



Peyton Manning Children's Hospital at St.Vincent

**APPROVED**

# EDUCATOR NUTRITION NEWSLETTER



The featured produce of the month are **MUSHROOMS** and **RHUBARB!**

## 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](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: NATIONAL DISTRACTED DRIVING MONTH

We're focusing on you adults this month in our Healthy Body Focus. The National Safety Council has designated April as National Distracted Driving Month. Thousands die needlessly each year because people continue to use their cell phones while driving, handheld or hands-free. Join the National Safety Council this April in urging those you care about to:

- Stop using cell phones while driving
- Recognize that hands-free devices offer no safety benefit
- Understand the dangers of the cognitive distraction to the brain
- Tell others about the dangers of cell phone distracted driving

Here are a few common myths about hands-free driving

**MYTH:** My car came with an entertainment system. Because it's built into my car, it must be safe.

**FACT:** Not all technology is created equal. Anything that distracts a driver from performing the task of driving can be dangerous and doesn't belong in an entertainment system.

**MYTH:** I have an infotainment system in my dashboard, so it's safe for me to speak my texts and drive.

**FACT:** Even if drivers don't need to use their hands to type and email, voice-to-text features require drivers to look at the translated messages to be sure they're correct. Slower reaction times occur, no matter whether drivers are typing a text or using voice-to-text technology.

**MYTH:** Most car crashes are caused by car malfunctions such as faulty brakes, blown tires or engine problems.

**FACT:** Vehicle problems represent a very small portion of car crashes. As much as 90 percent of all crashes are caused by driver error and can be prevented!

For additional information visit [www.nsc.org](http://www.nsc.org)



## PRODUCE SELECTION

### MUSHROOMS –

- Choose mushrooms that smell “earthy” and fresh.
- Avoid mushrooms that are slimy or have bruising.
- To store mushrooms, wipe them with a damp cloth to remove any dirt and store them, unwashed, in a paper bag or waxed paper in the refrigerator for up to three days.
- Morel mushrooms, which are a delicacy through the United States, are very delicate and should be handled with care.

**SPECIAL NOTE:** Unless you are an experienced mushroom hunter you should purchase morels only at a grocery store or produce stand rather than hunt them on your own.

### RHUBARB –

- Fresh rhubarb is very perishable. Place the stalks in a plastic bag to retain moisture and store for 3 to 5 days in the refrigerator crisper drawer.
- When buying rhubarb, look for stalks that are dark pink to red in color.
- The stalks should feel dry, firm and crisp.
- The leaves of the plant should not be wilted. Avoid any that are wilted, pithy, stringy or rough in texture.



## GETTING PHYSICAL: Frozen Vocabulary

Formation: Standing at desks

Equipment: None

Rules/Directions:

1. Begin by having students do an activity standing at their desks. Some suggestions might be:
  - Jumping
  - Hopping
  - Twisting
  - Knee lifts
  - Jogging
  - Playing air guitar
  - Jumping jacks
2. Students perform the activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.
3. Teacher calls on volunteer to use the vocabulary word properly in a sentence.
4. Resume activity or begin a new activity when a student uses the vocabulary word properly in a sentence.

Variations:

1. Students can define vocabulary word.
2. Students can spell the word.
3. Students can name a synonym or antonym.
4. For math, students can give the sum.



## COOKING IN CLASS

### Mushroom & Goat Cheese Toasts

The night before class, chop a variety of mushrooms and sauté them in a bit of olive oil. Try a mixture of portabellas, crimini and oyster mushrooms.

During class, offer a small, toasted round of bread or a cracker topped with a smear of goat cheese and a spoonful of roasted mushrooms.

Delicious!!



## MUSHROOM

### Nutrition Facts

Serving Size 1 cup sliced 72g (72 g)

#### Amount Per Serving

Calories 19      Calories from Fat 1

#### % Daily Value\*

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 4mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	2%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A      0% • Vitamin C      0%	
Calcium        1% • Iron                    2%	

\*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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## RHUBARB

### Nutrition Facts

Serving Size 1 cup, diced 122g (122 g)

#### Amount Per Serving

Calories 26      Calories from Fat 2

#### % Daily Value\*

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A        2% • Vitamin C      16%	
Calcium          10% • 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.

<b>RED</b>	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
<b>ORANGE</b> <b>YELLOW</b>	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
<b>TAN</b> <b>WHITE</b> <b>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</b> <b>PURPLE</b>	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](http://www.fruitsandveggiesmatter.gov)

## HOW MUCH DO I NEED?

### Recommended Daily Amounts Of Fruits & Vegetables\*

<b>Kids, Ages 5-12</b>	2½ - 5 cups per day
<b>Kids, Ages 13-18</b>	3½ - 6½ cups per day
<b>Adults, 19+</b>	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.



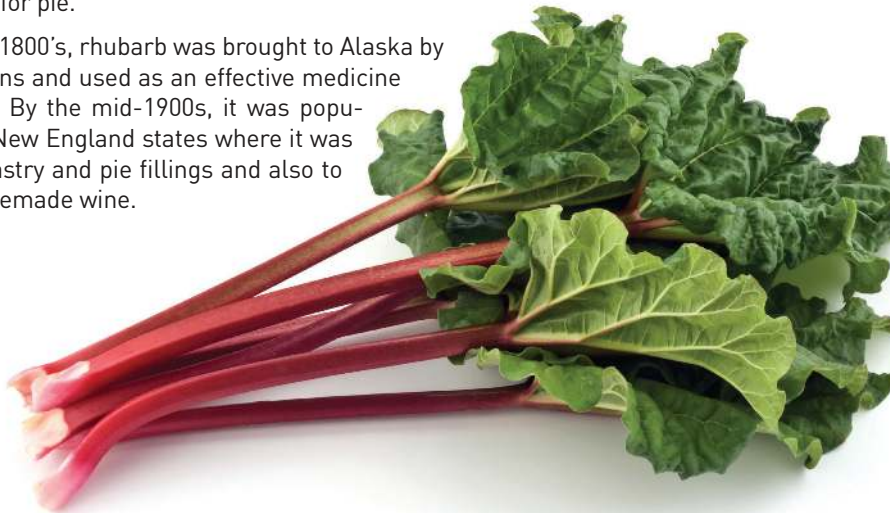
## HISTORY

### RHUBARB:

Rhubarb was initially used as medicine at least 5,000 years ago when Chinese used the dried roots as a laxative. The first documented uses in western civilization are 2,100 years ago when rhubarb roots were an ingredient in numerous Greek and Roman medicines. There is no record of people eating rhubarb prior to the 1800s; however, widespread consumption of rhubarb stalks began in Britain in the early 19th century. After that, rhubarb's popularity grew to a peak just before World War II in what has been called "rhubarb mania."

Ben Franklin is credited for bringing rhubarb seeds to the North American east coast in 1772, yet the red stalks did not catch on until the early 1800s, when it became a popular ingredient for pie.

In the late 1800's, rhubarb was brought to Alaska by the Russians and used as an effective medicine for scurvy. By the mid-1900s, it was popular in the New England states where it was used as pastry and pie fillings and also to make homemade wine.



### MUSHROOMS:

Mushrooms have been said to be the "plants of Immortality," at least that's what the ancient Egyptians believed. The pharaohs of Egypt loved the flavor of the mushroom so much that they declared mushrooms as food fit only for royalty. This allowed them to assure themselves the entire supply of mushrooms, because no commoner was allowed to eat them.

In counties such as China, Russia, Greece and Mexico, people actually practiced mushroom rituals. They believed that mushrooms held certain properties that would help with finding lost objects, providing super-human strength and in the end, leading the soul to the realm of the gods.

In the 18th century, France began cultivating mushrooms resembling the typical mushroom that we all buy at the market. Prior to 1940, the most widely available mushroom was the Italian brown, now known as the crimini mushroom. Today there are many options for exotic mushrooms, including shiitake, enoki, oyster, morels, chanterelles and more.



## LITERATURE LINKS

### ELEMENTARY:

*Rhubarb* by Stephen Cosgrove

### MIDDLE:

*The Wonderful Flight to the Mushroom Planet*  
by Eleanor Cameron

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,  
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