

Eating Right is Basic



Volume 9 Issue 2

Winter 2008

HAPPY NEW YEAR!!

2008 Calendar of Health Events

January 20-26

Healthy Weight Week

February

American Heart Month

March

National Nutrition Month

April 21-27

TV-Turnoff Week

May

National Physical Fitness & Sports Month

June

National Fresh Fruit & Vegetable Month

July (second week)

National Youth Sports Week

August 10-16

National Farmers Market Week

September

National Cholesterol Education Month

October

Children's Health Month

November

American Diabetes Month

December

Reflect on all the healthy choices you made in 2008!

<http://email.nhlbi.nih.net/ktbcalendar/KTBcalendar08.pdf>
<http://www.holidaysmart.com/2008/year2008.htm>



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
Website: <http://cesanmateo.ucdavis.edu>

TOOLS

FOR THE CLASSROOM

Help your children eat well to learn well by incorporating nutrition concepts into your lessons. Cooperative Extension provides nutrition and gardening curriculum linked to California Content Standards.

Grades K-1...From Farm to Fork



Ten lessons connect local food systems, garden-based learning, school food service, and the establishment of healthy habits.

Grades K-3...Reading Across My Pyramid



Eleven lessons combine nutrition and literacy through food-related storybooks. Lessons also incorporate science, math, language arts, and social studies.

Grades 4-5...Power Play



Lessons provided in the tool kit integrate nutrition and physical activity messages across the curriculum. A Community Youth Organization version targets 5-11 year olds and includes 20 activities and physical activity games.

Grades K-6...TWIGS



Thirty lessons connect gardening and nutrition through the development and harvesting of a vegetable garden.

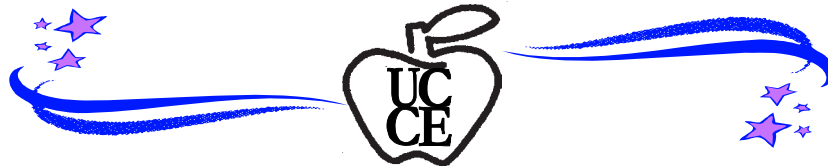
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"It is only with the heart that one can see rightly; what is essential is invisible to the eye."

--Antoine de Saint-Exupery



**ENTER
TO WIN!!!**

Re-Enroll in our
Nutrition Education Program for Youth
BY FRIDAY, FEBRUARY 15th
and you will be entered into a drawing to
receive a **COOKING DEMONSTRATION**
for your classroom.



We welcome new partnerships and collaborations. To
arrange a curriculum training session, please contact:
May Woo, RD, Program Representative
650-871-7559; maywoo@ucdavis.edu

Staff Updates



Welcome!

Jennifer Gabet has recently joined our team as the Lead Nutrition staff and Program Representative III. She is a registered dietitian and received her Bachelor's Degree in Nutrition and a Master's Degree in Public Health from U.C. Berkeley. She brings with her a strong background in nutrition and health education, having worked in health and wellness programs at U.C. Berkeley, in Santa Barbara, and in Missoula, Montana.

She is excited to be back in the Bay Area as of August and looks forward to providing positive, research-based nutrition education, outreach and prevention programs for San Francisco and San Mateo Counties. As an avid bicyclist, prior racer, and mother of a five year old son, she remains committed to an active lifestyle. She also enjoys gardening, cooking, and eating good food.



YES! SUCCESS!!

Dina Castellon, UCCE Nutrition Education Assistant (Spanish bilingual) writes:

"I did a series of lessons at the Migrant Education Program at SSFUSD. I had a group of high school students. In the group there were two boys and the rest were girls. As I started the food demonstrations I asked for volunteers. The first meeting only girls helped me out. The food preparation involved mixing salads, mixing rice with veggies, and we also did a stir fry. We had to set the table and serve the rest of the class. During the second class I asked who wants to help and both of the boys raised their hands. They were a little shy at the beginning, but after that they were the first to raise their hands and help out. Their mother was pleased to see them very involved in the activities even though they were the only boys in the class."

If you have a success story you would like to share, please contact Jennifer Gabet at jgabet@ucdavis.edu.



New Foods for the New Year!

Although presenting new foods to children can be challenging, the rewards are worth it. Children who eat “a variety of nutrient-dense foods,” as suggested by the USDA Dietary Guidelines, get all the components necessary for **growth and health**. As children expand their food repertoire and appreciation for foods, their **options for healthy eating** increase. Eating new foods can also be an interesting and fun learning process. Children use their **senses** when experiencing foods, their **critical thinking skills** in comparing foods, and their **language abilities** when describing foods. Therefore, create a **Food Adventure** this New Year by offering new foods to your children.

Try this taste test exercise: Pick a food. Compare two different types of the food. Describe the color, shape, smell, sound, taste, and what it feels like (including how it feels in the mouth).

Cultural Foods



To expand children’s food experiences, encourage them to try unfamiliar new foods from different cultures. Each child’s family has its own customs and culture. Their family foods reflect their culture.

Trying foods of other cultures helps children...

- Learn about and enjoy new foods.
- Get the health benefits from different kinds of foods.
- See how people are alike and different.
- Know and respect others.

Ways to help children learn about or try foods from different cultures:

- Read books about foods and customs of different ethnic populations.
- Take field trips to places that grow or sell special foods.
- Have children talk about their favorite family foods.
- Provide multicultural recipes for children to take home.
- Conduct cooking activities of cultural foods.
- Celebrate a special holiday and taste the traditional foods.

Additional Resources:

www.teamnutrition.usda.gov/Resources/cnak_2Youth.pdf
www.fns.usda.gov/tn/Resources/popularevents.pdf

10 Suggestions for Trying New Foods

1. **Let appetite be the guide.** Trust hunger and fullness signals. Serve new foods when a child is hungry. Avoid forcing a child to eat.
2. **Keep it simple.** Give a few different items and let your child choose from those. Avoid being a short-order cook.
3. **Focus on the positive.**
4. **Be a role model.** Try new foods yourself.
5. **Pick a new food while shopping.** Have your child select something healthy from the grocery store.
6. **Plant a garden.** (UCCE has gardening curriculum available.)
7. **Cook with your child.** (UCCE has recipes and cooking ideas available.)
8. **Prepare new foods in different ways.** Try raw, steamed, sauteed, roasted items with sauces, seasonings, dips.
9. **Try and try again.** Your child may need to try a new food 10-20 times before liking it.
10. **Relax and be patient.** Your child does not need to enjoy every food. Everyone has different food preferences.

Additional Resources:

www.health.gov/dietaryguidelines/
www.ellynsatter.com

Source: Nutrition Nibbles (USDA)



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, newsletter subscription, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and additional resources!

May Woo, RD 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, **Dina Castellon, Jenny Lam, and Jan McCulloch** are available to provide nutrition workshops 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.

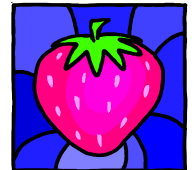


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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

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



Editors:

Jennifer Gabet, MPH, RD, Program Representative
May Woo, RD, & Frances Wong, Program Representatives
Marilyn J. Johns, County Director



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