



EDUCATOR NUTRITION NEWSLETTER

PRODUCE ITEMS OF THE MONTH ARE RASPBERRIES & BROCCOLI

FEBRUARY
2018
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 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: Go Red for Women

To raise awareness of heart disease & stroke as the number one killer of women, the American Heart Association created Go Red For Women, a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

Some risk factors you can't do anything about. But others you can manage or control with the help of your healthcare provider. Those you can't change, like your family history, are still important when assessing your risk for Heart Disease and Stroke.

RISK FACTORS THAT CAN BE MANAGED: You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

RISK FACTORS YOU CAN'T CONTROL:

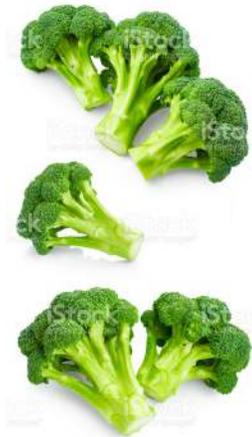
You can't change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack



PRODUCE SELECTION

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Broccoli:

- Look for broccoli with bright green heads
- Choose firm, strong stems and stalks. If the stem seems woody, do not buy it.
- Store broccoli in the refrigerator and keep it dry. Use within 7 days or earlier if you notice any wilting beginning to happen.
- The florets should look close together. If they are spread apart that means the stalk may be not as fresh.

Raspberries:

- Select brightly colored and plump berries.
- Avoid raspberries with dents or bruises.
- Wash gently and pat dry just before eating or cooking.
- Refrigerate unwashed raspberries in a moisture-proof container in a single layer on a paper towel up to 3 days.



GETTING PHYSICAL

A year or so ago, I purchased a Brain Break Bucket from a web site called www.TeachersPayTeachers.com. The bucket's creator is a woman who calls herself "3rd Grade Thoughts" and the activities that she includes in the bucket are excellent. I'd like to share a few of them with you throughout the year as a way to incorporate brain breaks into your classroom time. These simple, easy activities can be a great way to "wake up" your students' brains.



YEE HAW COWBOY: Have students pretend to lasso, ride a bull, walk like a cowboy, ride a galloping horse, etc. Lots of possibilities to have fun!



WATCH & WIGGLE: Watch any fun Brain Break video on YouTube or Go Noodle to get the wiggles out!

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Raw Broccoli	
Nutrition Facts	
Serving Size 1 cup chopped 91g (91 g)	
Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Vitamin C 135%
Calcium 4%	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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Raspberries	
Nutrition Facts	
Serving Size 1 cup 123g (123 g)	
Amount Per Serving	
Calories 64	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 1g	
Vitamin A 1%	Vitamin C 54%
Calcium 3%	Iron 5%

*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.

RED	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
ORANGE YELLOW	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
TAN WHITE BROWN	Help maintain heart health and cholesterol levels that are already healthy	Squash, garlic, jicama, alfalfa sprouts
GREEN	Help maintain healthy vision and strong bones and teeth	Cabbage, Chinese and savoy cabbages, kale and broccoli
BLUE PURPLE	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 to learn more.

For more information, visit www.fruitsandveggiesmatter.gov

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HISTORY

There are three kinds of raspberry. The red raspberry and the black raspberry are the types which are most often grown. The yellow raspberry is grown only to a limited extent and more as a novelty than as a staple variety.

The raspberry has long been one of the important bush fruits of Europe. The plant is native to Europe, and it was named *Rubus Idaeus* by Linnaeus from Mt. Ida in Greece. Pliny wrote that they called the raspberry 'idaeus' because it grew thickly on the slopes of Mount Ida. The first people known to have cultivated raspberry were the ancient Greeks. The first recorded raspberry harvest was from Mt. Ida in AD 45.

The British popularized and improved raspberries throughout the middle ages, and exported the plants to New York by 1771.

New York State Experiment Station began a breeding program for raspberry in the late 1800s. By 1925, 415 varieties were available and many thousands of acres of raspberries were grown throughout northeastern United States.

Broccoli has been considered a very valuable food by the Italians since the Roman Empire, but when first introduced in England in the mid-18th century, broccoli was referred to as "Italian asparagus."

There are records of Thomas Jefferson, who was an avid gardener, experimenting with broccoli seeds brought over from Italy in the late 1700s, but although commercial cultivation of broccoli dates back to the 1500s, it did not become a popular food in the United States until Southern Italian immigrants brought it over in the early 1920s.

LITERATURE LINKS

Elementary: *The Berry Patch* (The Adventures of Scout and Kit) (Volume 1) by Elise Monsour Puckett (Author), Tessa Riley (Illustrator)

Come along with Scout and Kit on their adventure through The Berry Patch. Learn with them as they meet a talking mouse who teaches them about the different kinds of berries and the importance of not picking or eating wild berries without parents' permission. This whimsical story with its magical garden will enchant children as their imaginations run wild!

Middle: *Middle School: How I Survived Bullies, Broccoli, and Snake Hill* by James Patterson (Author), Chris Tebbetts (Author), Laura Park (Illustrator)

Rafe Khatchadorian, the hero of the bestselling Middle School series, is ready for a fun summer at camp--until he finds out it's a summer school camp! Luckily, Rafe easily makes friends with his troublemaking cabin mates and bunkmate, a boy nicknamed Booger-Eater, who puts up with endless teasing from the other kids. Rafe soon realizes there's more to a person than a nickname, though, and Booger-Eater might be the kind of friend you want on your side when the boys from the Cool Cabin attack.