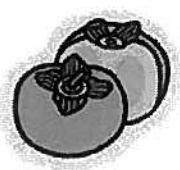


| | | | |
|---|--|--|---|
| To | WAD Date | WAD No. | Page |
| ALL SITE ADMINISTRATORS | November 3, 2010 | | 1 of 1 |
| Subject | Date Due | Not Applicable After | |
| November Harvest of The Month | N/A | November 30, 2010 | |
| From | Title | Signature | Telephone |
| Kim Coates | Supervisor- Student Support Services Department/School Health Programs | | 242-2615 |
| Action Required | | | |
| PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES X Post X Distribute To All Staff | | | |
| Administrative Directive | | | |
| WHO: All Staff at Elementary, Middle and High Schools | | |  |
| WHAT: November's Harvest Of The Month – Persimmons | | | |
| <u>Facts about Persimmons:</u> | | | |
| <ol style="list-style-type: none"> 1. One medium persimmon is a high source of vitamin C, vitamin A and fiber. 2. The persimmon is Japan's national fruit. 3. California grows more persimmons than any other state in the United States. | | | |
| For more information about <i>Persimmons</i> , click on the attachments below: | | | |
| <ul style="list-style-type: none"> • Educator's newsletter • Family Newsletter (English) • Family Newsletter (Spanish) • Family Newsletter (Chinese) | | | |
| HOW: | | | |
| <ul style="list-style-type: none"> • Distribute Harvest of the Month materials: <ul style="list-style-type: none"> ⇒ Copy Educator's Newsletter for every classroom teacher ⇒ Copy Family Newsletter, send home in weekly envelope • Prepare and offer the <i>Persimmon Salad</i> or the <i>Persimmon & Spinach Salad</i>, at your next staff meeting (recipes available in the Harvest of the Month newsletters). • Teach a lesson from the Educator's Newsletter | | | |
| WHY: | | | |
| <i>The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.</i> | | | |
| WHEN: November 2010 | | | |
| Approved | Name | Title | Signature |
| | Kevin Truitt | Associate Supt. Student Support Services | |
| SAN FRANCISCO UNIFIED SCHOOL DISTRICT WEEKLY ADMINISTRATIVE DIRECTIVE | | | |

本月收成

Network for a Healthy California

本月收成農作物是 **柿子***

*加州柿子可分兩大類



蜂屋柿

Hachiya Persimmon



富有柿

Fuyu Persimmon

秘訣

- 選擇外表光滑、顏色鮮紅的柿子，繫有葉子的更佳。
- 成熟的富有柿較堅實，可在室溫下保存達三個星期，放進冰箱裡可保存更久。
- 成熟的蜂屋柿較柔軟，或會帶有淺細皺紋或少量棕色斑點，室溫下可存放數天。
- 如想加快蜂屋柿成熟，可以將柿子跟香蕉或蘋果一起放進紙袋中。
- 蜂屋柿通常用來烘烤，也可以利用匙羹進食。

更多資訊，可參閱：

www.fruitsandveggiesmatter.gov/month/persimmons.html

攜手邁向健康與成功學習

體力活動和健康飲食同樣重要。學童們多體力活動和多吃蔬果，會有更佳的表現，並可以增進記憶能力。兒童每天至少需要六十分鐘的體力活動，鼓勵您的孩子要積極運動，及進食各種顏色的水果和蔬菜。

柿子菠菜沙拉

材料（六人份，每人半杯）：

- 3 杯菠菜，洗淨
- 3 個富有柿，切片
- ¼ 杯小紅莓乾
- 1½ 湯匙橄欖油
- 3 湯匙100%橘子汁
- 2 湯匙米醋
- ½ 茶匙鹽

1. 將橄欖油、橘子汁、米醋、鹽放進小碗裡，混合做成沙拉醬，放入冰箱
2. 將菠菜、柿子、小紅莓乾放進大碗裡
3. 將沙拉醬和蔬果混合，即可享用

**可將切片烤雞胸肉放入沙拉裡。

Adapted from: www.lapublichealth.org/nutrition

讓您的小孩有健康的飲食

- 將柿子作為您孩子的課後點心。
- 將柿子片加入沙拉或菜餚中。
- 將柿子放入食譜，例如鬆餅、餡餅和布丁。
- 問您的孩子每天進食各種顏色蔬果的三個對健康的好處。

Nutrition Facts 營養成份

Serving Size: 1 medium persimmon (168g)
每餐份量: 1個中型柿子 (168克)

Amount Per Serving 每餐食用量

Calories 卡路里 118 Calories from Fat 脂肪熱量 3

% Daily Value 每日食用值

Total Fat 總脂肪 0g 0%

Saturated Fat 飽和脂肪 0g 0%

Trans Fat 反式脂肪 0g

Cholesterol 膽固醇 0mg 0%

Sodium 鈉 2mg 0%

Total Carbohydrate 總碳水化合物 31g 10%

Dietary Fiber 飲食纖維 6g 24%

Sugars 糖 21g

Protein 蛋白質 1g

Vitamin A 維他命A 55% Calcium 鈣 1%

Vitamin C 維他命C 21% Iron 鐵 1%

Source: www.nutritiondata.com

來運動吧！

- 每天早上和孩子步行十分鐘，可以熱身醒腦。
- 在您的孩子作功課之前，先預留二十分鐘給您的孩子做一些戶外或室內活動，會幫助孩子更專心。
- 在傍晚與您的孩子做一些伸展運動。
- 逛逛農夫市場，看看您和您的孩子可以找到多少不同種類的蔬果。

更多資訊，可參閱：

www.verbnow.com

我需要多少份量？

一份是一個中型的柿子；約一個棒球的大小。

確保每日要進食包括各種顏色的水果和蔬菜，以幫助您和您的孩子達到每日總需求。

建議每日蔬果數量*

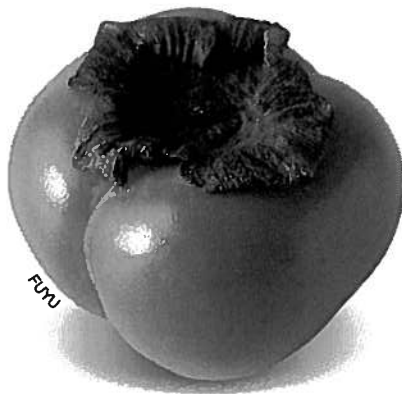
| 兒童5-12歲 | 青少年13-18歲 | 成人19歲以上 |
|------------|-------------|-------------|
| 每天2½ - 5 杯 | 每天3½ - 6½ 杯 | 每天3½ - 6½ 杯 |

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



Harvest of the Month

Network for a Healthy California



FUYU

Nutrition Facts

| | |
|--|---------------------|
| Serving Size: ½ medium persimmon (84g) | |
| Calories 59 | Calories from Fat 1 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 11g | |
| Protein 0g | |
| Vitamin A 27% | Calcium 1% |
| Vitamin C 11% | Iron 1% |

PERSIMMONS

Health and Learning Success Go Hand-In-Hand

The 2007 CalCHEELPS survey found that less than one out of three California children meet the fruit recommendation for good health and only one in ten eat the recommended cups of vegetables. Increasing students' access to nutrition lessons at school empowers them to make healthy food choices. Use *Harvest of the Month* to encourage healthful behaviors, connect with core curricula, and link the classroom, cafeteria, home, and community.

Exploring California Persimmons: Taste Testing

What You Will Need:

- One ripe Fuyu and Hachiya persimmon per every four students*
- Paper and pencils
- Cutting board and knife

*Refer to *Botanical Facts* on page 2 for information on how to determine ripeness.

Activity:

- Divide class into groups of four and distribute persimmons.
- Observe and feel both varieties of persimmons (whole).
- Cut Fuyus into quarters; as appropriate, scoop Hachiyas.
- Note texture, smell, and taste of each variety.
- Discuss similarities and differences in taste, color, texture, smell, and shape; use descriptive words to explain.
- Determine which variety students prefer and graph results. Share results with school nutrition staff.

For more ideas, reference:
The Power of Choice, USDA, 2003.

Cooking in Class: Persimmon Salad

Makes 36 tastes at 2 tablespoons each

Ingredients*:

- 8 Fuyu persimmons, washed
 - 2 Granny Smith apples, washed
 - 1 lemon, washed
 - 2 small packages honey* (9 grams each)
 - 1 tablespoon fresh mint, finely chopped (optional)
1. Core and chop the persimmons and apples into ½" chunks and place in a bowl.
 2. Cut the lemon in half and squeeze juice into a small container.
 3. Add honey to the lemon juice and mix thoroughly with a whisk.
 4. Pour the lemon-honey dressing over the fruit and gently toss until well coated.
 5. Place 2 tablespoons of fruit salad in a paper tray.
 6. Serve immediately. (If using mint, add just before serving.)

*Do not give honey to children under the age of one.

Nutrition information per serving:
Calories 40, Carbohydrate 8 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Adapted from: Tasting Trio Team,
Network for a Healthy California, 2010.

Reasons to Eat Persimmons

Half of one medium persimmon provides:

- An excellent source of vitamin A.
- A good source of fiber and vitamin C.
- A source of many antioxidants, including beta-carotene*, lutein, zeaxanthin, and lycopene.

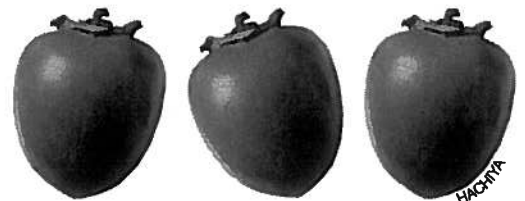
*Learn about beta-carotene on page 2.

Champion Sources of Beta-Carotene*:

- Cantaloupe
- Carrots
- Mango
- Papaya
- Persimmons
- Pumpkin
- Spinach
- Sweet potatoes

*Champion sources provide a rich source of beta-carotene.

For more information, visit:
www.nal.usda.gov/fnic/foodcomp/search/
(NDB No: 09263)



HACHIYA

What is Beta-Carotene?

- Beta-carotene is a member of the carotenoids, which are a class of more than 600 naturally occurring pigments synthesized by plants, algae, and photosynthetic bacteria.
- Carotenoids are highly colored (red, orange, yellow), fat-soluble compounds naturally occurring in many fruits and vegetables (leafy greens, carrots, sweet potatoes, squash, spinach, apricots, and green peppers).
- The carotene family possesses antioxidant properties. Alpha-, beta-, and gamma-carotene are considered "provitamins" because they can be converted to active vitamin A.
- Vitamin A serves several functions in the body. It helps maintain good vision, fight infection, support cell growth, and keep skin healthy.

For more information, visit:
http://pl.oregonstate.edu/infocenter/phytochemicals/carotenoids/#biological_activity
http://www.mayoclinic.com/health/beta-carotene/NS_patient-betacarotene

How Do Persimmons Grow?

The persimmon is a deciduous tree, adaptable to a wide range of soils and climates and immune from most diseases and insects. Although the trees can withstand temperatures as low as zero degrees when fully dormant, they do not produce well in high summer heat or desert regions. Trees are either male or female, but some have both male and female flowers; sexual expression can also vary from year to year. Reaching heights of up to 25 feet, trees bear fruit about two to three years after grafting and have a life span of about 10 years.

For more information, visit:
www.crfg.org/pubs/ff/persimmon.html
www.nal.usda.gov

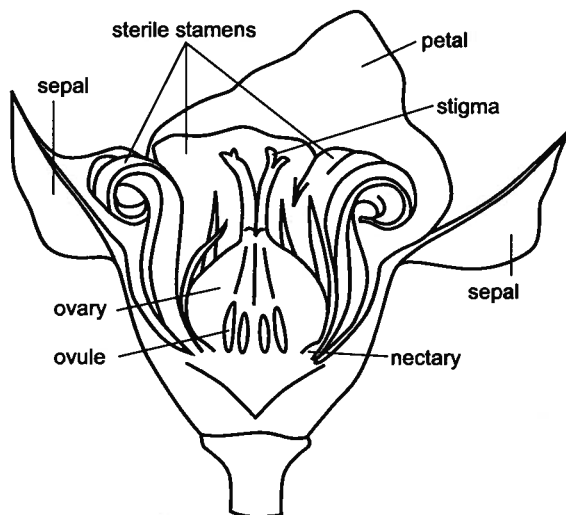


Image adapted from:
www.284.pair.com/florists/all-about-flowers/Persimmon.htm
 Floral terminology provided by E. Sandoval, Curator, College of Biological Sciences Greenhouses, University of California, Davis.
 To download reproducible botanical images and for more growing information, visit www.harvestofthemoonth.com.

Botanical Facts

Pronunciation: pər-sīm'ən
Spanish name: persimo
Family: Ebenaceae
Genus: *Diospyros*
Species: *D. kaki*



Ancient references to the persimmon as "food for the gods" have led to its classification in the genus *Diospyros* of the Ebony family. ("Dios" means God; "pyros" means grain or food.) The English word "persimmon" is derived from the Algonquian language of the eastern United States meaning "dry fruit."

Today, all persimmons cultivated in California (and most in the United States) are of the *D. kaki* species. Although native to China, this species is often referred to as Japanese or Oriental persimmons.* These fruits are generally divided into two categories: astringent and non-astringent.



| | Astringent | Non-astringent |
|-----------|--|------------------------------------|
| Varieties | Hachiya | Fuyu |
| Color | Bright, deep orange-red | Light orange |
| Shape | Acorn-shaped | Spherical, pumpkin-shaped |
| Use** | Must be jelly soft before it is edible; used mostly for baking | May be eaten raw when firm or soft |

*See *A Slice of Persimmon History* on page 3 for origin.

**To ripen firm astringent varieties, store at room temperature. To expedite process, place in paper bag with apple or banana.

For more information, visit:
www.sdfarbureau.org/fuyu

How Much Do I Need?

Half of one medium persimmon is about a ½ cup of fruit. This is about the size of one cupped handful. The amount of fruits and vegetables that each person needs daily depends on age, gender, and physical activity level. Encourage students to find out how many cups of fruits and vegetables they need to eat daily and keep a tracking log to monitor if they are meeting their needs. Remind students that they also need to get at least 60 minutes of physical activity every day.

Recommended Daily Amount of Fruits and Vegetables*

| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|----------------|---------------------|----------------------------------|
| Males | 2½ - 5 cups per day | 4½ - 6½ cups per day |
| Females | 2½ - 5 cups per day | 3½ - 5 cups per day |

*If you are active, eat the higher number of cups per day.
 Visit www.mypyramid.gov to learn more.

Student Sleuths

- 1 Some persimmon varieties contain tannins, which cause astringency. What are tannins? What are other sources of tannins?
- 2 Persimmons are high in antioxidants. What are antioxidants and what do they do for the body?
- 3 What is beta-carotene? Describe how beta-carotene is converted to vitamin A in the body.
- 4 Create a presentation on several fruits and vegetables from different parts of the plant we eat (roots, seeds, leaves, fruits, etc.). List the key nutrients found in each item and the health benefits of these nutrients.
- 5 What are the top three persimmon-producing counties in California? Locate on a map. When do these regions harvest persimmons? What similarities are there between these counties (e.g., climate, location, geography)?

For information, visit:

www.cfrg.org/pubs/ff/persimmon.html

www.nal.usda.gov/fnic/foodcomp/search/

A Slice of Persimmon History

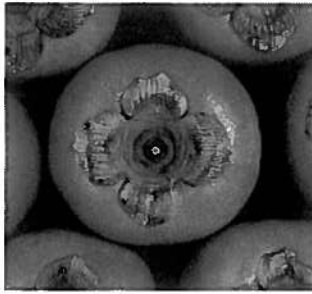
- The *D. kaki* species originated in China and made its way to Japan more than a thousand years ago.*
- Commodore Perry brought seeds back to the United States from Japan after his 1852-54 expedition. The seeds were first planted in the area around Washington, D.C., but were killed by an early frost.
- In 1870, grafted trees were successfully introduced into Georgia and California by early USDA plant explorers.
- At least 500 different *D. kaki* varieties were brought to California during a major planting spree from 1870 to 1920. In 1877 alone, more than 5,000 plants in 19 varieties were imported from Japan.
- Today, the two major Japanese varieties grown in California are the Hachiya and the Fuyu.

*Persimmons of the species *D. virginiana* (American persimmon) are native to North America, mostly on the East Coast. While it was a food staple of early Native Americans, the species today accounts for less than 1 percent of the country's total crop production.

For more information, reference:

Chez Panisse Fruit, Alice Waters, 2002.

<http://food.oregonstate.edu/faq/uffva/persimmon2.html>



School Garden: Cover Crops

Late fall is an ideal time to clean up the garden from summer and prepare it for winter using a cover crop. Cover crops provide soil cover and prevent soil erosion. A legume is a great choice for a winter cover crop for the added benefit of nitrogen. Easy to grow nitrogen rich plants are: red clover, alfalfa, fava beans, or peas. Humans need protein to grow properly. Nitrogen is a component of the protein foods that we eat. Animal and plant foods provide us with protein in our diet.

Activity:

Have students identify protein foods that come from animal and plant sources. This can be done with pictures of different types of food. Discuss how we can eat plant foods high in protein to replace animal protein in a meal.

For more ideas, reference:

The Growing Classroom, Roberta Jaffe and Gary Appel, Life Lab Science Program, 1990, pp. 93-95.

Home Grown Facts

- In 2004, California produced 99 percent of the *D. kaki* crop in the United States.
- Tulare and Fresno counties produce 53 percent of the state's total production.
- Other major persimmon-producing regions include Orange, Riverside, and San Diego counties. A small percentage is grown in Sutter and Placer counties.
- Persimmons reached their peak in popularity during the first half of the 20th century. The Hachiya was the preferred variety, but production declined and has since been surpassed by the Fuyu.

For more information, visit:

www.cdfa.ca.gov

www.cfrg.org/pubs/ff/persimmon.html



Just the Facts

- In Asia, persimmons have been cultivated for thousands of years and rank next to citrus fruit in importance, culturally and economically.
- The persimmon is Japan's national fruit.
- The art of hoshigaki — hand-dried persimmons — is an integral part of traditional Japanese New Year's celebrations.
- The Fuyu was developed by breeding out the tannic acid from the Hachiya, making it more appealing to taste and easier to eat whole and raw.
- Persimmon trees are also cultivated for timber (used in golf clubs, textile weaving, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.

Source:

Chez Panisse Fruit, Alice Waters, 2002.

www.mfc.state.ms.us/seedlings/

Student Advocates

After the persimmon was introduced in America in the late 1800s, it became one of the country's most popular fruits, particularly in California. Although California continues to lead the nation in persimmon production, its popularity has declined considerably. Using what they have learned in class, students can "re-introduce" the persimmon to the community.

- Write an article that describes the two main varieties and the nutritional benefits. Include examples of how they can be used in meals and recipes. Submit articles to local print outlets.
- Design posters or brochures to promote the nutritional benefits and uses of persimmons. Include healthy holiday recipes. Display on campus or at grocery stores, persimmon stands, or farmers' markets.

Physical Activity Corner

Movement increases breathing and heart rate so that more blood flows to the brain. Integrating physical activity into the classroom can help optimize student performance.

Objective:

Kinesthetic movement, nutrition education

Activity:

- Students jump up and down (or hop on one leg)*
- Call out one of the fruit/vegetable color groups (red, green, yellow/orange, etc.)
- One at a time, each student calls out a fruit or vegetable within named color group
- Continue for all color groups

*Variations may involve identifying different movements to represent fruits and vegetables or the different color groups. For example, jumping may represent red fruits while running in place may represent blue/purple vegetables.

For more ideas, visit:
www.take10.net



Cafeteria Connections

The sweet and spicy Fuyu has apricot and cinnamon flavors that are appealing to children. It is easy to prepare and does not brown quickly. Introduce students to this unique fruit by incorporating it into the school menu. Share serving ideas with school nutrition staff.

- Use firm Fuyus as a "cracker" and pair with other fruits or lowfat cheese.
- Pair Fuyu with a crisp vegetable and a dip.
- Offer sliced or shredded persimmons in the salad bar.

Other ideas for incorporating persimmons.

- Ask students (grades K-5) to develop a snack recipe.
- Ask students (grades 6-8) to develop a lunch recipe.
- Gather healthy holiday recipes that contain persimmons to share with students and families.

For more ideas, visit:
www.fns.usda.gov/tn/

Literature Links

Ask librarian to help students with a research project. Divide students into groups to research the ancient Japanese art of hoshigaki. Have students select a topic of interest and present findings to class in the library. Topics may include:

- Demonstration of method used to hand-dry the fruit
- How the practice/art evolved and how it is different today
- Historical significance in Asian culture
- Global locations of where it is practiced today

For background information and book lists, visit:
www.cfaitc.org/trg/pdf/trg2009.pdf
www.cfaitc.org/Bookshelf/Bookshelf.php
www.sarep.ucdavis.edu/cdpp/foodsystems
www.slowfoodusa.org/ark/japanese_persimmon.html

Adventurous Activities

Science Exploration:

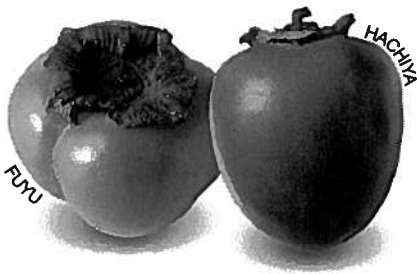
Cut persimmons will brown when exposed to air. Ask students to first research the concept of enzymatic browning or oxidation. Have students hypothesize what can be done to prevent this reaction from occurring. Then test students' hypotheses in an experiment using both Fuyu and Hachiya persimmons. Students compile information on graphs and present to their peers.

For more activities, visit:
www.harvestofthemonth.com

Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured fruit is **persimmons**



Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

Helpful Hint: Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

www.fruitsandveggiesmatter.gov/month/persimmons.html

Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

PERSIMMON & SPINACH SALAD

Makes 6 servings. ½ cup per serving.
Prep time: 30 minutes

Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

Nutrition information per serving:

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: www.lapublichealth.org/nutrition

Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

| | |
|--|---------------------|
| Serving Size: ½ medium persimmon (84g) | |
| Calories 59 | Calories from Fat 1 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 11g | |
| Protein 0g | |
| Vitamin A 27% | Calcium 1% |
| Vitamin C 11% | Iron 1% |

How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

Recommended Daily Amount of Fruits and Vegetables*

| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|----------------|---------------------|----------------------------------|
| Males | 2½ - 5 cups per day | 4½ - 6½ cups per day |
| Females | 2½ - 5 cups per day | 3½ - 5 cups per day |

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



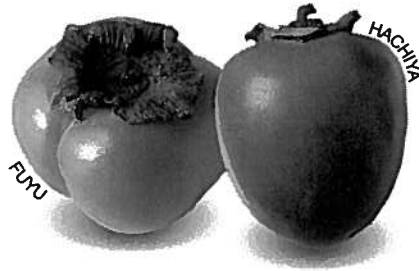
For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.



La Cosecha del Mes

Red para una California Saludable

La fruta de *La Cosecha del Mes* son los **pérsimos**



La Salud y el Éxito en el

Aprendizaje Van Mano a Mano

Los estudiantes que hacen actividad física regularmente tienen mejor desempeño en la clase. Los niños necesitan al menos 60 minutos de actividad física diaria.

Anime a su hijo/a para que sea activo/a y ayúdelo/a a comer una variedad de frutas y verduras de diferentes colores.

Consejos Saludables

- Busque pérsimos de color rojo o naranja oscuro, con piel lisa y que aún tengan las hojas.
- El pérsimo *Fuyu* maduro es firme y dura fresco hasta 3 semanas a temperatura ambiente. Para que dure más tiempo, guárdelo en el refrigerador.
- El pérsimo *Hachiya* maduro es suave y puede estar ligeramente arrugado o tener algunas manchas. Guárdelo a temperatura ambiente y úselo a los pocos días.
- Para madurar *Hachiyas*, póngalos en una bolsa de papel con una manzana o un plátano.

Consejo Útil: El pérsimo *Hachiya* se usa por lo general para hornear y se puede cortar y comer con una cuchara.

Ideas Saludables de Preparación

- Ofrezca a su hijo/a un pérsimo *Fuyu* cortado en trozos como bocadillo.
- Agregue el pérsimo *Hachiya* a recetas para panecillos y pudines.
- Sustituya los tomates en su receta de salsa favorita por pérsimos *Fuyu* y obtendrá una salsa dulce.

ENSALADA DE ESPINACA Y PÉRSIMO

Rinde 6 porciones. ½ taza por porción.

Tiempo de preparación: 30 minutos

Ingredientes:

- 1½ cucharadas de aceite de oliva
- 3 cucharadas de jugo de naranja 100% natural
- 2 cucharadas de vinagre de arroz
- ½ cucharadita de sal
- 3 tazas de espinaca, lavada
- 3 pérsimos *Fuyu* medianos, rebanados
- ¼ taza de arándanos rojos secos

1. En un tazón, combine el aceite, el jugo de naranja, el vinagre de arroz y la sal para preparar el aderezo. Enfríe en el refrigerador.
2. En otro tazón, combine la espinaca, los pérsimos y los arándanos.
3. Mezcle la ensalada con el aderezo y sirva.

Variación: Agregue rebanadas de pechuga de pollo asadas.

Información nutricional por porción:

Calorías 112, Carbohidratos 21 g, Fibra Dietética 4 g, Proteína 1 g, Grasa Total 4 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 210 mg

Adaptado de: www.lapublichealth.org/nutrition

Información Nutricional

| | |
|--|---------------------|
| Porción: ½ de un pérsimo mediano (84g) | |
| Calorías 59 | Calorías de Grasa 1 |
| % Valor Diario | |
| Grasas 0g | 0% |
| Grasa Saturada 0g | 0% |
| Grasa Trans 0g | |
| Colesterol 0mg | 0% |
| Sodio 1mg | 0% |
| Carbohidratos 16g | 5% |
| Fibra Dietética 3g | 12% |
| Azúcares 11g | |
| Proteínas 0g | |
| Vitamina A 27% | Calcio 1% |
| Vitamina C 11% | Hierro 1% |

¿Cuánto Necesito?

- La mitad de un pérsimo mediano es aproximadamente ½ taza de fruta.
- Una ½ taza de pérsimo es una fuente excelente de vitamina A y una fuente buena de vitamina C y fibra.
- Los pérsimos también tienen muchos antioxidantes como beta-caroteno que se convierten en vitamina A en el cuerpo. La vitamina A es buena para la vista, ayuda a combatir infecciones y a mantener la piel saludable.

La cantidad de frutas y verduras que necesita diariamente depende de su edad, sexo y nivel de actividad física. Anime a su familia a comer una variedad de frutas y verduras de diferentes colores cada día – frescas, congeladas, enlatadas y secas. Éstas les ayudarán a obtener la cantidad diaria recomendada.

Recomendación Diaria de Frutas y Verduras*

| | Niños, Edad de 5-12 | Adolescentes y Adultos, Edad de 13 en adelante |
|---------|----------------------|--|
| Hombres | 2½ - 5 tazas por día | 4½ - 6½ tazas por día |
| Mujeres | 2½ - 5 tazas por día | 3½ - 5 tazas por día |

*Si es activo, coma el número más alto de tazas por día. Visite www.mypyramid.gov para aprender más.

¡En sus Marcas, Listos...!

- **Por la mañana:** Camine de prisa con su hijo/a por 10 minutos para que su cuerpo y mente entren en calor.
- **Después de la escuela:** Antes de empezar la tarea, anime a su hijo/a para que juegue afuera o esté activo/a en la casa por 20 minutos. Esto le ayudará a concentrarse mejor.
- **Durante el fin de semana:** Camine con su hijo/a al mercado sobre ruedas y vean cuántos tipos diferentes de frutas y verduras pueden identificar.

Para más ideas, visite:

www.campeonesdelcambio.net

*Sitio web sólo disponible en inglés.



Para información nutricional, visite www.campeonesdelcambio.net. Para información sobre los Cupones para Alimentos, llame al 888-9-COMIDA. Financiado por el *Supplemental Nutrition Assistance Program* del Departamento de Agricultura de los Estados Unidos, un proveedor y empleador que ofrece oportunidades equitativas. © Departamento de Salud Pública de California 2010.

