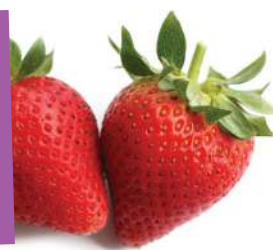


EDUCATOR NUTRITION NEWSLETTER

APRIL 2013 EDITION



APPROVED

The featured produce of the month are **STRAWBERRIES** and **ASPARAGUS!**



POSTER PROMOTIONS AND 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 fruit and vegetable. You might wish to hang posters from the ceiling or post flyers in the hallway or as table tents in the cafeteria. For November, here are some quirky facts about strawberries and asparagus...

Indians called strawberries "heart-seed berries" and pounded them into their traditional corn-meal bread recipes. Sometime after, colonists decided to create their own version, which became our American favorite - Strawberry Shortcake.

The English and French used the heart-shaped berries to landscape their gardens. In 14th-century France, King Charles V ordered 1,200 strawberry plants to be grown in the Royal Gardens of the Louvre.

There is a legend that strawberries were named in the 19th century by English children who picked the fruit, strung them on grass straws and sold them as "Straws of berries".

Asparagus is best planted near tomatoes because each plant repels bugs that bother the other.

Did you know that asparagus can grow up to 10 inches in a 24-hour period?

NUTRITION, HEALTH AND LEARNING GO HAND-IN-HAND

As you continue to expand your students' minds, it is important to remember that when students 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 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 klterrell@stvincent.org or 317-338-2336.

APRIL HEALTH AND WELLNESS OBSERVANCES

National Distracted Driving Awareness Month

Stress Awareness Month

Air Quality Awareness Week – April 29 – May 3

World Health Day – April 7



GETTING PHYSICAL...Container Gardening with strawberries!

Let your students get a feel for gardening in the classroom by growing strawberries in a container. Growing strawberries in containers is easy and the results can be seen relatively quickly. First, have students bring in a container for their strawberry plant. Anything should work – either something hanging or that sits flat – as long as there is sufficient drainage. Encourage them to decorate their pot.

Purchase strawberry plants at a local nursery. One plant per student should be enough. Fill your containers with a good quality potting soil, adding a slow-release fertilizer, if the mix doesn't already have it mixed in. Plant your strawberry plant just deep enough so that the soil level of the nursery pot is at the same level as your potting soil. Be careful not to put soil over the crown of your plant (which is where the plant meets the soil).

Most strawberry plants will produce best in full sun, though some will tolerate part shade. All strawberries need consistent water to thrive. Keep the soil moist, not wet. If possible, water in the morning or during the day to prevent disease. Always test your soil for moisture before watering by sticking your finger in up to the second knuckle. If the soil feels dry, add water. Fertilize with a diluted liquid fertilizer every other week.

Asparagus

Nutrition Facts

Serving Size 1 cup 180g (180 g)

Amount Per Serving

Calories 32 **Calories from Fat** 6

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 29% • Vitamin C 73%

Calcium 3% • 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.

©www.NutritionData.com



DETECTIVE WORK...

For students who like an extra challenge of creative writing or for teachers who would like their students to practice their writing skills, consider asking them to write about the following issues related to strawberries and asparagus:

1. Research the medicinal uses for asparagus in different parts of the world.
2. Name two nutrients or vitamins that asparagus contains. Why are they good for your body?
3. Strawberries contain fiber. What is fiber and how is it good for our bodies?
4. Research and write about how strawberries grow (think about temperature, amount of water needed, etc.).

COOKING IN CLASS



Asparagus Roll-Ups

Ingredients:

- Asparagus stalks (steamed or roasted the night before so they're not raw...or too mushy)
- Low-fat plain or herb cream cheese
- Prosciutto slices
- Salt and pepper, to taste

The night before class, roast or steam your asparagus spears.

The day of class, place one spear into a slice of Prosciutto and add a dab of cream cheese.

Roll them up and enjoy!

For those who have vegetarian students in their class, substitute the Prosciutto for a slice of thin cheese such as mozzarella or Swiss cheese.



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.

Strawberries		
Nutrition Facts		
Serving Size 1 cup, halves 152g (152 g)		
Amount Per Serving		
Calories 49	Calories from Fat 4	
% Daily Value*		
Total Fat 0g	1%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 2mg	0%	
Total Carbohydrate 12g	4%	
Dietary Fiber 3g	12%	
Sugars 7g		
Protein 1g		
Vitamin A	0% • Vitamin C	149%
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.		
©www.NutritionData.com		

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

For more information, visit www.fruitsandveggiesmatter.gov

CAFETERIA CONNECTIONS

You might find it difficult to get kids to initially try asparagus, but here are some thoughts to spur their interest:

- Add asparagus spears to stir-fry recipes.

- Encourage students to eat asparagus with their fingers... maybe dipped in a bit of salad dressing.

- Offer asparagus as a vegetable side covered in a bit of cheese sauce.

Strawberries should be much easier for kids to eat. Try these ideas:

- For a delicious dessert idea, dip strawberries in a bit of dark chocolate.

- Provide small cups of strawberries, cut up, as a fruit side with lunch.

HISTORY

Asparagus is a plant that is native to the eastern Mediterranean and Asia Minor areas. The name "asparagus" comes from the Greek language meaning "sprout" or "shoot" and it is a member of the lily family along with onions, garlic, leeks and turnips. The ancient Greeks loved wild asparagus but it was the Romans who first grew it. The Greeks and Romans loved asparagus for its unique flavor, texture and supposed medicinal qualities. They ate it fresh when in season and dried it for use in winter.

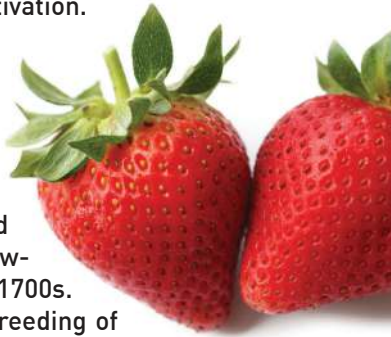


The asparagus growing beds in Northern Italy were famous during the Renaissance period. These graceful spears of the asparagus plant have always been a sign of elegance, and in the past asparagus was deemed a delicacy only the wealthy could afford. Roman emperors were so fond of asparagus that they kept a special asparagus fleet for the purpose of fetching it.

The Europeans first discovered strawberries in America in 1588. Because the fruit was easily available and abundant in the wild, the local Americans didn't cultivate it commercially. It was only after the demand from the European settlers, that the Native Americans started its cultivation.

In Rome, strawberries were grown to be used in different types of medicines. In France too, the berries were used for medicinal purposes. The strawberries that grew in the Alps were used to treat digestive problems and skin diseases. Many new varieties of the strawberry were developed in North America in the 1700s. The varieties that developed from the cross-breeding of American and European strawberries were known for their sweet taste and the perfect size.

Madam Thérèse Tallien popularized the use of strawberries in cosmetics and facial treatments. A wealthy socialite from France, she used to scatter sliced strawberries in bath water. She claimed that 'strawberry bath' protected her from any kind of skin problems. The 20th century saw the advent of strawberry cosmetics on a large-scale. Strawberries are widely used in shampoos, moisturizers, cleansers, soaps, etc.



LITERATURE LINKS

ELEMENTARY:

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood

From Amazon: First published in 1984, a picture book in which the Little Mouse will do all he can to save his strawberry from the Big, Hungry Bear, even if it means sharing it with the reader. The Little Mouse and the Big Hungry Bear are known and loved by millions of children around the world. Little Mouse loves strawberries, but so does the bear...How will Little Mouse stop the bear from eating his freshly picked, red, ripe strawberry?

SECONDARY:

A is for Asparagus by (Jacques Couteau Mystery) by Holland Dayze

The asparagus of the world are disappearing. Container ships of the vegetable are being hijacked every day. Asparagus farms and even private gardens are inexplicably laid bare of *Asparagus Officinalis*. People panic, the price of asparagus goes through the roof, and concerned vegans are wearing little plastic asparagus on their suits in support of the Liliaceae. One tween is all that stands between us and asparagus annihilation. Jacques Couteau, international kid of mystery, botanist and vegetable detective will take on the dastardly duos of digestive doom. Jacques, along with his friend May Fourchette, will face flash-fried fiends as they battle to save not only the asparagus of the world but our very nutritional souls!