**  
Congratulations to Marilyn for becoming our new County Director.

**Lisa Yamashiro, R.D.** has been promoted to lead supervisory position for our nutrition education programs.

# CELEBRATE!

## National Nutrition Month®

March 2006

### Step up to Nutrition & Health



The American Dietetic Association  
<http://www.eatright.org>



## On the Bookshelf: "From Telling to Teaching"

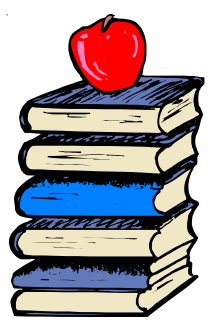
<http://www.learningbydialogue.com/>

The teacher of a teacher-centered approach asks, "what do I need to do to teach this topic?"

The teacher of a learner-centered approach asks, "what do they need to do to learn this topic?"

**"From Telling to Teaching, A Dialogue Approach to Adult Learning"** by Joye A. Norris, Ed.D, introduces educators of adults to a dynamic, motivational dialogue approach that breathes new life and energy into everyone involved. Readers learn how to set positive learning environments, activate prior learning, incorporate a variety of teaching approaches, engage learners in dialogue, and reinforce the learning. The book includes a proven, step-by-step approach to curriculum design that will transform you, your teaching, and your learners! Readers will also be introduced to the basic facilitation skills required to raise all learner voices and lift levels of learner engagement. A must read book!

The author, Joye A. Norris, Ed.D has led dynamic workshops for our statewide UCCE nutrition program conferences. Our staff has come away inspired and energized, as we continue to upgrade our teaching and lesson design skills to make us more effective educators and facilitators of positive lifestyle changes.



In December our nutrition education team conducted a successful Extender Training Workshop for professional colleagues from San Francisco Unified School District, North Street Community Resource Center (Pescadero), San Francisco Head Start, and San Francisco Food Systems. Faye C.H. Lee, Ed.D., Youth Advisor, Emeriti was our featured keynote speaker. The room was energized with everyone engaged in dialogue, all voices being raised, all senses stimulated, and great ideas generated, all in the spirit of collaboration. Kudos to all!

# MyPyramid for Kids Curricula

**New!** **Happy Healthy Me...  
Moving, Munching &  
Reading Through  
MyPyramid**  
for 4 to 6 year olds



The goal of the curriculum is to help children develop healthy eating and physical activity habits that will last a lifetime.



**Each lesson includes:**      **Storybooks:**

- |                                |                               |
|--------------------------------|-------------------------------|
| ◆ Background information       | ◆ Beastly Feast               |
| ◆ Featured storybook           | ◆ Bread, Bread, Bread         |
| ◆ Nutrition activities         | ◆ Growing Vegetable Soup      |
| ◆ Physical activities          | ◆ Lunch                       |
| ◆ Poems, songs, & finger plays | ◆ Kiss the Cow                |
| ◆ Recipe                       | ◆ Two Eggs, Please            |
| ◆ Letter to parents            | ◆ The Very Hungry Caterpillar |
| ◆ Evaluation                   | ◆ Bearobics                   |
|                                | ◆ Wash Your Hands             |



**Updated!** **Reading Across  
MyPyramid**  
K-3rd grade



Children learn about food and nutrition by having children's storybooks with food-related themes read to them, then participate in hands-on nutrition activities.

**Featured Storybooks**

**Grades K-1:**

- ◆ I Will Never Not Ever Eat a Tomato
- ◆ Bread, Bread, Bread
- ◆ Tops and Bottoms
- ◆ Handa's Surprise
- ◆ From Cow to Carton
- ◆ Green Eggs and Ham
- ◆ The Very Hungry Caterpillar
- ◆ Pete's a Pizza
- ◆ Can You Move Like an Elephant?
- ◆ Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs
- ◆ Feast for 10

**Grades 2-3:**

- ◆ The Hungry Thing
- ◆ Everybody Cooks Rice
- ◆ The Ugly Vegetables
- ◆ How Do You Raise a Raisin?
- ◆ Cow
- ◆ Mice and Beans
- ◆ The Seven Silly Eaters
- ◆ Nothing Beats a Pizza
- ◆ Let's Exercise
- ◆ Germs Make Me Sick!
- ◆ Spaghetti and Meatballs for All



**New!** **MyPyramid for Kids**

**Classroom Materials from USDA Team Nutrition**

<http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html>



Educational materials developed to help elementary school children learn the *MyPyramid* food guidance system. Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6). Classroom materials include the following, and can either be ordered or downloaded from the Team Nutrition website:

- ◆ Teacher's Guide including lesson plans with reproducible worksheets. Also includes: *A Close Look at MyPyramid for Kids*, a step-by-step explanation of the key concepts of the *MyPyramid for Kids* symbol
- ◆ CD with the *MyPyramid Blast Off Game*
- ◆ *MyPyramid for Kids* poster
- ◆ *Tips for Families*
- ◆ Fruit and Vegetable Challenge poster packet (Level 1 only)
- ◆ CD including the lesson plans, reproducible worksheets, *A Close Look at MyPyramid for Kids*, and *Tips for Families*, Power Panther songs, *MyPyramid for Kids* illustrations, and Go Fish game cards.

# 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 in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, tri-annual 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. 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 resource families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our Nutrition Education Program Representatives, **Dana Andrews, Jenny Lam, and Jan McCulloch** are available to provide nutrition presentations 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.

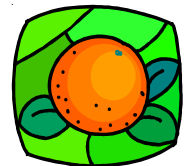


University of California, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, does not discriminate on the basis of race, religion, color, national origin, sex, mental or physical handicap, or age in any of its programs or activities, or with respect to any of its employment policies, practices, or procedures. Nor does the University of California discriminate on the basis of ancestry, sexual orientation, marital status, citizenship, medical condition (as defined in Section 12926 of the California Government Code) or because individuals are special disabled veterans or Vietnam era veterans (as defined by the Vietnam Era Veterans Readjustment Act of 1974 and Section 12940 of the California Government Code). Inquiries regarding this policy may be addressed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, California 94607-5200. (510) 987-0097.

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 Ave., Building B, Room 227  
San Bruno, CA 94066



### Edited by:

Lisa A. Yamashiro, R.D., Program Representative  
Marilyn J. Johns, County Director



Visit our website at:  
<http://cesanmateo.ucdavis.edu>