



Preferred Meal Systems, Inc.

THE PREFERRED WORD

October 2011

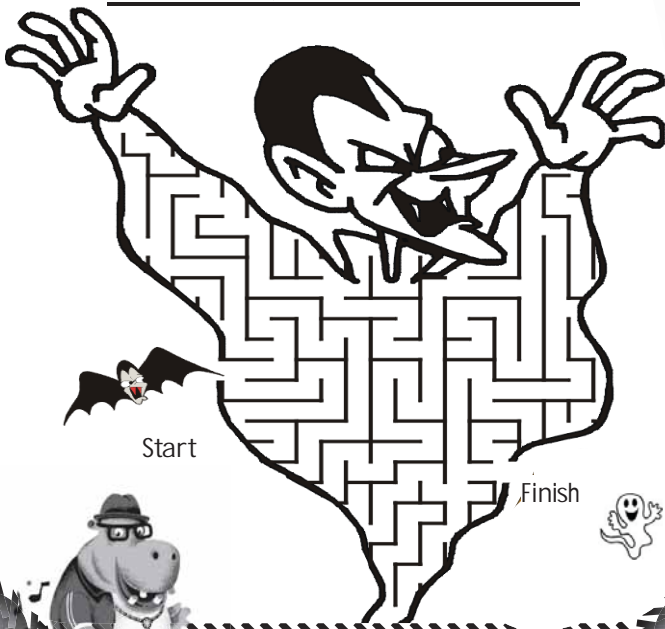
DATES TO

REMEMBER

- October 5th - World Teacher's Day
- October 9th - 15th - National Fire Prevention Week
- October 10th - Columbus Day
- October 10th - 14th - National School Lunch Week
- October 15th - Sweetest Day
- October 16th - World Food Day
- October 31st - Halloween



HALLOWEEN MAZE



Start

Finish

Rock Star News

NATIONAL SCHOOL LUNCH WEEK!

National School Lunch is October 10th - 14th! Eating a healthy lunch is very important to keep your mind awake and your body full of energy. Remember, eating a healthy lunch is not only important during this week, but for the rest of your life! Eating foods rich in whole grains, lean meats and lots of vegetables and fruits will provide your body with the following benefits:



- 1) Eating healthy is probably the easiest and most important way in which you can keep active and shield yourself from many diseases.
- 2) You will sleep better through the night.
- 3) You will meet your daily nutritional needs. Your daily food intake should include some amounts of grain, fruit, vegetables, milk, beans, oils, and protein.
- 4) You will have more energy to face the tasks each day.
- 5) Eating a balanced diet will allow you to maintain a healthy weight for the rest of your life.



- Prepay for meals online! Monitor what your child is eating at mealpayplus.com.

- Now complete the Application for Free & Reduced Priced Meals Online: <https://schoolmealapp.sfusd.edu/>. If completed online, you do not need to submit a paper application!



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DID YOU KNOW?

STOP, DROP & ROLL!

Stop, Drop and Roll is a fire safety technique used to extinguish a fire on a person's clothes or hair without the use of firefighting equipment such as a fire extinguisher.

The Stop, Drop and Roll technique consists of these three steps:

1. **Stop** - The fire victim must stop and stand still. Stop all movement which may fan the flames.
2. **Drop** - The fire victim must 'drop' to the ground, lying down if possible, covering their face with their hands to avoid facial injury.
3. **Roll** - The fire victim must roll on the ground in an effort to extinguish the fire by depriving it of oxygen. If the victim is on a rug, they can roll the rug around themselves to further stop the flames.



HARVEST OF THE MONTH!

Root Vegetables

Delicious raw, picked, stewed and roasted!

- A half cup of most root vegetables provides an excellent source of vitamin C.
- Root vegetables are divided into six subgroups: Tap Roots (carrots), Tuberosous Roots (sweet potatoes), Corms (water chestnuts), Rhizomes (ginger), Tubers (yams) and Bulbs (garlic).
- Turnip fossils were found in caves in China dating back thousands of years.

For more information about Root Vegetables and/or the Nutrition Education Project, visit www.healthiersf.org and CLICK on the icon:



Thinktrition™



USDA UNVEILS NEW MyPLATE GUIDELINES!

The government is dishing up healthy eating advice, not with a new food pyramid, but instead with an image of a plate. The icon called MyPlate is divided into four sections: fruits, vegetables, grains and protein. It replaces the pyramid image, which was first introduced in 1992 and revised in 2005.



The MyPlate symbol is part of a healthy eating initiative that will convey seven key messages from the government's dietary guidelines:

- Enjoy food but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Drink water instead of sugary drinks
- Switch to fat-free or low-fat (1%) milk
- Compare sodium in foods
- Make at least half your grains whole grains.



From a practical point of view, the plate image will help people make better food choices, nutritionists say. "We eat on plates, not pyramids," says Bonnie Taub-Dix, a registered dietitian in New York City and a nutrition blogger for food.usatoday.com. "This is a graphic that everyone can relate to and visualize."



MUSICOLOGY



Electric Guitar

7 Fun Facts About the Electric Guitar!

1. The first electrically amplified guitar was invented by George Beauchamp in 1931.
2. An electric guitar utilizes electromagnetic to convert vibrations of its metal strings into electric signals.
3. This guitar is capable of producing numerous styles of music such as jazz, rock, blues, funk, soul and metal all from just 6 six strings.
4. The main material of an electric guitar is made up of solid wood.
5. Electric guitars use tremolo arms which can be fixed and removed easily which is used to change the pitch of the strings.
6. Jimi Hendrix is the most famous electric guitarist as he experimented with its sound in many different ways.
7. Electric guitars get their sound through three main pickups called single, coil, and humbucker pickups.



FIRE SAFETY WORD SEARCH!



F I R E F I G H T E R F W X S
 D I U E W V K F J R A I A F M
 D F D Y Y D T V U E R T C O
 P R E V E N T P K W X E E Q K
 D O C S M O K E D F I T R U E
 L D L W H R O K G S T R M Q D
 B A L A R M X W Q A S U F I E
 H Z A Y Z E Y F Q F A C I Q T
 V G D O L F X K X E H K P R E
 B E D A H S W I O T O M B Q C
 S C E G I J L Q A Y S E L D T
 G E R E S C A P E Y M D G T O
 Z X C B Y N E H A K L T W C R
 U Z A S X T R F N X C F V E D
 E L E C T R I C A L F I R E W

Alarm	Exit	Ladder	Smoke
Electrical Fire	Fire Fighter	Prevent	Smoke Detector
Escape	Fire Truck	Safety	Water

FRUIT OF THE MONTH!



Cherries!



- 70% of the U.S. cherry crop is grown in the Traverse Bay Region of Michigan.
- The cherry has a number of health benefits such as fighting inflammation in the body.
- No other fruit has such high sources of natural Melatonin.
- The cherry is low in fat, sodium, cholesterol and are a great source of fiber and Vitamin A, C and E.
- Recent research indicates that tart cherry powder can help to reduce heart disease.



MUSIC NOTES!

Half Note

In music, a half note is a note played for half the duration of a whole note and twice the duration of a quarter note. Half notes are notated with a hollow oval note head and a straight note stem with no flags.

The note derives from the minima in mensural notation, which is Latin for 'least or smallest,' because at one stage it was the shortest of all note values used.

