



## February - 2007

# Healthy Classroom Celebrations and Valentine's Day Parties!



When most of us think of Valentine's Day, we think about hearts. Try using this holiday to do something that will strengthen our hearts and improve cardiovascular fitness! Challenge your family to a "hearty" Valentine's Day. Set a time when family members can collect as many heart points as possible by engaging in fun physical activities. Assign points for each physical activity - such as 1 pt. for walking every 15 minutes or 1 pt. for skipping every 10 minutes. (You may want to adjust point scale for age). The winner at the end of the allotted time period could receive a prize (promoting healthy activities!)

**Make your next classroom party a healthy one - Using Art to Promote Fruits, Vegetables and Healthy Celebrations.**

Attention parents and teachers: This Valentine's Day make healthy edible food art for party treats. Kids love to play and are often reprimanded when playing with their food. Why not create an amazing art project to encourage them to eat their fruits and vegetables?



After learning about the parts of the plant, this Kindergartener created a masterpiece with her vegetables. Not only was she excited to play with her food but even more so when she got to eat the final product.



Still can't get your child to eat their fruits and vegetables?

Get creative!

### BUTTERFLY SNACK INGREDIENTS:

1 slice of bread, cut diagonally, Cream cheese, Raisins, Celery or Carrot stick, Banana slices and bell pepper slices

### DIRECTIONS:

Spread cream cheese on the bread and decorate with raisins and bananas. These will be the wings of the butterfly. For the body you can either use a carrot stick or a celery stick with peanut butter and raisins (a.k.a. *ants on a log*). The final touch is to add the antennas, made from the bell pepper slices.

## Edible FOOD ART that is Good for your Heart!!!

### FEBRUARY CHALLENGE

To win a prize, do 3 out of the 4 challenges and share your results with your teacher.

Check here if you:

- Had a healthy holiday, classroom or family party during December, January or February.
- Made an edible fun food art project with your classroom, family or friends
- Knew that February is Physical Activity Awareness Month
- Tasted February's Harvest of the Month—Cabbage

# NUTRITION NEWS

## A SFUSD Wellness Policy?

### TO BAN OR NOT TO BAN JUNK FOOD?

Take the Monthly Challenge and Win a Prize!

**SFUSD's Wellness Policy** – is cooking up lots of emotion.

In this issue:

- ⇒ Read how students, teachers and families are taking on the challenge!
- ⇒ Take the monthly challenges with your friends and family.
- ⇒ Learn how small steps can lead to better health.
- ⇒ Visit our web site for more policy information: [http://sfusd\\_foods.tripod.com](http://sfusd_foods.tripod.com) or [www.healthiersf.org](http://www.healthiersf.org) and click on [Resources and Publications](#)



This 5th grade class ate over 800 fruits and vegetables within five days.

## Harvey Milk Students Weigh In... To Ban or Not to Ban Junk Food

Harvey Milk Civil Rights Academy (CRA), fourth and fifth grade teacher Liz Bamberg used the classroom lesson of writing a **persuasive-essay** to inspire her students to take a position on "banning junk food at Harvey Milk CRA."

The students were thoroughly engaged in every step of the writing process because they were given a chance to give their opinions on a policy that impacts them at school.

During the **pre-writing step**, students listed pros and cons before deciding on a position. Then, they **set up an argument** using a graphic organizer. After writing their **first draft**, a rubric was used to conduct **peer critiquing**. The writers sat in "the author's chair" and listened to feedback from classmates. Students then revised the essays and finally published their articles.

According to Liz Bamberg, "This subject is big and kids have strong opinions about it."

The students came up with some excellent arguments representing both sides of the junk food issue. One student pointed out, "If you completely ban something it will only make people want it more than ever." Another student claimed, "People can't eat junk food all the time because people need vitamins, protein, fiber, and carbs." Ms. Bamberg noted: "The strength of the students' writing is evidence of their interest in the topic."

(To see student's work—visit <http://www.healthiersf.org/nutrition/Action/support/32classroom.html>)

The Fruit & Veggie Challenge Look inside⇒



Ms. Scher challenges her class every month to eat more fruits and veggies.

### What's Inside?

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[www.healthiersf.org](http://www.healthiersf.org)

Visit California 5 a Day

[www.ca5aday.com](http://www.ca5aday.com)

### Here is a list of nutrition/physical activity topics for journal or persuasive writing:

- School lunch-what do you like/dislike, and why?
- Who is your favorite athlete? How do you they stay fit?
- What is your favorite way to be active, and how much is too much?

Note – To become better informed about the SFUSD Wellness Policy, please visit our website [www.healthiersf.org](http://www.healthiersf.org). Learn how you can make improvements in current school nutrition programs.



## December - Holiday Health



### The Fruit and Veggie Challenge



#### What is it?

It is a **FUN** chart that helps classrooms keep track of produce consumption.

#### How does it work?

Students set a daily goal. Deciding how many servings of fruits and vegetables he or she will eat each day. Next, the classroom comes up with a group goal. For example: **20 students** will eat at least **5 servings** of fruits and vegetables for **7 days**, so the equation is as follows:  $20 \times 5 \times 7 = 700$  servings of fruits in vegetables is the classroom goal. This averages to be 100 servings of fruits and vegetables each day. (You can order the chart at [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn))

#### What is the class strategy?

Each day students and teachers talk about how they are going to achieve their individual goals so they can reach their daily classroom goal.

#### What are the Benefits?

Each day the students:

- Perform math calculations for both the individual and group progress.
- Talk about nutrition.

#### The Prize!



#### Students get to vote on a classroom reward:

Fun and healthy fieldtrips, healthy classroom parties, cooking lessons, extra recess time, movie day, stickers, posters, bookmarks, t-shirts, and other enjoyable prizes. See your school's nutrition coordinator or health advocate for more fun prize ideas Check out the healthy party snack list (i.e. fruit salad, trail mix, yogurt parfaits): <http://www.healthiersf.org/nep/Action/support/32classroom.html>

### The Holidays, Nutrition and Childhood Memories

The holidays are a great time to enjoy a colorful variety of fruits and vegetables. Good news: Many traditional holiday foods are so nutritious they should be a standard part of our diet! We can enjoy the taste and benefits of holiday dinner favorites such as cranberries, sweet potatoes, nuts/seeds, and turkey while improving our health at the same time.

#### Did you know?

**Cranberries** are believed to lower the risk for heart disease because they are high in vitamins, antioxidants and flavonoids.

**Nuts and seeds** are very healthy. Once considered forbidden because of their high fat and calorie content, research has shown that they have nutrients that our bodies need to function including vitamins, minerals and **healthy fats**. Eat the **right portion size** and, you'll see nuts and seeds boosting your brain power and keeping a nice glow to your skin.

**Serve your favorite nuts, seeds and dried cranberries**



**Turkey**, a perennial favorite, is an excellent low-fat protein source and a good source of B vitamins and antioxidant minerals such as selenium and zinc. Try shredding hot leftover turkey on a green salad. YUMMY!!!

#### December Challenge

Check here if you:

- Ate dried fruits, nuts or seeds during the holiday season instead of too many sweets.
- Participated in a Fruit and Vegetable challenge with your classroom, family or friends
- Did a physical activity over the holidays
- Created new family holiday memories
- Tasted December's Harvest of the Month - Dried Fruit

To win a prize, do 4 out of the 5 challenges and share your results with your teacher.



## January - 2007— Make a Personal, Classroom or Family Pledge!!!

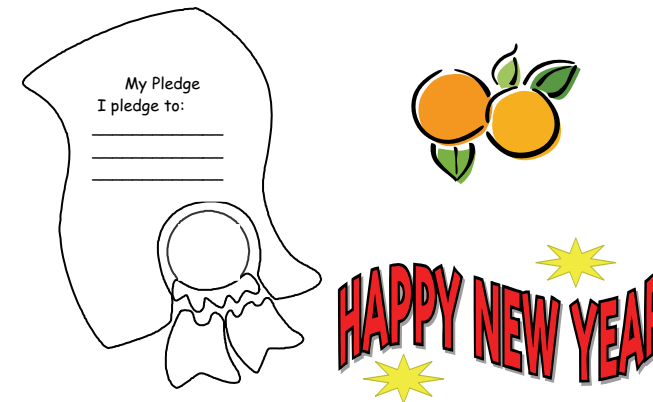


### Bessie Carmichael Students Make a Commitment to Healthy Eating

Herminio and Jane proudly show their pledges in front of

Bessie Carmichael's "Healthy Pledge" wall.

Writing or drawing a healthy pledge is a great way to get students of all ages to start thinking about ways they can become healthier. **At school:** create a bulletin board in the cafeteria (displaying and reminding students of their pledges); **At home:** create a refrigerator art gallery .



#### For blank pledge page go to:

[www.healthiersf.org/nep/Action/support/32classroom.html](http://www.healthiersf.org/nep/Action/support/32classroom.html)

**In the Classroom:** Teachers can support students' healthy pledges by creating healthy classroom snack and party food policies with their students.

- ⇒ As a group, create a list of snacks and drinks that students can snack on during the school day. For special occasions, create a sample party menu including both healthy foods and some treats.
- ⇒ Have a party sign-up sheet to involve children in making healthy party decisions.
- ⇒ Display the healthy snack/drink list and party menu in the classroom and remind students as needed.
- ⇒ Send letters home to parents informing them of both policies (Classroom and District Wellness Policy). In addition consider sending a healthy snack list of home.

#### January Challenge - to win a prize, do 3 out of the 4 challenges and share your results with your teacher.

Check here if you have:

- Made a pledge for the New Year, for yourself, with your class, or with your family.
- Selected a healthy snack instead of an unhealthy treat during January and February.
- Your parents sign up for parent nutrition / physical activity workshops - if not familiar with these workshops, please have your parents ask your school's nutrition coordinator about them.
- Tasted January's Harvest of the Month - Tangerines, Tangelos and Mandarin