

Vegetable Decoder

Use the key to decode the names of the vegetables

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z
7	3	9	23	8	10	21	18	26	25	1	19	11	12	6	14	5	20	15	24	17	22	2	16	13	4

1. 13 • 7 • 11 yam

2. 14 • 7 • 20 • 15 • 12 • 26 • 14 _____

3. 9 • 7 • 17 • 19 • 26 • 10 • 19 • 6 • 2 • 8 • 20 _____

4. 19 • 8 • 24 • 24 • 17 • 9 • 8 _____

5. 9 • 8 • 19 • 8 • 20 • 13 _____

6. 9 • 7 • 3 • 3 • 7 • 21 • 8 _____

7. 24 • 17 • 20 • 12 • 26 • 14 _____

8. 19 • 8 • 8 • 1 _____

9. 14 • 8 • 14 • 14 • 8 • 20 _____

10. 9 • 17 • 9 • 17 • 11 • 3 • 8 • 20 _____



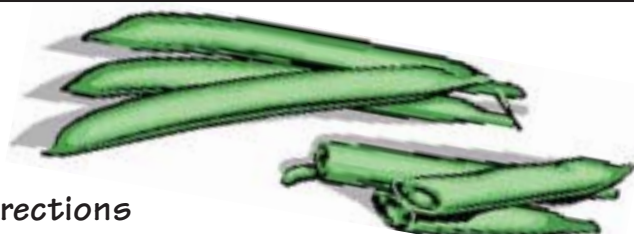
RECIPE: MEXICAN SUCCOTASH

Ingredients

- 2 tablespoons unsalted **butter** or vegetable oil
- 3/4 cup fresh or frozen white **onions**
- 1 ten-ounce package frozen or fresh **green beans** or frozen **lima beans**
- 1 ten-ounce package frozen or fresh **corn** kernels
- 1 can (14 ounces) Italian-style stewed **tomatoes**, drained and coarsely chopped
- 1 four-ounce can mild chopped **green chilies**, drained
- 1/4 cup chopped fresh **cilantro** leaves
- Salt and freshly ground black **pepper** to taste

Directions

- Place the butter or oil in a large micro... afe bowl and heat for 1 minute on High heat.
- Add the onions and cook on High for 2 minutes.
- Remove and stir in the beans, corn, tomatoes and chilies.
- Cover with a glass lid or vented plastic wrap and cook for 7 minutes, or until the vegetables are crisp-tender, stirring twice during this time.
- Season to taste with salt and pepper; serve.



Nutrition News

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THE FACTS ABOUT SNACKS

Think about your favorite snacks. What do you eat? When do you eat them? How much do you eat?

WHAT IS A SNACK?

A snack is a small amount of food eaten between meals that can provide you with extra energy and nutrients. A healthy amount is what you can fit between your hands when you cup them together.

SNACKS ARE FUEL!

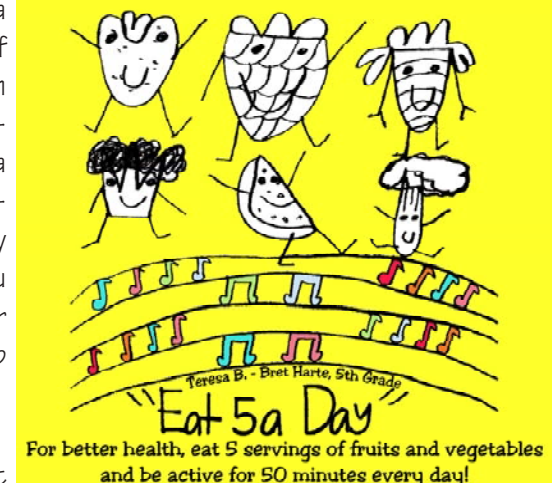
You may eat snacks because you like the way they taste or to satisfy a growling stomach. Did you know snacking is also a great way to fuel your body with the nutrients it needs? Smart snacks provide a long lasting energy combination of **carbohydrates**, **protein**, and small amount of **fat** to hold you over until the next meal. Healthy snacks also provide you with the **vitamins** and **minerals** you need to stay healthy. Those nutrients are especially important for growing children. Including fruits, vegetables, and 100% juice in snacks helps us reach our goal of eating 5-9 servings of fruits and vegetables a day.

HEALTHY SNACKS ARE SIMPLE!

Chips, cookies and soda may be convenient, but they are **high** in sugar, fat, and salt. Eating a lot of these foods can lead to health problems such as diabetes, cancer, and heart disease. Filling up on **junk foods** leaves **less** room for the more nutritious foods your body needs. Why not start off the New Year with a healthy snack resolution?

- Include fresh fruits and vegetables—just rinse and eat
- Snack on nuts, dried fruit, baked chips, and crackers—buy them in bulk to save money
- Make a family snack plan and package a week of snacks in sandwich bags—ready to grab and go!

Eat Wise, Exercise, ENERGIZE



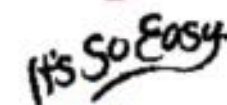
WHAT'S INSIDE?

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Visit the California 5 A Day
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www.ca5aday.com

School Health Programs
www.sfusd.edu



Work with your family to learn the **facts** about snacks!

CURRENT EVENTS: AMERICAN TRENDS

We all enjoy occasional treats, especially during the holidays. However, too much unhealthy food and too little activity can be hazardous to our health if they become habit. Five of the leading causes of death in the U.S. are lifestyle-related. Here are more alarming facts:

- The typical American diet is low in important nutrients and high in harmful fats. Only 28% of us eat at least 2 daily servings of fruit, and a mere 3% eat 3 or more servings of vegetables per day!
- Experts now recommend 30 minutes of physical activity daily for adults, 60 minutes for children. In reality, the average American watches more than 4 hours of TV per day and 38% of us do no leisure-time physical activity at all.
- With excess calories and little exercise, it's no surprise that Americans are getting fatter. Today, more than one-third of us are obese! Obesity increases risk for chronic diseases like diabetes, heart disease, and cancer.

What is causing these unhealthy trends? Many factors, including busy schedules, easy access to unhealthy foods, and media influence, are to blame. Fortunately, **YOU** can help reverse the trend. By reading this newsletter you've already taken the first step! Next, share the nutritious recipes and tips for healthy snacking with your family. Learn more about nutrition and physical activity at www.health.gov/dietaryguidelines/#current; click on Nutrition and Your Health: Dietary Guidelines for Americans.

IN THE SCHOOLS...

BRET HARTE KICKS OFF THE NEW YEAR

- 80% of the classrooms have a **Healthy Classroom Snack Policy**.
- Over half of the classrooms had **Healthy Halloween Classroom Celebrations**.
- **Fieldtrips** to Safeway and Pac Bell Park promoted healthy food choices.
- Community members helped clear the ground for a new **vegetable garden**.
- Literacy Night included 3 **nutrition literacy** classes. Healthy Chinese dishes with lots of vegetables were served for dinner.
- Congratulations!! to the 6 new **Nutrition Teacher Leaders** – Ms. Scott, Ms. Hackett, Ms. Rahima, Ms. Tirado, Ms. Lingrell and Ms. Morean.



Ms. Garcia and her students sample fresh cantaloupe.



Ms. Saeeda cuts pineapple for a healthy Halloween. Students learn how to read better through cooking.



ASK STUDENT NUTRITION SERVICES

How do you select new lunch items to put on the school lunch menu?

We work hard to bring students and staff the tastiest, most nutritious, and cost-effective meals possible. Here is the process:

- First, our **approved vendors** prepare various new menu items for kids to sample.
- Next, we randomly select **4 schools** to try out the new menu items.
- The principals at the selected schools choose 12-15 students to be on an **advisory board** to taste the new items. If approximately 80% of the students enjoy the taste of the item, the item is approved.
- Finally, we put the item on the lunch menu as **KID TESTED AND APPROVED!** Occasionally we will go to one school site and have everyone try the new item. If 80% or more of the students like the item, it is KID TESTED AND APPROVED! Sometimes we also have parents and community members try the items at meetings and conferences.



Tuesday
DECEMBER 16
New Menu Item!
Chicken Egg Roll
w/ Fried Rice
Crackers
Tossed Salad w/Dressing
Fresh Fruit

HARVEST OF THE MONTH: GREEN BEANS

- Fresh beans come in all shapes, colors and sizes. Some are yellow, red or purple. Some beans are flat and some are oval!
- Green beans were once called *string beans*. With the help of botanists today's string beans are missing the string. They are commonly called *snap beans*. Can you guess why?
- Green beans are a good source of folic acid which is important for the formation of red and white blood cells.
- Beans show up in 2 different places on the food guide pyramid (vegetable and meat group).
- Beans are part of the *three sisters of life*: corn, squash and **beans**—staples in the Native American diet.

At the Market:

- Green beans are available year round, with a peak season of May to October. Choose crisp, firm beans that are free of blemishes.
- Avoid soft beans or those where you can see the seeds bulging in the pods; this is a sign of over-maturity.

At home:

- Refrigerate unwashed green beans in a plastic bag or container for up to 5 days. **Wash carefully** and break off the stem end as you wash them. Leave green beans whole or cut into desired lengths.
- **Steaming, boiling, and microwaving** are popular ways to prepare beans. Stir-frying preserves the best qualities of the fresh bean. To retain the most nutrients, cook beans as little as possible using the smallest amount of water.
- Herbs and spices that compliment green beans include dill, mint, basil, sage, thyme, summer savory, garlic, onions and dry mustard. **Enjoy!**

RECIPE: SESAME GREEN BEANS

- 1 Tablespoon olive oil
- 1 Tablespoon sesame seeds
- 1 pound fresh green beans, snap in half
- ¼ cup vegetable or chicken broth
- Salt and pepper to taste

Heat oil in electric skillet over medium heat, add sesame seeds. When seeds turn golden brown, stir in beans. Cook, stirring until beans turn bright green. Add broth, salt and pepper. Cover and cook until beans are tender-crisp, about 5 minutes. Serve warm.

