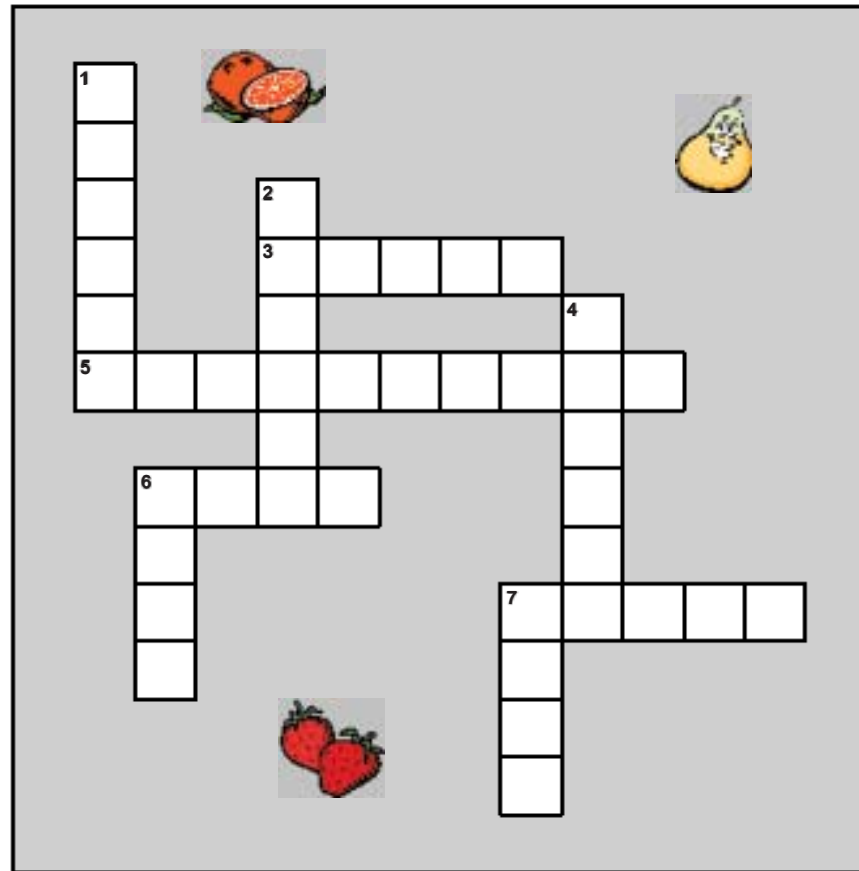


FRUITY CROSSWORD



Across

3. one a day keeps the doctor away
5. some people like this summer fruit with Cream!
6. sounds like "pair"
7. this is a yellow citrus fruit

Down

1. you use these to make wine
2. don't slip on the skin of one of these!
4. its name is the same as its colour!
6. Little Jack Horner pulled one out of his pie!
7. a green citrus fruit



Nutrition News

Volume 3 Number 1 Fall 2004

Nutrition Education Project

EAT WISE, EXERCISE, ENERGIZE! JOIN THE MOVEMENT FOR BETTER HEALTH!

The Nutrition Education Project has begun its third year, excited by all of the changes we see in the diet and activity levels of students. Students are:

- lining up to taste samples of broccoli and green beans
- enjoying fruit salad at parties instead of donuts
- preparing their own snacks: stirring soup, slicing celery, mixing salsa
- drinking 100% fruit smoothies instead of soda-pop.

Thank you for all your support in promoting healthy eating and physical activity at home. At the end of last school year 441 parents completed surveys and we heard more positive results including:

- 25% of parents report eating at least 4 servings of fruits and vegetables each day.
- 17% of parents completing the survey report that their children eat at least 4 servings of fruits or vegetables each day.
- 25% of parents report their children engage in at least 60 minutes of physical activity on weekdays.

(cont. on pg. 2 Current Events)

HEART HEALTHY AT MOSCONE

"I am in second grade; of course I know what organic means!" the second grader told the surprised Whole Foods produce man. He and his classmates also understand seasonal produce, the importance of eating a variety of fruits and vegetables, and that cooking is a fun way to become heart healthy. At George R. Moscone Elementary School, Melissa Breen's second grade children take monthly trips to farmer's markets, grocery stores, and, when possible, farms. The class also cooks healthy birthday recipes together. While studying other subjects, including science, math, and language arts they are exposed to positive messages about eating and healthful lifestyles.

Ms. Breen uses food to excite children about learning. "Talking about food, eating healthy and

(cont. on pg. 2 In the Schools)

WHAT'S INSIDE?

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- Harvest of the Month
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 - Crossword Puzzle

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School Health Programs
www.sfusd.edu



HARVEST OF THE MONTH: GRAPES

GREAT GRAPE FACTS

- Over 50 different varieties of grapes are grown in California.
- In the U.S. per capita consumption of table grapes is 8 pounds per person.
- Botanically, grapes are berries.
- On average there are 100 berries per bunch on each grape cluster.
- Concord grapes are one of only three fruits native to North America (with blueberries and cranberries).
- 1 cup of grapes provides almost 1/3 of the Vitamin C your body needs for one day.

Grapes and Nutrition:

Taste and convenience are the top reasons for the popularity of grapes, but there is a real nutrition bonus hidden in these sweet treats. Grapes are high in vitamin C and contain a variety of phytonutrients. Phytonutrients, strong antioxidants found in plant foods, help prevent cell damage that can lead to disease. This may help explain why diets that are high in

RECIPE: GRAPE SALSA

Ingredients:

- 2 cups coarsely chopped seedless grapes
- 1 cup chopped green onions
- 1 cup diced fresh or canned Anaheim chilies
- 2 tablespoons vinegar
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon hot pepper seasoning (optional)

Directions:

Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour before serving. Drain off excess liquid before serving. Makes about 2 cups. (Serve with baked tortilla chips)

fruits and vegetables may help prevent disease. Grapes are actually one of the few foods that contain resveratrol, a phytonutrient that has been shown to slow down tumor growth in animals. Some of the phytonutrients in grapes may also help prevent heart disease by slowing down the build up of plaque in coronary arteries.



Answers to Crossword: Across 3. apple 5. strawberry 6. pear 7. lemon Down 1. grapes 2. grapes 3. plum 7. lime



PHYSICAL ACTIVITY CORNER: FAMILY TELEVISION WORKOUT

A sedentary lifestyle and a lack of exercise are strong risk factors for obesity, high blood pressure, heart disease, some types of cancer, and diabetes. Unfortunately, most families spend at least 1-3 hours in front of the TV each day. Limit Family TV watching to one favorite program per day and try the **Family Television Workout!**

In a 1/2-hour TV show, the 30 minutes is usually divided into 5 parts (Program/Commercials/Program/Commercials/Program).

The TV workout begins when the 1st commercial comes on. The youngest member of the family selects an exercise (such as Jumping Jacks, crunches, walking around the house, push-ups, etc.) and leads everyone in that exercise for the duration of the first commercial. When the 2nd commercial comes on, the next family member chooses another exercise. This format is followed until the show returns and then everyone can rest.

Be as creative as you want with your workout. The main thing is to be active during the commercial time and to keep all the activities safe. Maybe someday in the near future, your family will turn off the TV and have a family workout as part of your daily routine.

Children and TV

Children watching more than 4 hours of TV per day are at increased risk of obesity over children watching fewer than 2 hours because they :

- do less physical activity
- see more commercials for fast foods (high fat, high sugar, low nutritional value)

TV watching during the period of brain synaptic development (2-3 years old), is linked to attention span disorders by age 7.

For different exercise ideas and techniques try www.timeforfitness.com/exercise

CURRENT EVENTS:



(cont. from pg. 1)

We are encouraged by the survey results but realize we have more work ahead in reaching our goal: **Eat 5 – 9 servings of fruits and vegetables daily and be active for 60 minutes everyday.**

With your help this year we hope to:

- encourage more healthy snacking
- support our families and teachers in role modeling healthier food and physical activity behavior
- encourage parent groups to adopt school fundraisers that are not food based (candy bars...) and instead choose gift wrap sales or walk-a-thons

Join SFUSD and School Health Programs in the movement for healthy change:

Eat Wise, Exercise and ENERGIZE!



IN THE SCHOOLS...



(cont. from pg. 1)

cooking are part of my students' every day vocabulary. I love it when a parent comes back and tells me they have made the recipe at home." How many second graders do you know who excitedly take cook books home to read at night? "Cooking with students teaches measurement skills, sequencing, team work, and an appreciation of healthy foods." Ms. Breen's second graders do not miss traditional party treats, like supermarket cakes, and are excited to eat 100% fruit frozen pops, fruit kabobs, or other treats.

ASK STUDENT NUTRITION SERVICES

Student Nutrition Services have been very busy this Fall collecting school lunch applications, writing new menus and creating healthful, delicious food for your children. Many parents and caregivers have been hearing positive comments from their children about the delicious **new menu items** on the school lunch menu. If you haven't yet filled out a lunch application, you can get one from the school secretary. It is not too late for your child to enjoy the following new menu items:



- Fish Sticks w/ Mixed Vegetables
- Swedish Meat Balls w/ Green Beans
- Beef & Vegetable Pot Pie
- Sweet & Sour Chicken over Rice w/ Peas & Corn
- Chicken Enchiladas

We want every child to return a lunch application, even if a parent knows that his or her family will not be eligible, in order to ensure full participation in the School Lunch Program.

Harvey Milk Students Line Up to Make Healthy Food Choices

Harvey Milk Civil Rights Academy, a Nutrition Project school, was in the spotlight on September 30th. As students came down to the cafeteria for lunch, they were greeted by TV cameras, reporters, and school district and city leaders. What was all the excitement about? Their new school lunch—a **salad bar!*** Each Tuesday and Thursday since September 14th, Harvey Milk students have lined up excitedly to choose fresh fruits and vegetables such as broccoli, spinach, cherry tomatoes, grapes, and organic strawberries from the salad bar. The special visitors, including Assemblyman Mark Leno and Supervisor Bevan Dufty, were impressed by how much the students enjoyed this healthy new lunch.

One of the reasons students are so enthusiastic about the new lunch is that they know it is good for them. The salad bar gives students an opportunity to apply the nutrition education they have participated in over the last two years at school, specifically, sorting food into the 5 food groups, eating a variety of foods, and choosing appropriate portion sizes. They are proving that when children have access to nutritious foods, they **enjoy** making healthy choices. This is evident in the daily feedback from students of all grade levels; they proudly proclaim their love for the salad bar and ask when it will next be served for lunch. At Back to School Night, parents commented that they are very happy that their children have such a healthy lunch option.

The project goals support the SFUSD Student Nutrition and Physical Activity Policy by increasing students' access to produce that is locally and sustainably grown and increasing participation in the National School Lunch Program. The project aligns to NEP's objectives of helping students to eat 5-9 servings of fruits and vegetables a day.



*A pilot project developed as a partnership between the San Francisco Department of Public Health, SFUSD Student Nutrition Services, San Francisco Food Systems, and the SFUSD Nutrition Education Project (NEP).