NUTRITION, HEALTH AND LEARNING
GO HAND-IN-HAND
As you continue to expand your students’ minds, it is important to remember that when children eat a variety of nutrient-rich foods such as fruits and vegetables, research shows that they may have improved short-term auditory memory, mood and overall academic performance. This newsletter from the Peyton Manning Children’s Hospital at St. Vincent strives to link the classroom, cafeteria, home and community together to motivate and support students to make good, healthy food choices and to be physically active every day.

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 may have. Please don’t hesitate to let us know how we can help. For information or resources, please contact Karen Terrell, School Wellness Coordinator, at keterangan@stvincent.org or 317-338-2336.

BACKPACK SAFETY FOR YOUR STUDENTS
As the 2011-2012 school year gets into full swing, many of your students may be riding the bus to school. We’d like to take this opportunity to remind you of a few safety tips to make the ride to and from school a safe one. In August, the Indiana State Police issued these school bus safety tips:

• Have students put everything they carry in a backpack or school bag so that they won’t drop things along the way.
• Attach a piece of high visibility fluorescent or reflective material to their clothing or backpack.
• Make sure they leave home on time so that they can walk to the bus stop and arrive before the bus is due; running can be dangerous.
• Don’t let children play running games or push or shove at the bus stop.
• Make sure students stand at least 6 feet (3 giant steps) from the road while waiting for the bus.
• If children must cross the street to get to the bus, remind them to wait for the driver to signal that it’s safe to cross.
• Tell your students if they drop something near the bus they should never pick it up. Instead, they should tell the bus driver and follow the driver’s directions. Remind children to look to the right before they step off the bus, some drivers in a hurry may try to sneak by buses on the right.
• Teach your students to secure loose drawstrings and other objects that may get caught in the handrail or door of the bus as they are exiting.

POSTER PROMOTION & FUN FACTS
To reinforce the message of good nutrition and provide fun and interesting facts to your students, consider decorating the cafeteria or hallways with whimsical posters about the month’s selected produce items. You might wish to hang posters from the ceiling, post flyers in the hallway, or create table tents for the cafeteria. Here are some quirky facts about apples and cauliflower:

• Mark Twain said that cauliflower is “nothing but a cabbage with a college education.”
• The first apple trees were planted by the pilgrims in the Massachusetts Bay colony.
• It takes about 36 apples to create one gallon of apple cider.

OCTOBER HEALTH & WELLNESS OBSERVANCES

National Walk to School Day - October 5
(National Center for Safe Routes to School)

Eye Injury Prevention Month
(American Academy of Ophthalmology)

Mental Illness Awareness Week – October 2 – 8
(National Alliance on Mental Illness)
GETTING PHYSICAL...Have a classroom competition!
What better time than to have a competition in your classroom to see who can do the most physical activity this month! The weather is still great and there is plenty of evening sunlight. Here are some ways to make it an active October:
- Start by creating a list of activities your students can participate in throughout the month. This could include things like walking the dog, playing football or raking leaves. The number of minutes they are active is the amount of points they get for that activity.
- Sedentary activities like watching television or playing video games could be counted as negative points.
- To help narrow the timeframe in which to count points, try using a two-hour time frame for each evening – for instance 5-7 pm each evening. And students will only count points during that time.
- Keep track of who has the most points and at the end of the month, and have a prize for the winner.
- Make this a competition between classrooms or even different grades.

HAVE FUN!

COOKING IN CLASS
Apples in the raw!
Nothing can be easier this time of year than offering your students a variety of apple types and letting them eat them as nature intended. Some students may prefer the tartness of a Granny Smith apple while others love the sweetness of a Honeygold apple. Whatever their preference, the fiber and nutrients that an apple offers are sure to provide them with some great energy during their school day.

Apples

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Serving Size 1 medium 3 dia 182g (182 g)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 3% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 95</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
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<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 2mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 25g</td>
<td>8%</td>
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<tr>
<td>Dietary Fiber 4g</td>
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<td>Sugars 19g</td>
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</tr>
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<td>Protein 0g</td>
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Vitamin A 2% • Vitamin C 14%
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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Detective Work

For students who like to do research or for teachers who would like their students to practice their writing skills, consider asking them to write about the following issues related to apples or cauliflower:

1) Cauliflower is a member of the Cruciferae family. What are other vegetables from the same family?
2) Why is most cauliflower white?
3) What is the science of growing apples called?
4) In colonial times, what was another word for apples?
**HISTORY**

Cauliflower can trace its beginnings to the wild cabbage, a plant thought to have originated in Asia Minor, which resembled kale or collards more than the vegetable that we know it to be currently. It gained popularity in France in the mid-16th century and was then cultivated in Northern Europe and the British Isles. The United States, France, Italy, India and China are countries that produce significant amounts of cauliflower currently. Today, cauliflower is eaten in cultures around the world. Thick cauliflower soups are popular in France and Eastern Europe. Sardinian cooks combine garlic, olive oil and capers with it to make zesty salads and hot dishes. In India, it’s cooked with potatoes and onion to make a rich vegetable curry.

Believed to have originated in the mountainous area between the Black and Caspian seas, the apple has long been the most popular fruit in North America. When the English colonists arrived in North America they found only crab apples. Crab apple trees are the only native apples to the United States. European settlers arrived and brought with them their English customs and favorite fruits. In colonial time, apples were called winter banana or melt-in-the-mouth. The colonists used apples to eat and also to make into apple cider, apple vinegar and hard cider. As the early colonists explored the frontier and moved from the eastern United States to the west, so did the apple. Over thousands of years, the apple has changed and been developed into the many high-quality and good-tasting varieties that are familiar to you today.

**CAFETERIA CONNECTION**

Here are some ideas for adding the featured produce items to your lunch menu:
- Raw cauliflower florets make a crunchy, nutritious appetizer with low-fat dressing or dip.
- Add fresh or leftover cauliflower to soups or stews.
- Stir cooked cauliflower into mashed potatoes to add more vitamins.
- Offer apple slices plain or with a yogurt or caramel sauce for dipping.
- If your school offers breakfast, offer chopped apples with oatmeal.

**ART IS AWESOME...Stamping with Apples!**

Apple stamping is a great craft to celebrate the fall season. Because you’ll need a knife for this art project, be sure to supervise your students.

What you’ll need
- Apple(s)
- Knife
- Paper
- Paint in fall colors
- Paper plate

Here’s how to make it...

1. With your knife cut your apple in half vertically (cutting the apple vertically will give you the apple looking stamp - cutting it horizontally will give you a circular shape)

2. Pour paint onto a paper plate and dip your apple onto the plate. Stamp your apples on the paper in as many different fall colors as you’d like.

**LITERATURE LINK**

**ELEMENTARY:** *The Flea and the Cauliflower*
by John Adrian Talbot Healy

**SECONDARY:** *Apples for Everyone (Picture the Seasons)*
by Jill Esbaum