



Oliver's team talk

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Education Professionals & Families from The Oliver Foundation

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Teach! TEACHERS CORNER

What's So Great About Fruits and Vegetables?

- ✓ Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.
- ✓ Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.
- ✓ Fruits and vegetables are a natural source of energy and give your body many nutrients you need to keep going.
- ✓ Fruits and vegetables are an easy, quick snack for you, your kids, and your students!

Activate! MAKE YOUR MOVE

Spread the Word about Fruits and Vegetables

- ✓ Visit www.fruitsandveggiesmatter.gov to learn more about the health benefits of fruits and vegetables.
- ✓ Visit Houston's farmers market and buy fresh fruits and vegetables grown by local farmers in your hometown.
- ✓ Take an educational trip with your kids or students to a local fruit or vegetable farm to learn more about the growing and farming process.
- ✓ Try exotic fruits with your family like star fruit, kumquat's, and papaya.

Excite! READY, SET, GO!

Fruits and Vegetables: A Laughing Matter

Share these fruit and veggie jokes with your students, then have them come up with their own to share with the class!

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well

Q: Why did the grape stop in the middle of the road?

A: Because he ran out of juice.

Q: What do you call an angry pea?

A: Grump-pea.

Q: What is Dracula's favorite food?

A: Neck-tarines

Motivate! SPREAD THE WORD

Breakfast Fruit Cup

Ingredients:

- 2 oranges, peeled and sliced into bite-sized pieces
- 1 banana, peeled and sliced
- 1 Tbsp golden raisins
- 1/2-cup low-fat plain yogurt
- 1/8 tsp cinnamon

Directions:

In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon. Serves 4.

Make **HEALTHY CHOICES** for Life!

The Oliver Foundation 5535 Memorial Dr., Suite F., #256 Houston, TX 77007 713-862-7899 fax 713-862-7911