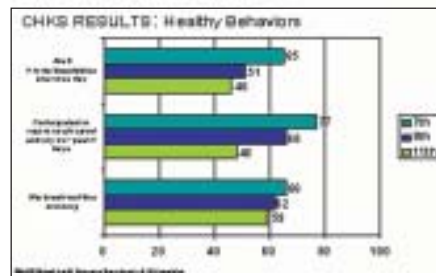


## CURRENT EVENTS: OBESITY DATA/TRENDS

The facts are in!

- **Poor nutrition and lack of physical activity lead to lower academic achievement.** Studies prove what teachers and administrators have long believed to be true: when students' basic nutritional and fitness needs are met, they have the cognitive energy to learn and achieve. Pick up any newspaper or magazine and you can read about the increase in poor eating habits and decrease in physical activity.
- Print media report the **quadrupling of issues of childhood overweight in the United States and the epidemic among children of Type 2 diabetes** - what used to be called *Adult Onset Diabetes*. **SFUSD students have not escaped these trends.** Every other year 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade students self report health information on the California Healthy Kids Survey (CHKS). And every year 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> grade students complete the Fitnessgram test. The results reflect what we see in the United States:

Fitnessgram 2002-2005	Grade 5	Grade 7	Grade 9
Aerobic Capacity - 5 Min	39.2	36.9	41.1
Body Composition - 5 Min	30.9	28.9	32.2
5-Component Fitness Overall (Percent of # of health standards)	27.2	26.4	34.4



## HARVEST OF THE MONTH: KIWIFRUIT

### Kiwifruit Facts

- Kiwifruit is the most nutrient dense fruit. It has the highest level of **Vitamin C, Potassium, & Magnesium** of any fruit.
- Kiwifruit grows on a vine and is pollinated by bees.
- Kiwifruit is a berry with hundreds of seeds which are edible.
- You can rub the fuzz off and eat the whole kiwifruit.
- Kiwifruit is also called Kiwi, Chinese Gooseberry and Yang Tao.

### Kiwifruit Salsa Recipe

3-5 Kiwifruits, diced (1-1/2 cups)  
2 medium tangerines or 1 orange, peeled and diced  
1 cup peeled and diced jicama

1/2 cup diced sweet red or yellow bell pepper  
1/4 cup chopped cilantro  
1 tablespoon lime juice  
1 tablespoon vegetable oil  
1/2 to 1 small jalapeño pepper, minced, seeds and veins removed  
1/4 teaspoon salt

In a large bowl, combine all ingredients, mixing well. Chill briefly. Makes about 2-1/2 cups.

### Serving:

Serve as a dip with baked tortilla chips, toasted pita bread triangles, or warm tortillas; as a sauce over grilled halibut or swordfish steaks, chicken or roasted tenderloin; or serve over a warm flour tortilla filled with scrambled eggs.

**Is a Kiwi a Bird or a Fruit?** The "kiwi" is a flightless bird, native to New Zealand. The kiwi is unusual in two respects. First, it is the only bird in the world that has nostrils on the end of its beak. Kiwis are about the same size as chickens, but their eggs are almost as big as those of an ostrich! So, remember that the little brown furry bird is a kiwi, and the yummy berry we eat is a **kiwifruit!**



Nutrition Facts	
Per 100g (3.5 oz)	
Total Fat	0g
Total Carbohydrate	10g
Total Protein	1g
Vitamin C	100%
Potassium	100%
Magnesium	100%

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network. For information about the California Food Stamp Program, please call 1-800-852-5253. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-N, Whitten Building, 1400 Independence Ave., SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider.

## PARENT/CAREGIVER INFORMATION

Eat 5 - 9 Servings of Fruits and Vegetables!

### Eat 5 servings each day

- Eat a variety of fruits
- Eat a variety of vegetables
- Add fresh or frozen vegetables to soups or casseroles
- Offer two vegetables at lunch and dinner
- Add tomatoes and lettuce to sandwiches
- Order a salad when eating out
- Make a fruit smoothie in a blender (fresh or frozen fruit and juice, yogurt or milk)
- Serve fruit as dessert - fresh, canned, or frozen
- Add fruit on top of cereal, yogurt or ice cream



### ¡Coma 5 Frutas y Verduras!

Coma 5 porciones cada día

- Coma una variedad de frutas
- Coma una variedad de verduras
- Añádale verduras frescas o congeladas a sus sopas o guisos
- Ofrezca dos diferentes verduras en el almuerzo y en la cena
- Añada tomates y lechuga a sus sandwiches y taquitos
- Cuando coma fuera de su casa ordene ensaladas
- Haga licuados de frutas frescas (frutas frescas o congeladas y jugo, yogur o leche)
- Sirva frutas como postre - frescas, enlatadas, o congeladas
- Añádale frutas frescas a su cereal frío, yogur o nieve

### ¿Cuánto es una porción?

- Una porción de frutas es...
  - 1 pedazo de frutas tamaño mediano
  - ¼ de taza de frutas secas
  - ½ taza de frutas picadas
- Una porción de verduras es...
  - 1 taza de verduras crudas
  - ½ taza de verduras cocidas
  - 1 camote asado pequeño (o mitad de uno grande)

### How much is a serving?

- One fruit serving is...
  - 1 medium piece of fruit
  - ¼ cup of dried fruit
  - ½ cup of sliced fruit
- One vegetable serving is...
  - 1 cup raw leafy vegetables
  - ½ cup cooked fresh or frozen vegetables
  - 1 small baked potato (or ½ large one)

### 你每天需要五份蔬果！

五個份量可包括以下：

- 各種不同的水果
- 各種不同的蔬菜
- 加新鮮或冷凍蔬菜到湯或一窩鍋內
- 在午餐和晚餐時，吃兩種蔬菜
- 在三文治中，加生菜和番茄
- 出外飲食時，多選沙律和炒青菜
- 用新鮮或冷凍水果加上牛奶或酸乳酪，放入攪拌機中攪勻
- 各種罐頭，罐裝或冷凍水果可與餐後甜點
- 在吃五穀片，麵粉糕或雪糕時，可加上水果

### 一個份量有多少？

- 水果的份量相等於：
  - 一個中型的水果
  - ¼ 杯的乾果
  - ½ 杯的切片水果
- 蔬菜的份量相等於：
  - 一杯生的蔬菜
  - ½ 杯煮熟的蔬菜
  - 一個小或半個大的塊狀馬鈴薯



Parent/Caregiver Information Page developed by the "Feeling Good" Project, SFDPH. (415) 575-5754.



# Nutrition News

Volume 2 Number 3 Spring 2004

Nutrition Education Project

## HEALTHY EATING & PHYSICAL ACTIVITY LEAD TO ACADEMIC SUCCESS

Both nationally and locally, too many children are overweight and too few are getting enough exercise or eating nutritionally sound meals and snacks. Research continues to show strong links between physical activity, healthy eating and academic achievement.

It is the mission of SFUSD to provide each student with an **equal opportunity to succeed** so that each student can achieve his or her **maximum potential**. School Health Programs Department (SHPD) is entrusted with the responsibility of providing the programs and services that meet the specific health-related needs of our students. Our goal is to assist school sites in achieving **academic excellence and improved attendance**, by **decreasing risky behaviors and creating safe and healthy communities**.

SHPD selects programs and services that follow the Center for Disease Control (CDC) Eight Component Model; an approach that addresses the needs of the **whole child**. Nutrition Services and Physical Education are two of the eight key components. In addition the SFUSD Board of Education has declared Nutrition and Physical Activity a **priority** by passing Board Resolution # 211-12A8, in January 2003.

As you read through this newsletter take time to consider your own health and to reflect on the Nutrition and Physical Activity Policy. **Remember you are a role model for your students.** Teaching classroom lessons and sponsoring school events for our families and communities is an effective way that we can work together to improve the quality of life and academic success for all of our students.

Trish Bascom  
Executive Director, School Health Programs



A message from the California Department of Health Services. This material was developed with funding support from the National Food Stamp Program, U.S. Department of Agriculture.

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- Make copies & send home to families!	

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Visit the California 5 A Day  
Web site at  
[www.ca5aday.com](http://www.ca5aday.com)

School Health Programs  
[www.sfusd.edu](http://www.sfusd.edu)



## DISTRICT NEWS: MOVING FORWARD & LEADING THE WAY

### Healthy School Nutrition and Physical Activity Resolution/Policy

In January 2003, the SFUSD School Board adopted Resolution # 211-12A8. The Policy Advisory Council and subcommittees will finalize the policy for approval by the Board by the end of the 2003/2004 school year. The Policy will then be available on the District website.

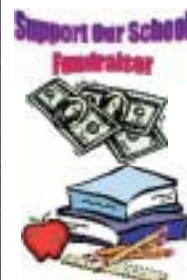
Following are key points addressed in the policy: (Please note that all non-School Lunch food sales should be established in consultation with, and at the discretion of, Site Administrators).

1. **SFUSD NUTRITION STANDARD**—All school food must meet USDA nutritional standards: Breakfast/Lunch Programs, food sold and snack programs. In addition, SFUSD has established a Nutrition Standard for other snacks and beverages. A list of district-approved snacks & beverages is available at: <http://sfusd.foods.tripod.com>.

#### Summary of the SFUSD Nutrition Standard:

- **Beverages** may include only: plain bottled water, 100% fruit juice, blends of 100% fruit juice and water with no added sweetener, and 1% or fat free milk.
  - **Entrees/snacks/side dishes** — no more than 30% calories from fat, with no more than 10% calories from saturated and trans fat, and be no more than 35% sugar by weight. In addition, snacks and side dishes must contain specified levels of vitamins, minerals, protein, and fiber.
2. **SCHOOL ENVIRONMENT**—Principals and staff will promote a school environment supportive of healthy eating, through role modeling, serving nutritious food at school meetings and events, and by refraining from using candy and snacks of minimal nutritional value as rewards for students.
  3. **VENDING**—Vending machines may carry only beverages and snacks which meet district nutrition standards.
  4. **STUDENT/PARENT RUN FOOD SALES**—

	# Allowed/Year	When	SFUSD Nutrition Standard	Notes
<b>Student-Run Food Sales:</b>				
All Levels	Four (per State law)	Anytime	Yes	Cubs may also raise money through SIB profit-sharing program
<b>Parent-Run Food Sales (Level Specific):</b>				
All Levels	Unlimited	After end of school day	Yes	For items on District-approved list
Elementary/Middle School	Ten	After 5pm Weekends, holidays	No	
High School	Unlimited	After 4pm Weekends, holidays	No	



The district encourages schools to sell only healthy foods, and to explore non-food based fundraising.

5. **FREE/REDUCED LUNCH**—Increasing the number of free lunch applications by students (See School Lunch article on page 4).
6. **HOSPITALITY**—District nutrition standards apply only to **food sold**, not to food served. Food provided free of charge as refreshments at events such as class parties, picnics, staff or parent organization meetings, is not subject to district nutrition standards. **Healthy foods are always encouraged.**

## HOW TEACHERS CAN IMPROVE SCHOOL LUNCH

Studies have shown there is a direct relationship between proper nutrition and improved academic performance and student behavior. Student Nutrition Services (SNS) is working hard to provide nutritious and delicious meals for students. This year there have been many changes with new menu items added to lunch menus and more nutritious foods available through the beaneries and snack bars. Teachers and staff can help make more changes by supporting the School Meal Application Process.



Besides the benefit of more nutritious meals, there are financial benefits to schools that enroll **every qualifying student** for a free or reduced lunch:

- The Department of Education's (DOE) Title 1 Program is an enrichment program that allocates funds based on a site's total Free and Reduced percentage rate.
- More Federal and State reimbursement dollars will be available to SNS to provide more nutritious meals as more students qualify for a Free or Reduced price meal. **Each year a large percentage of students has "No Application on File"; many would qualify if their Meal Applications were submitted.**

When a non-enrolled student takes a school lunch, SNS must collect the full meal price from the student. Often the student is unable to pay, leaving SNS in a cash shortage (the policy is to "never deny a child a meal"). The total cash shortages affecting Student Nutrition Services last school year exceeded half a million dollars.

#### How can you help?

- Promote school lunch! Pass out meal applications!
- Follow up on missing applications! Working together to support the Meal Application process benefits the students, the schools, and the meal program.

## WAYS TO INCORPORATE PHYSICAL ACTIVITY INTO SCHOOLS

- **Promote integration between physical education and other subject areas.**

Incorporate "fitness breaks" between subjects or lessons.

- **Provide extracurricular physical activity programs.**

Walking clubs, in-line skating, jumping rope, and water aerobics provide a few examples.

- **Coordinate physical activities with community agencies.**

Schools might allow use of facilities by community agencies that sponsor physical activity programs or facilitate training programs for volunteer youth coaches.

- **Encourage and enable parental involvement in physical activity.**

Schools can encourage physical activity at home by assigning "active homework" that families can do together.

- **Refer students to After School Programs.**

Many have a strong physical activity component!

## 12 WELLNESS IDEAS TO ROLE MODEL GOOD HEALTH

1. Take a **healthy snack** to work, plan daily menu/snacks
2. Start a **Teacher's Salad Club**
3. Start a **Teacher's Walking Club**
4. Take a **stretch break** with your students
5. **Walk daily** (during your yard duty)
6. Drink plenty of **water** and include more fruits & vegetables
7. **Get enough sleep and rest!**
8. **Share** healthy snacks with others
9. **Laugh** with staff and students
10. Eat **breakfast daily**
11. Take **deep breaths** between classroom subjects.
12. Find things to **be grateful** for each and everyday!

In the spirit of the new Nutrition and Physical Activity Policy, select one or two of the above



ideas to accomplish each day!

## WHAT CAN ELEMENTARY SCHOOL TEACHERS AND STAFF DO TO SUPPORT NUTRITION AND PHYSICAL ACTIVITY?



- Set goals with your students regarding physical activity and healthy eating
- Teach a lesson on healthy snacks
- Take a field trip to a farmer's market, buy produce, come back to school and make salad
- Create a classroom snack agreement with your students
- Have students write letters home with a list of healthy snacks they would like to eat
- Eat lunch with your students and model a nutritious meal (you might talk about food groups at this time)
- Encourage families to return the school lunch application or pay for the lunch
- Share nutrition/physical activity resources with parents at SGT's, parent conferences, and school events

## IN THE SCHOOLS... HARVEY MILK CIVIL RIGHTS ACADEMY TEACHERS ARE ROLE MODELS FOR NUTRITION AND PHYSICAL ACTIVITY

Supporting nutrition education and physical activity may seem like an overwhelming task in addition to all of our other teaching responsibilities. However, health promotion can be incorporated into daily routines to help promote a happier, healthier, and more productive classroom and school environment. Here are some examples to inspire you:

**Edith Jordan**, a third grade teacher at **Harvey Milk CRA**, doesn't use candy or other "treat" foods as rewards in her classroom. Instead, students earn raffle tickets for good behavior, giving correct answers to brain teasers, and completing homework assignments. They look forward to Friday afternoons when the bookmarks, toys, and stickers are raffled off. Ms. Jordan has seen the benefits of the reward system in her classroom: "The raffle is an excellent way to maintain student buy-in for a long period of time".

**Jake Hodgson** is a fourth grade teacher at **Harvey Milk CRA** dedicated to student health. Four days a week, he leads students in 30 minutes of physical education. [Doing more than the 200 minute PE requirement every ten days]. This is a remarkable accomplishment for a teacher juggling the demands of teaching the Reading First program. How does he do it?

The regular exercise and fresh air has helped improve classroom cooperation, "The regular physical activity has really cut down on the amount of disciplinary action I have to take in the classroom" cheers Mr. Hodgson.

Mr. Hodgson's work, as well as the strong PE instruction by Glen Castro and Michelle Estrada, has helped the school achieve the highest scores on the Fitness Gram test in the district. Way to go!



Ms. Jordan reads brain teasers to the class and hands out raffle tickets for fun prizes!



Mr. Hodgson promotes physical education by leading a fun game of hockey!