



# NUTRITION NEWS



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Nutrition Education Project

## Starting Your School Year Off Right!

The School Health Programs Departments' Nutrition Education Project would like to welcome back students, families, teachers and staff! We hope you had a fun and active summer. We look forward to working with you to ensure that your child is successful in school. Below are ideas that you can do at home to keep your child healthy and support his or her academic achievement.



### 7 Tips to Make Your Child a Winner!

#### 1. Daily Breakfast Time

Include a whole grain, a fruit or vegetable and a food with protein and a bit of fat. For example: whole wheat toast, low fat yogurt with fruit on top.

#### 2. Snack Time

Make snacks in advance to have during or after school. Include fresh fruits and vegetables. For example: celery sticks with peanut butter and raisins.

#### 3. Physical Activity Time

Let kids play actively for 60 minutes a day. Spend time as a family walking, playing sports or dancing.



#### 4. Personal Care Time

Brush & floss teeth daily, wash hands before eating, and eat plenty of fruits and vegetables.

#### 5. Homework Time

Set a specific homework time & location. Review your child's homework. Read a fun book together for 10 - 20 minutes a day.

#### 6. TV & Computer Game Time

Limit screen time to no more than 1-2 hours a day.

#### 7. Bedtime

For elementary school age children, it is recommended that students go to sleep by 9 p.m. and sleep at least 9 hours per night.

### Make This School Year a Healthy Party Year! Learn from an expert...

Gloria Ng, an After School teacher at El Dorado Elementary School, discovered that parties and celebrations did not have to include cakes, cookies and soda; she found out that her children loved **healthy food** parties. Gloria's program included growing, harvesting and cooking vegetables. Not only did students feed their bodies with healthy nutrition, they also fed their minds with knowledge about growing vegetables and the benefits of healthier snacks. And they had fun! In an interview Gloria told us "...the healthy party stemmed from my desire for the kids to have a delicious and diverse menu and I wanted the kids to leave with a positive and lasting impression of vegetables." She answered more questions:

**Q: Gloria, how did you go about planning your party?**

**A: We researched healthy recipes and planned a rainbow menu with lots of colorful fruits and vegetables.**

**Q: What party foods did you include?**

**A: We had three fun cooking stations: rainbow salad, sparkling drinks, and healthy trail mix. For **Station One**, we picked fresh vegetables, mixed herbs, and mung bean sprouts from our garden. In **Station Two**, we made natural soda = 1/2 cup club soda + 1/2 cup 100% all natural fruit juice. We used frozen fruit as our ice cubes. In **Station Three**, children made a healthy trail mix which included all food groups. The children loved making their own individual party snacks. They were excited to share the recipes and samples with their families.**

**Q: What challenges did you face and how did you overcome them?**

**A: Cleaning up can be a challenge but doing it together really does work. Other challenges included having a limited budget and resources, so I focused my teaching on nutritious, low cost, easy recipes.**

Parents & Teachers can work together to educate and nourish our students with fun & healthy parties. Gloria's final advice:

**JUST DO IT! Make things that you enjoy making. Your passion will come through and the kids will relate even more.**

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