



# EDUCATOR NUTRITION NEWSLETTER

Produce Items of the Month are CAULIFLOWER and NAVEL ORANGES

**MARCH  
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 NUTRITION MONTH



...is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

For more information, visit:

[www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month](http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month).



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## PRODUCE SELECTION

### **Cauliflower:**

- Cauliflower heads should be firm and tightly closed.
- White varieties should be very pale with a creamy white color, and with no dark blemishes or brown spots. If buying purple, green or orange cauliflower (you'll find these at many farmers markets), they should be uniformly colored.
- Pay attention to the leaves. They should look fresh and vibrant, which is a sign that the cauliflower was recently harvested.
- Smell the cauliflower. If it has a strong smell, it's past its prime and will probably have an unpleasant taste.

### **Navel orange:**

- The heavier the fruit, the juicier the inside will be. Less weighty navel oranges could indicate that the fruit inside has not only dried out some but may not be sweet.
- Smell the outer peel, and the button area at the top that resembles a human navel. It should smell fresh. If it smells like anything other than orange peel, don't buy it.
- Check the peel for inconsistencies. The color should be fairly uniform.

## 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.

**EAR RUB:** Have students rub the lobes of their ears. Repeat by crossing their arms in front and rubbing the opposite ear. This can be a good calming strategy.

**CRAB WALK:** Kids will start seated on the floor. Then lift up their bottoms using their hands and feet to walk around the room.

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### Cauliflower

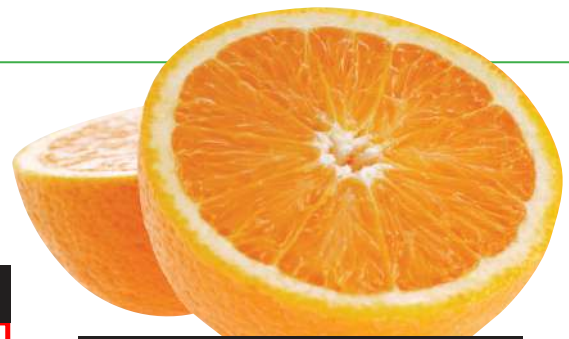
## Nutrition Facts

Serving Size 1 cup 100g (100 g)

Amount Per Serving	
<b>Calories</b> 25	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A	0% • Vitamin C 77%
Calcium	2% • 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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### Orange

## Nutrition Facts

Serving Size 1 cup sections, without membranes 185g (185 g)

Amount Per Serving	
<b>Calories</b> 85	Calories from Fat 3
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 4g	18%
Sugars 17g	
<b>Protein</b> 1g	
Vitamin A	8% • Vitamin C 139%
Calcium	8% • 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?

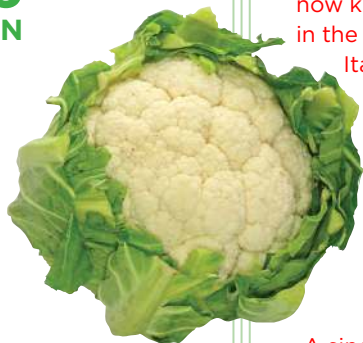
#### Recommended Daily Amounts Of Fruits & Vegetables\*

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



Cauliflower can trace its origins to the wild cabbage, a plant thought to have originated in ancient Asia Minor, which resembled kale or collards more than the vegetable that we now know it to be. The cauliflower went through many transformations and reappeared in the Mediterranean region, where it has been an important vegetable in Turkey and Italy since at least 600 B.C.

Cauliflower gained popularity in France in the mid-16th century and was subsequently cultivated in Northern Europe and the British Isles. Today the United States, France, Italy, India and China are countries that produce significant amounts of cauliflower.



A single mutation in 1820 in an orchard of sweet oranges planted at a monastery in Brazil led to the navel orange, also known as the Washington, Riverside or Bahia navel. A single cutting of the original was then transplanted to Riverside, California in 1870, creating a new market worldwide. To this day, all navel oranges are clones which still originate from that tree in Brazil. This single tree propagated spontaneous clones and led to being grown in other regions.

These mutations can only be cultivated through tree cuttings and being grafted onto other trees. Producing navel oranges is considered a very big industry in the United States and economically important to California, Florida and Arizona where they are primarily grown.



## LITERATURE LINKS

**Elementary: *Cauliflower in the Morning: A little dog's river adventure*** by Helen Fraser  
Cauliflower was a dog of adventure! And what better place to go exploring than The Chattahoochee River. So much to see and do, so much excitement. There was only one problem, Cauli was not supposed to be there. He was really bored in his back yard and the river was just a short hike away. He needed to there and watch all the action so he devised a way of escaping under the huge fence that kept him captive.

**Middle: *The Orange Grove*** by David A. Schmidt

A collection of short stories for adults, baby boomers, and children. Suitable for children of all ages, even the child inside all of us. These stories are a collection of events that took place in the life of the author in the middle 1950's growing up long before computers, cell phones, video games, or cable TV. It was a time when kids used their imagination and determination to have fun.

