



# EDUCATOR NUTRITION NEWSLETTER

PRODUCE ITEMS OF THE MONTH ARE CABBAGE & PINEAPPLE

MARCH  
**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](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: Poison Prevention Week

On September 26, 1961, the 87th United States Congress passed a joint resolution (Public Law 87-319) requesting that the President of the United States proclaim the third week of March National Poison Prevention Week. On February 7, 1962, President John F. Kennedy responded to this request and proclaimed the third week of March as National Poison Prevention Week. The first National Poison Prevention Week was therefore observed in March 1962. For 2018, the week of March 18-24 has been designated as Poison Prevention Week.

The majority of poisonings are related to children under the age of 5. Why is this? Because children of this age are growing and developing, exploring and investigating the world around them. Unfortunately, what they see and reach usually goes into their mouths! As children's mobility, ingenuity and capabilities increase, they can reach medicines and household chemicals. These products should be locked up where possible, out of the child's reach - even when safety packaging is used.

If you think someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This national toll-free number works from anyplace in the United States - 24-hours-a-day, 7-days-a-week. Keep the number on your phone. It will connect you to a poison control center.

There are currently 61 Poison Centers across the country that maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity (how poisonous it is) of most substances found in the home or know how to find this information.



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## PRODUCE SELECTION

### Cabbage:

- When choosing green or red cabbage, select a tight, compact head that feels heavy for its size.
- It should look crisp and fresh, with only a few loose leaves.
- Store whole heads of cabbage in the crisper drawer of your refrigerator. If uncut, compact heads keep for a couple of weeks. Leafy varieties should be used within a few days.

### Pineapple:

- Select a pineapple that is plump and fresh looking. Fresh, green leaves in the crown are a good sign.
- The body should be firm – not soft.
- The larger the pineapple, the greater proportion of edible fruit but that doesn't mean necessarily that it is better tasting or any riper than smaller fruit. Shell color is not necessarily a sign of maturity or ripeness.



## GETTING PHYSICAL

A year or so ago, I purchased a Brain Break Bucket from a web site called [www.TeachersPayTeachers.com](http://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.



**MARCHING BAND:** Have someone be the conductor and each student "play" an instrument, then lead the class around the room.



**SKIING:** Like jump rope, but without the rope! Have kids hold their "ski poles" and go left and right like they were turning, jumping the whole time to stay active.



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Cabbage	
Nutrition Facts	
Serving Size 1 head 908g (908 g)	
Amount Per Serving	
Calories 218	Calories from Fat 14
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 163mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 21g	84%
Sugars	
Protein 11g	
Vitamin A 23%	Vitamin C 772%
Calcium 43%	Iron 28%

\*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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Pineapple	
Nutrition Facts	
Serving Size 1 fruit 1,002g (1002 g)	
Amount Per Serving	
Calories 451	Calories from Fat 11
% Daily Value*	
Total Fat 1g	2%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 10mg	0%
Total Carbohydrate 118g	39%
Dietary Fiber	0%
Sugars 83g	
Protein 6g	
Vitamin A 10%	Vitamin C 282%
Calcium 13%	Iron 14%

\*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 YELLOW</b>	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
<b>TAN WHITE 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 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.

For more information, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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## HISTORY

Cabbage was introduced into Europe by the conquering Romans and there the plant was bred into the familiar form we recognize today. It was easily grown in the cooler parts of northern Europe and quickly became a popular food. It produced a large harvest in the short growing season and was a wonderful addition to the meager diet of the rural folk.

The explorers of the 17th and 18th centuries carried cabbage in their ship's stores for their crews to eat and the high Vitamin C content helped stave off the scurvy that was so common among sailors. By this time, a pickled form of the vegetable was popular in Europe and the French from the Alsace area gave it the name of "Choucroute"(sauerkraut). It has even been noted that on one of Captain Cook's voyages that sailors who were injured in a storm had their wounds bound with cabbage to help prevent gangrene.

When George Washington tasted pineapple in 1751 in Barbados, he declared it his favorite tropical fruit. And although the pineapple thrived in Florida, it was still a rarity for most Americans.

Captain James Cook later introduced the pineapple to Hawaii circa 1770. However, commercial cultivation did not begin until the 1880s when steamships made transporting the perishable fruit viable. In 1903, James Drummond Dole started a pineapple plantation on the island of Oahu and began canning pineapple, making it easily accessible worldwide. Production stepped up dramatically when a new machine automated the skinning and coring of the fruit. The Dole Hawaiian Pineapple Company was a booming business by 1921, making pineapple Hawaii's largest crop and industry.

## LITERATURE LINKS

Elementary: *The Giant Cabbage: An Alaska Folktale* by Cherie Stihler (Author) & Jeremiah Trammell (Illustrator)

Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it! An old Russian folktale inspired *The Giant Cabbage*, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns.

Middle: *The People in Pineapple Place* by Anne Morrow Lindbergh

In *The People in Pineapple Place*, August Brown, new kid on the block in Washington, D.C., finds more than he bargains for when he follows the ragbag lady to a mysterious street called Pineapple Place. There, on a quaint cobblestone block of cheerful houses, live seven invisible - except to August - children from another time. Before he knows it, August and his fantastic new friends are off on the adventure of a lifetime!

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 317-338-2336.

