



# EDUCATOR NUTRITION NEWSLETTER

Produce Items of the Month are **SPRING PEAS & MANGO**

**MAY  
2016  
EDITION**

## HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St. Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.

Peyton Manning Children's Hospital at St. Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don't hesitate to let us know how we can help. For information or resources, contact Karen Terrell, School Wellness Coordinator at [klterrel@stvincent.org](mailto:klterrel@stvincent.org) or 317.338.2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

## HEALTHY BODY FOCUS: National Asthma and Allergy Awareness Month

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases.

Asthma affects approximately 25.9 million Americans and more than 50 million Americans suffer from all types of allergies. Asthma causes swelling of the airways. This results in narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. Symptoms include trouble breathing, wheezing, coughing and tightness in the chest. In severe cases, asthma can be deadly. Although there is no cure for asthma, it can be managed with proper prevention and treatment. More Americans than ever before have asthma. It is one of this country's most common and costly diseases.

An allergy is when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause rashes, hives, low blood pressure, breathing trouble, asthma attacks and even death. Just like asthma, there is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they suffer from allergies. They are among the country's most common, but overlooked, diseases.

For more information on both asthma and allergies, visit the Asthma and Allergy Foundation of America's web-site at [www.aafa.org](http://www.aafa.org).



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## PRODUCE SELECTION

### Apricots:

- Select apricots that are fully ripe. Fully ripe apricots are ones with a rich orange or yellow color with no green color.
- Fruits should be slightly soft, but not mushy.
- Ripe apricots have a rich aroma and are highest in nutritional value with vitamins, powerful antioxidants and health-promoting phytonutrients at their peak. As with all fruits, I recommend selecting organically grown varieties whenever possible.

### Green beans:

- Green beans should be crisp, firm and brightly colored.
- They should snap easily when bent. (Hint: Select beans of similar size and shape for a more uniform cooking time.)
- Don't buy beans that have soft spots or signs of discoloring.
- Keep beans refrigerated in a plastic bag. If you're going to store them for very long, add a piece of paper towel to the bag to absorb any extra moisture.



## GETTING PHYSICAL

A few months ago, I bought a Brain Break Bucket from a website called [www.TeachersPayTeachers.com](http://www.TeachersPayTeachers.com). The bucket's creator is a woman who calls herself "3rd Grade Thoughts." The activities that she includes in the bucket are excellent and I'd like to share a few of them with you throughout the year. These simple, easy activities can be a great way to "wake up" your students' brains.

**Yee Haw Cowboy** - Have kids pretend to lasso, ride a bull, walk like a cowboy, ride a horse, etc. Lots of possibilities!

**Pitch Perfect: Practice** - "pitching" a baseball or softball. Repeat several times and encourage both left and right-handed pitches. Make sure students bring their leg up to their chest, similar to a professional pitcher.



Apricot		
Nutrition Facts		
Serving Size 1 cup, halves 155g (155 g)		
Amount Per Serving		
<b>Calories</b> 74	Calories from Fat 5	
% Daily Value*		
<b>Total Fat</b> 1g	1%	
Saturated Fat 0g	0%	
Trans Fat		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 2mg	0%	
<b>Total Carbohydrate</b> 17g	6%	
Dietary Fiber 3g	12%	
Sugars 14g		
<b>Protein</b> 2g		
Vitamin A	60% • Vitamin C	26%
Calcium	2% • Iron	3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Green Beans		
Nutrition Facts		
Serving Size 1 cup 110g (110 g)		
Amount Per Serving		
<b>Calories</b> 34	Calories from Fat 1	
% Daily Value*		
<b>Total Fat</b> 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 7mg	0%	
<b>Total Carbohydrate</b> 8g	3%	
Dietary Fiber 4g	15%	
Sugars 2g		
<b>Protein</b> 2g		
Vitamin A	15% • Vitamin C	30%
Calcium	4% • Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## EAT YOUR COLORS!

When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

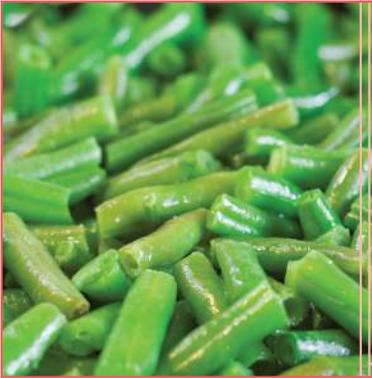
<b>RED</b>	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
<b>ORANGE</b> <b>YELLOW</b>	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
<b>TAN</b> <b>WHITE</b> <b>BROWN</b>	Help maintain heart health and cholesterol levels that are already healthy	Squash, garlic, jicama, alfalfa sprouts
<b>GREEN</b>	Help maintain healthy vision and strong bones and teeth	Cabbage, Chinese and savoy cabbages, kale and broccoli
<b>BLUE</b> <b>PURPLE</b>	Help maintain healthy aging, memory function and urinary tract health.	Blueberries, purple and red cabbages, eggplant, dried plums, figs

## HOW MUCH DO I NEED?

### Recommended Daily Amounts Of Fruits & Vegetables\*

Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

\*If you are active, eat the higher number of cups per day.  
Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



## HISTORY

The apricot was originally domesticated in China but is now cultivated on every continent except Antarctica. Archaeological evidence shows that apricots were eaten in ancient Armenia. In the 17th century, English settlers brought the apricot to the English colonies in the New World. Most of modern American production of apricots comes from the seedlings carried to the west coast by Spanish missionaries.

In 2011, the top five producers of apricots were Turkey, Iran, Uzbekistan, Italy and Algeria.

Almost all U.S. commercial production is in California, with some in Washington and Utah.

The green bean originates in Central and South America. The green bean was domesticated in ancient times, but researchers can't say exactly where. The green bean was introduced to the Mediterranean upon the return of Columbus from his second voyage to the New World in 1493. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders.

Today, the largest commercial producers of fresh green beans include Argentina, China, Egypt, France, Indonesia, India, Iraq, Italy, France, Mexico, the Netherlands, Spain and the United States.

## LITERATURE LINKS

**Elementary:** *Apricot Saves the Day! - Splatter and Friends* by Melissa Perry Moraja

With her checklist in hand, Apricot sets out to make sure everything is ready for Splatter and Friends' annual Bat it! Splat it! baseball game. But as the day goes on, Apricot soon discovers one key item hasn't been finished. *Apricot Saves the Day* teaches your child about the importance of friendship, sharing and working together through an entertaining story that will keep your child asking questions. *Splatter and Friends* is an educational children's book series that promotes creative learning, self-awareness, and the secret recipe for silliness.

**Middle:** *The Green Beans, Volume 1: The Mystery of Hollow Oak* by Gabriel Gadget

In the rural town of Hollow Oak, life is good for a team of young baseball players known as the Green Beans. Their days are filled with friendship, fun and the game that they love.

In recent days, Neil (the Beans' fearless centerfielder) has heard strange things in the forest that lies just beyond the outfield fence. Although he hasn't been able to pinpoint the source of the weird noises, he can't shake the feeling of being watched. Neil has begun to suspect that there's something prowling within the woods, hidden among the trees and shadows. He's not sure what it is... but whatever it is, it's BIG.