



Vary Your Fruits & Veggies



This month's nutrition theme reminds us all to include a variety of fruits and vegetables in our meals and snacks! MyPlate.gov tells us that half our plate should be piled with delicious fruits and veggies.

For Yourself: Treat yourself to a new type of fruit or try a new vegetable recipe.

➤ Visit <http://www.fruitsandveggiesmorematters.org/> for:

- Meal planning and shopping tips
- Quick seasonal recipes
- "A Vegetable Garden" How-To" Guide
- & more...!

For Your Students: Schedule fruit and vegetable snacks for your classroom!

➤ Organize Fresh Fruit Fridays & Veggie Wednesdays!

- Choose two to three students every week to bring a few pieces of fruit on Fridays or vegetables on Wednesdays. Cut up the fruit or vegetables for a simple snack. Fruits or vegetables could become part of a weekly nutrition lesson or a healthy recipe.
- Visit http://www.healthiersf.org/nutrition/Action6/1-Teach_Students/classroom.html for a sample Fresh Fruit Friday and Veggie Wednesday calendar grids. Create a poster and have students sign up.

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

OCOTBER'S HARVEST OF THE MONTH: ROOT VEGETABLES *TASTING TRIO!*

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

Dig into Roots

Makes 35 servings, Prep time: 7 minutes

INGREDIENTS:

- 8 oz. parsnip, cut into coins
- 8 oz. turnip pieces
- 8 oz. daikon radish pieces
- 8 oz. hummus



PREPARATION:

1. Have students take 2 pieces of each root vegetable.
2. Give each student 1 tablespoon of hummus.
3. Dip the root vegetables into the hummus.
4. Eat immediately.

Root Vegetables served with a low-fat dip is a *delicious* party food!

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

Physical Activity Tips

Get Dancing with Beyoncé!

Check out this month's new Physical Activity Tip:

- Beyoncé's "Let's Move! Flash Workout"

Beyoncé joined forces with First Lady Michelle Obama in her "Let's Move" campaign to reduce childhood obesity. She created a fun dance video that will get your students energized!

The music video is a step-by-step flash dance-style workout that combines hip hop, Latin and dancehall moves with traditional exercise.

Go on-line to stream the video for:

- PA breaks in class
- All school assemblies
- Staff energizers before meetings

Check out the website below for:

- The full video for Beyoncé's "Let's Move! Flash workout"
- A video teaching the dance steps
- A video clip with the pop star promoting the project

<http://obamafoodorama.blogspot.com/2011/04/beyonce-previews-lets-move-flash.html>