



Peyton Manning Children's Hospital at St.Vincent

APPROVED

EDUCATOR NUTRITION NEWSLETTER



The featured produce of the month are **ARTICHOKES** and **GRAPEFRUIT!**

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 School Wellness Coordinator Karen Terrell 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: NATIONAL POISON PREVENTION WEEK

The week of March 16-22 is National Poison Prevention Week sponsored by the American Association of Poison Control Centers. The following is information from their website and offers helpful tips for talking with your students about poisons.

How can you get poisoned?

You can get poisoned by eating, drinking, touching, or smelling something that can make you sick or hurt you. Some things, like medicine, can make you sick if you take the wrong kind, or if you take too much. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first!

Where are poisons found?

Poison can be found in any room in your home. They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

What can you do if someone gets poisoned?

If you think you got into a poison, tell a grown-up right away! They will call the poison center. The poison center will tell them how to help you. If you think your mom or dad, or your brother or sister, or even your friend got into a poison, you can call the poison center too. Learn the poison center's phone number, 1-800-222-1222, and make sure you have the number of the poison center on or near the telephones in your house.

How can you be prepared?

Ask your mom or dad to teach you what things are dangerous and what are not. Sometimes poisons can be colorful or have interesting designs on the packaging. It's very important that you stay away from anything you aren't familiar with unless an adult says it's okay.

Encourage your family to have a plan in case someone accidentally gets into a poison. Just like fire and tornado drills, a well-practiced plan of action can keep you and your family safe.

The American Association of Poison Control Centers supports the nation's 56 poison centers in their efforts to prevent and treat poison exposures. Poison centers offer free, confidential medical advice 24 hours a day, seven days a week through the Poison Help Line at 1-800-222-1222. This service provides a primary resource for poisoning information and helps reduce costly emergency department visits through in-home treatment.



PRODUCE SELECTION

ARTICHOKES:

- Select artichokes that are deep green with a tight leaf formation.
- They should feel heavy for their size; however, size has little to do with quality or flavor. Small artichokes are just a smaller bud.
- To test for freshness, press the leaves against each other. They should produce a squeaking sound.
- Store fresh artichokes unwashed in a plastic bag in the refrigerator for up to a week. It's best to use fresh artichokes on the day of purchase.
- Artichokes can dry out quickly, so as soon as you can after purchase, put them in plastic bags with a little sprinkle of water (not too much water or the artichokes will get moldy) and store them in the vegetable bin of the refrigerator.

GRAPEFRUIT:

- Select grapefruit with bright, smooth, thin, unblemished skin.
- The grapefruit should be very heavy for its size, as it will be the juiciest.
- The fruit should be springy to the touch, not soft or wilted. Defects on the surface of the fruit such as scars, scratches and discoloration don't affect the taste.
- Because grapefruit is ripe when picked it will not ripen further once off the tree. Grapefruit will last for several days if stored at room temperature. Otherwise, refrigerate grapefruit in a plastic bag or in the crisper section of the refrigerator, where they will keep for several weeks.

GETTING PHYSICAL: A Classroom Competition

What better time than to have a competition in your classroom than as the weather turns warmer and we all long to be outside a bit more every day?!

- Start by creating a list of activities your students can participate in during the month. You'll likely need to include both indoor and outdoor activities due to the weather.
- Create an "Activity Chart" with each student's name and all the activities listed.
- Students earn points by the number of minutes they are active in each activity. For example, 30 minutes of walking the dog equals 30 points for that student.
- Sample activities might include jump roping, walking, running, doing chores around the house, organized sports events or anything else they come up with.
- Each day students log in their points by their name on the activity chart.
- For an extra bit of competition, you may decide that sedentary activities like playing video games or going an entire day without being active can count as negative points.
- At the end of the month award the students with the top three points as the winners! You can do this among your own classroom alone or make it a competition with another classroom.



COOKING IN CLASS

For this month's classroom recipe, simply peel and serve grapefruit sections to your students. You might offer both salt and sugar to sprinkle on the sections to see which they prefer.

Or bring in some Ruby Red grapefruit juice and mix it with sparkling water for a refreshing Grapefruit Fizz drink.



ARTICHOKE

Nutrition Facts

Serving Size 1 artichoke, medium 128g (128 g)

Amount Per Serving

Calories 60 Calories from Fat 2

% Daily Value*

| | | |
|--------------------|-------|---------------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | | |
| Cholesterol | 0mg | 0% |
| Sodium | 120mg | 5% |
| Total Carbohydrate | 13g | 4% |
| Dietary Fiber | 7g | 28% |
| Sugars | 1g | |
| Protein | 4g | |
| Vitamin A | 0% | Vitamin C 25% |
| Calcium | 6% | Iron 9% |

*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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GRAPEFRUIT

Nutrition Facts

Serving Size 1 cup sections, with juice 230g (230 g)

Amount Per Serving

Calories 97 Calories from Fat 3

% Daily Value*

| | | |
|--------------------|-----|----------------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | | |
| Cholesterol | 0mg | 0% |
| Sodium | 0mg | 0% |
| Total Carbohydrate | 25g | 8% |
| Dietary Fiber | 4g | 15% |
| Sugars | 16g | |
| Protein | 2g | |
| Vitamin A | 53% | Vitamin C 120% |
| Calcium | 5% | 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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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

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.



HISTORY

The grapefruit first appeared in the U.S. in 1823 when Count Odette Phillipe brought seeds from the Bahamas to a town near Tampa, Florida. Like many other foods introduced into the United States from other countries, the grapefruit did not gain immediate popularity. In fact, one American gardening encyclopedia referred to grapefruit as “thick-skinned and worthless.” The seeds from those first plants thrived and produced fruit and by 1840, grapefruit was stirring some minor interest.

One day in 1870 John A. MacDonald noticed an unusual tree near his home in Orange County, Florida. The large clusters of golden fruits were so appealing he bought them all. Soon after, he established the first grapefruit nursery from the seeds of that tree.

In 1885, Florida’s first shipment of grapefruits to New York and Philadelphia created a flurry of interest in the fruit and was the beginning of a serious commercial grapefruit industry.

Artichokes are one of the oldest cultivated vegetables. Historians generally agree that artichokes started somewhere in the Mediterranean some say it was Sicily and some have said that they originated in Northern Africa. Although mankind has been eating artichokes for more than 3000 years, the fall of Rome plunged the artichoke into obscurity until its revival in Italy the mid-15th century.

Catherine de Medici, who was married to King Henry II of France at the tender young age of 14, is credited with bringing the artichoke from her native Italy to France, where its success was instant.

The artichoke quickly made its way to Britain and as a result, the term artichoke first appeared in written English records in the 15th century. It made its way to America via French and Italian explorers.



LITERATURE LINKS

ELEMENTARY:

***Artichoke Boy* by Scott Mickelson**

Some kids love peas and potatoes. Some kids love beans and tomatoes. Then there is Artichoke Boy who loves artichokes most of all. He’s not the only one. His mother, father, and sister are crazy for artichokes, too! It’s one big artichoke-loving family.

MIDDLE:

***Artichoke Tales* by Megan Kelso**

Artichoke Tales is a coming-of-age story about a young girl named Brigitte whose family is caught between the two warring sides of a civil war, a graphic novel that takes place in a world that echoes our own, but whose people have artichoke leaves instead of hair. Influenced in equal parts by Little House on the Prairie, The Thorn Birds, Dharma Bums, and Cold Mountain, Kelso weaves a moving story about family amidst war.

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 and 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 klterrell@stvincent.org or 338-2336.