



# EDUCATOR NUTRITION NEWSLETTER

Produce Items of the Month are **STRAWBERRIES** and **AVOCADO**

**FEBRUARY  
2016  
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: NATIONAL CHILDREN'S DENTAL HEALTH MONTH

The American Dental Association, along with the ADA Foundation, has dedicated February 2016 as National Children's Dental Health Month. To celebrate, here are six of the worst habits for your teeth – make it a goal to break any of these in 2016!

**Nail biting:** This habit can chip teeth and impact your jaw. "Placing your jaw for long periods of time in a protruding position can place pressure on it, which is associated with jaw dysfunction," says Dr. Ruchi Sahota. The solution: Bitter-tasting nail polishes, stress reduction and setting small, realistic goals can help.

**Brushing Too Hard:** Brushing for two minutes twice a day is one of the best habits you can get into. Just make sure you're not trying too hard. "Brushing with a hard toothbrush, or brushing too hard, can damage teeth and irritate gums," says Dr. Matthew Messina. The solution: Use a soft toothbrush with the ADA Seal of Acceptance at the proper pressure.

**Grinding and Clenching:** "This can cause chipping or cracking of the teeth, as well as muscle tenderness or joint pain," Dr. Messina says. "You might also feel like you can't open your mouth wide or chew with pain." The solution: "Relaxation exercises and staying aware makes a difference," he says. A nighttime mouth guard can also help.

**Chewing Ice Cubes:** "Tooth enamel is a crystal. Ice is a crystal. When you push two crystals against each other, one will break," Dr. Messina says. "Most of the time it's the ice, but sometimes the tooth or a filling will break." The solution: Drink chilled beverages without ice, or use a straw so you're not tempted.

**Constant Snacking:** Grazing all day, especially on sugary foods and drinks, puts you at a higher risk for cavities. The solution: Eat balanced meals to feel fuller, longer. If you need a snack, make sure it's low in fat and sugar. If you indulge in the occasional sugary treat, follow it with a big glass of water to wash away leftover food.

**Using Your Teeth As Tools:** Your teeth were made for eating, not to stand in as a pair of scissors or hold things when your hands are full. When you do this, you put yourself at a higher risk of cracking your teeth, injuring your jaw or accidentally swallowing something you shouldn't. The solution: Stop and find something or someone to give you a hand.



## PRODUCE SELECTION

### Strawberries

- Look for bright red color - If there's white around the stem, or in the center of the berry, it wasn't picked at peak ripeness.
- Don't worry about size - Small berries tend to be juicier and more flavorful than big berries, but this isn't always the case. Color is more important than size.
- If possible, buy organic - Strawberries are on the Dirty Dozen list, which means they can have high levels of pesticides even after washing. Organic berries won't necessarily taste better than conventional, but at least you won't be eating pesticides.

### Avocado

- The best way to tell if an avocado is ripe and ready for use is to gently squeeze it in the palm of your hand. Ripe, ready-to-eat fruit will be firm yet will yield to gentle pressure.
- Color alone may not tell the whole story. A Haas avocado will turn dark green or black as it ripens, but some other avocado varieties retain their light-green skin even when ripe.
- Avoid fruit with dark blemishes on the skin.



## GETTING PHYSICAL

We all know that encouraging physical activity throughout the school day can lead to students who are more aware and therefore better able to learn what you're trying to teach them. However, introducing physical activity into the classroom can be a bit daunting to some teachers. So, this month we thought we'd help you out with some ideas to increase or introduce physical activity throughout the day to your students.

A few months ago, I bought a Brain Break Bucket from a website called [www.TeachersPayTeachers.com](http://www.TeachersPayTeachers.com). The bucket's creator is a woman who calls herself "3rd Grade Thoughts." The activities that she includes in the bucket are excellent and I'd like to share a few of them with you throughout the year. These simple, easy activities can be a great way to "wake up" your students' brains.

**UPWARD DOG:** Have students lie on their belly. Keep their legs straight and lift their chest off the ground, stretching their arms straight in front of them. Have them pretend they're flying like Superman. Instruct them to look forward and breathe.

**ISOSCELES TRIANGLE:** Kids are on the floor on their knees with their backs straight (like an L-shape). At your signal, they will try to jump to a standing position. Make sure to clear any desks or other items out of the way that they could hit or bump into.





Strawberries		
<b>Nutrition Facts</b>		
Serving Size 1 cup, halves 152g (152 g)		
<b>Amount Per Serving</b>		
<b>Calories</b> 49	Calories from Fat 4	
<b>% Daily Value*</b>		
<b>Total Fat</b> 0g	1%	
Saturated Fat 0g	0%	
Trans Fat		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 2mg	0%	
<b>Total Carbohydrate</b> 12g	4%	
Dietary Fiber 3g	12%	
Sugars 7g		
<b>Protein</b> 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.		
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## Avocado

### Nutrition Facts

Serving Size 1 fruit, without skin and seed 136g (136 g)

#### Amount Per Serving

**Calories** 227      Calories from Fat 175

#### % Daily Value\*

**Total Fat** 21g      32%

Saturated Fat 3g      14%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 11mg      0%

**Total Carbohydrate** 12g      4%

Dietary Fiber 9g      37%

Sugars 0g

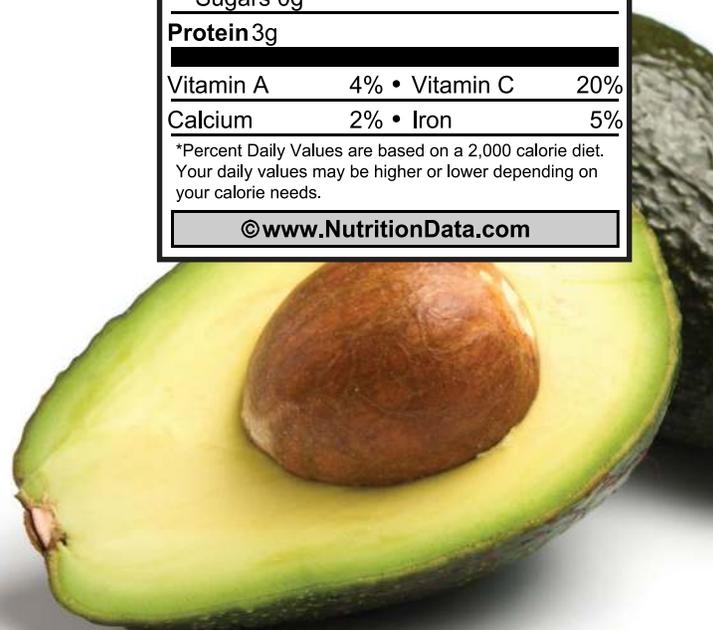
**Protein** 3g

Vitamin A      4% • Vitamin C      20%

Calcium      2% • Iron      5%

\*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

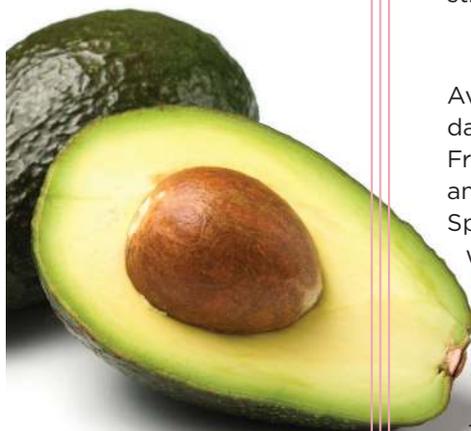
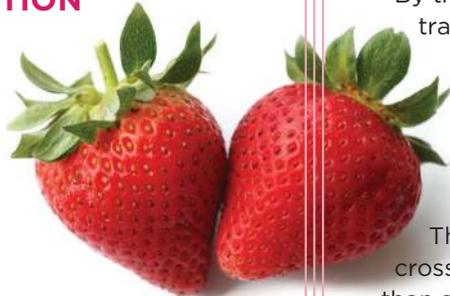
### HOW MUCH DO I NEED?

#### 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.



## HISTORY

Wild strawberries have been eaten by people around the world since ancient times, but not in large quantities because the fruits were small or tough or lacked flavor.

By the 1300's the strawberry was being grown in Europe, when the French began transplanting the wood strawberry from the wilderness to the garden. Then, in the 1600's, the Virginia strawberry of North America reached Europe. The spread of this new relatively hardy species was very gradual and it remained little appreciated until the end of the 1700's and early 1800's when it was popular in England. At that time, English gardeners worked to raise new varieties from seed and they increased the number of varieties from three to nearly 30.

The 'Wilson' strawberry originated in 1851 by James Wilson, who selected it from a cross of a variety of strawberries. This variety was more productive, firmer and hardier than any other large-fruited variety, and could be grown on nearly any soil. It was also perfect-flowered, so it could be grown by itself without another variety for pollination. Wilson changed the strawberry into a major crop grown all across the continent; the strawberry industry soon increased 50-fold, to 100,000 acres.

Avocado is one of the earliest fruits consumed in Mesoamerica. Its oldest evidence dates back almost 10,000 years ago in the Coxcatlan region of Puebla, central Mexico. From there, avocados were dispersed from North to South America and then to Europe and the rest of the world. In all probability the avocado was brought to Florida by the Spaniards, but the first introduction of which a record has been found was in 1833, when Henry Perrine sent trees from Mexico to his grant of land below Miami.

The first successful introduction into California is believed to have been in 1871, when R. B. Ord brought three trees from Mexico and planted them in Santa Barbara. It seems strange that so valuable a fruit should not have been introduced into California by the Franciscan padres, who came from Mexico in the latter part of the 18th century and to whom credit is due for the introduction of the orange, the olive, and the grapevine. Avocados are now among the most important and traded tropical fruit in the world, with Mexico as its major producer.

## LITERATURE LINKS

### Elementary: *Strawberry Hill* by Mary Ann Hoberm

When 10-year-old Allie learns that her family will be moving from a two-family home to their very own house, she's hesitant until she finds out they will be living on a street with the magical name of Strawberry Hill. That changes everything! But strawberries aren't the only things Allie will have to look for in her new neighborhood. As Allie struggles to find a new "best friend" and adjust to all of the changes she faces, she takes readers on her journey to make Strawberry Hill feel like home.

### Middle: *The Snarkout Boys & The Avocado of Death* by Daniel Pinkwater

There's a crime. There's a master criminal. There's a fat man in a fez. Fans of LIZARD MUSIC, take note: Chicken Man is here, and his chicken dances while Daniel Pinkwater defies gravity to bring you a mind-boggling feast. As the Wizard of Comedy transports the Snarkout Boys and Rat through the tunnel under North Aufzoo Street to the warmth of Beanbenders and into a sci-fi mystery adventure that is like a dream (but no one is sleeping), you will meet some strange characters, and learn much about the versatile avocado.