

## Make Healthy Choices

Resolve to eat healthy and at the same time help your students make positive choices for snacks, meals and exercise.

**For Yourself:** Check out Personal Wellness tips from SFUSD teachers to keep you healthy all year.

➤ Visit [http://www.healthiersf.org/Nutrition/Action6/3-Keep\\_Healthy/pwt.html](http://www.healthiersf.org/Nutrition/Action6/3-Keep_Healthy/pwt.html) for:

- Physical Activity Ideas
- Stress Reduction Techniques
- Healthy Eating Habits
- Role Modeling for Students and Staff

➤ At a faculty meeting organize “Salad Fridays” where each staff member brings a salad ingredient to create a salad bar for lunch.

**For Your Students:** Classroom cooking projects are an excellent way to engage students in creating healthy food while at the same time practicing math and literacy.

➤ Visit [http://www.healthiersf.org/nutrition/Action6/1-Teach\\_Students/classroom.html](http://www.healthiersf.org/nutrition/Action6/1-Teach_Students/classroom.html) for healthy recipes, knife safety tips and more!

➤ Review or create a Classroom Snack Policy. For a sample Classroom Snack Policy lesson plan visit:

<http://www.healthiersf.org/Nutrition/resources/3.2.2%20Writing%20a%20Classroom%20Snack%20Policy.pdf>

➤ Sample the *Harvest of the Month* (HOTM) with your students:

### January's HARVEST OF THE MONTH: GRAPEFRUIT *TASTING TRIO!*

Try this easy classroom activity with only 3 ingredients...

#### Tropical Grapefruit

*Makes 35 servings, Prep time: 5 minutes*

#### INGREDIENTS:

- 6 grapefruit
- 5 banana
- ¼ cup shredded coconut



#### PREPARATION:

1. Peel and separate grapefruit into segments. Place in a large bowl.
2. Peel and cut each banana into 7 pieces.
3. Add bananas and coconut and gently mix together.
4. Have students spoon 2 tablespoons of salad in a small cup.
5. Eat immediately.

**Pink and Red Grapefruit are healthier and sweeter!**

### Physical Activity Tips

**Integrate Physical Activity during classroom transition times!**  
**Check out this month's new Physical Activity Tip:**

- *Power Up in 10*

*Power Up in 10* is an excellent way for you and your students to build up your muscular strength and endurance. The booklet includes 10 basic strength training exercises including; Arm Curl, Calf Raise and Chest Press. The exercises can be used without equipment and with little space.

Check out the website below for:

- A PDF of the *Power Up in 10* booklet

<http://publichealth.lacounty.gov/nut/Network/Docs/PU10-2011.pdf>

For more HOTM resources, including grade level talking points, activity sheets & materials for pre-school and special education... visit:

[http://lapublichealth.org/nut/LACOLLAB\\_Files/documents/HOTM/HOTM%20Resources.htm](http://lapublichealth.org/nut/LACOLLAB_Files/documents/HOTM/HOTM%20Resources.htm)