



# EDUCATOR NUTRITION NEWSLETTER

PRODUCE ITEMS OF THE MONTH ARE PEARS & PARSNIPS

DECEMBER  
**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: : SAFE TOYS & GIFTS MONTH

The National Safe Kids Campaign and the National Safety Council have designated December as Safe Toys & Gifts Month. Here are some tips for selecting safe toys for your child:

- Consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.
- Use a small parts tester to determine whether small toys may present a choking hazard to children under age 3. Small parts testers can be purchased at toy or baby specialty stores or you can use the cardboard core of a toilet paper roll - if a toy can pass through, it is too small for young children and may cause them to choke if swallowed.
- Avoid toys with sharp points or edges, toys that produce loud noises, and projectiles (such as darts).
- Avoid toys with strings, straps or cords longer than seven-inches that may pose a risk for strangulation for young children.
- Avoid electrical toys with heating elements for children under age 8.
- Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.

Consider these scary facts:

- Falls and choking cause most toy-related deaths and injuries in children. Choking alone causes one-third of all toy-related deaths - most often from balloons.
- Children 4 years old and younger account for almost half of all toy-related injuries and almost all deaths.
- Children younger than age 3 are at the greatest risk of choking because they tend to put objects - especially toys - in their mouths.

Toys can sometimes be recalled for safety reasons. Check the National Safe Kids Campaign website [www.safekids.org](http://www.safekids.org) for updates and information on recent toy recalls.



## PRODUCE SELECTION

**Pears:** There are two main categories of pears: fall or winter. Winter pears (like Bosc) do not mature properly unless they are left in cold storage for two to six weeks after picking.

- When buying pears, look for ones that are smooth, free of bruises, and firm. Pears should have bright, shiny skin.
- Pears are often sold unripe, but that's not a problem because they ripen just fine on the countertop. Leave them unwashed and stand them on their bottoms to ripen at room temperature. To speed up the ripening process, put pears in a paper bag with a ripe banana or apple.
- You can tell a pear is ready to eat when the flesh near the stem yields easily to pressure. Once they are ripe they will keep in the refrigerator for 3-5 days.

**Parsnips:**

- Select only firm parsnips. Limp ones are a sign that they are not fresh.
- Parsnips like cool temperatures and dark places. Store them in perforated plastic bags in the refrigerator where they can last from two to four weeks.

## GETTING PHYSICAL

We all know that encouraging physical activity throughout the school day can lead to students who are more aware and therefore better able to learn what you're trying to teach them. However, introducing physical activity into the classroom can be a bit daunting to some teachers. So, this month we thought we'd help you out with some ideas to increase or introduce physical activity throughout the day to your students.

A while 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.

**WINDMILLS:** Roll arms in small and large circles like a windmill. Repeat in the opposite direction.

**DUCK WALK:** Crouching down, have students waddle around the room like a duck. Quacking is encouraged!





Pears	
Nutrition Facts	
Serving Size 1 small 148g (148 g)	
Amount Per Serving	
<b>Calories</b> 86	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> 1mg	0%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 5g	18%
Sugars 15g	
<b>Protein</b> 1g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%

\*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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Parsnips	
Nutrition Facts	
Serving Size 1 cup slices 133g (133 g)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 3
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 13mg	1%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 7g	26%
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 38%
Calcium 5%	Iron 4%

\*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

A root vegetable that grows wild in Europe and West Asia, parsnips have been grown since ancient times. Their early history is a bit confusing because writers at the time did not always distinguish from a carrot, which is understandable because the two vegetables are closely related and parsnips look like beige carrots with really wide shoulders. We do know that parsnips were very much liked in classical Rome, and Emperor Tiberius was picky about parsnips. He had wild ones specially imported from the banks of the Rhine.

As a source of both starch and sweetness, parsnips were of huge importance in the medieval European kitchen. Sugar was a rare, imported luxury, and honey could be expensive. So the sweet, starchy parsnip did double duty for the cook—besides serving as a vegetable, it could be used to sweeten and thicken various puddings. When sugar became cheap in Europe, the parsnip's popularity waned.

This plant was introduced to North America simultaneously by the French colonists in Canada and the British in the Thirteen Colonies for use as a root vegetable, but in the mid-19th century, it was replaced as the main source of starch by the potato and consequently was less widely cultivated.

A Chinese diplomat in 5,000 B.C. named Feng Li is said to have abandoned his responsibilities because he became so fascinated with pears. He started a business grafting pears and other fruit. This early Chinese strain of pear is the “mother” of many modern pear varieties. These early pears were believed to be small, hard, bitter and sour.

Pears became very popular in medieval Europe as a digestive medicine. There are records of Henry III of England (1207-1272) receiving a gift of pears shipped from Rochelle, France. Monks were responsible for cultivating many new varieties of pears during the Medieval Ages. The beautifully shaped fruit found their way into many paintings of the Flemish school in the 15th to 17th centuries.

The first settlers to America brought pear trees to grow, but they did not survive an attack of crop blight. Pioneers to Oregon and Washington brought pear trees with them along the Lewis and Clark Trail. They soon found much more favorable growing conditions in the Northwest. The pears they brought were the same varieties that had been cultivated earlier in France and Belgium, prized for their delicate flavor and long storage life.

## LITERATURE LINKS

**Elementary:** *Mr. Putter & Tabby Pick the Pears* by Cynthia Rylant (Author) and Arthur Howard (Illustrator)

It is fall and juicy things are growing in Mr. Putter's backyard--apples, tomatoes, and pears. Mr. Putter dreams of all the juicy things he loves to eat, but most of all, he dreams of pear jelly. There's only one problem--cranky legs keep him from climbing up to pick the pears. His ingenious solution will have young readers cheering him on.

**Middle:** *Little Pear* by Eleanor Frances Lattimore

Little Pear is a young boy who lives in a small village in China. Although his story takes place long ago, he is much like any little boy today--always on the lookout for excitement and adventure!

Little Pear is just looking for fun, but he has a knack for finding trouble without even trying! Join him as he stows away to the fair in a wheelbarrow full of vegetables, nearly flies away on a kite, has a mishap with a firecracker, and is rescued from the river by a houseboat family.

This newsletter is brought to you by the Peyton Manning Children's Hospital at St. Vincent. Some material in this newsletter is adapted from the California Department of Public Health's Network for a Healthy California - Harvest of the Month program and from the following web sites: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) and [www.plants.usda.gov](http://www.plants.usda.gov). For additional information or resources, please contact Karen Terrell, School Wellness Coordinator, Peyton Manning Children's Hospital at St. Vincent at [klterrel@stvincent.org](mailto:klterrel@stvincent.org) or 338-2336.