



Oliver's team talk

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Teach!

TEACHERS CORNER

Celebrate National Nutrition Month®

March is National Nutrition Month® and is a great time to think about your healthy eating and physical activity habits. This year's theme is "Eat Right" which is also the slogan for the American Dietetic Association.

The focus of the "Eat Right." campaign is on making informed food choices and developing sound eating and physical activity habits. This means following a balanced diet, such as the MyPyramid guidelines, rather than fad diets. It also means that you establish a regular pattern for exercising.

Excite!

READY, SET, GO!

Go on a Nutrition Scavenger Hunt

Put your students' computer skills to the test and help them learn about nutrition at the same time. Give your class a list of questions about nutrition and a list of kid friendly nutrition websites where they can find the answers.

A few websites to try:

www.kidshealth.org

www.smart-mouth.org

<http://www.dole5aday.com>

<http://www.kidnetic.com>

Activate!

MAKE YOUR MOVE

Get into the National Nutrition Month® spirit by adding fun nutrition activities into the classroom.

- In science, discover how much water is in the foods we eat. Weigh slices of apples, bananas, potatoes and celery and have students record the weight on a chart. Leave the food slices out on paper plates, and reweigh them daily for 3-5 days. The foods will lose weight as they dry out. Which food lost the most weight, or water? The least?
- In ELA, create a class nutrition book. Students can contribute their favorite healthy recipe or food-related jokes.
- In math, have students keep track of the number of different vegetables they eat for a week. At the end of the week, tally the number of servings of each vegetable that your class ate and have students create a graph to display the totals.

Motivate!

SPREAD THE WORD

In honor of National Nutrition Month®, set a goal to eat more meals at home as a family. It has been found that teens who have family dinners consume foods higher in calcium, vitamins and minerals, plus lower in calories and fat. Teens that rarely have family dinners are three and a half times more likely to use drugs compared to teens who frequently have family dinners. Also, girls who have five or more meals a week with their families are one third less likely to develop unhealthy eating habits such as anorexia.

For recipe ideas, try these websites:

- <http://www.oliverfoundation.org/recipes>.

- <http://www.mealsmatter.org/RecipesAndMeals>

- <http://www.eatingwell.com/recipes>

Make **HEALTHY CHOICES** for Life!

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