Weight-bearing and muscle building gardening activities include:

- Lifting and carrying heavy items, such as watering cans, bags of leaves or grass clippings
- Shoveling or digging
- Pruning
# Santa Clara County Nutrition and Physical Activity Monthly Themes Calendar

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<td>Sports</td>
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Created by Santa Clara County Public Health Department Center for Chronic Disease and Injury Prevention (CDIP) August 2015
What are the monthly themes calendar and toolkit?

The monthly themes calendar and toolkit contain monthly nutrition and physical activity messaging and resources. Each month features key nutrition messages, *Harvest of the Month* produce item, and physical activity theme. Handouts, recipes, and resource links are included to help promote the various themes. Ideas for promoting the themes in a variety of different settings are also included.

Why were the monthly themes calendar and toolkit developed?

The monthly themes calendar and toolkit were developed by the Santa Clara County Nutrition Action Partnership (CNAP) to promote consistent nutrition and physical activity messaging in Santa Clara County.

Who should use the monthly themes calendar and toolkit?

Any individuals or organizations who want to promote nutrition and physical activity within Santa Clara County are encouraged to use the monthly themes calendar and toolkit. Types of organizations who may benefit from the monthly themes calendar and toolkit include school and afterschool programs, community-based organizations, congregate feeding sites, food pantries, health and dental clinics, family resource centers, parks and recreation departments, community centers, churches, libraries, and food retailers.

Are the monthly themes calendar and toolkit complete?

The monthly themes calendar and toolkit is a new model being used in Santa Clara County. The first version of the calendar and toolkit were a prototype. The original version has been updated and will be updated on a regular basis based on feedback from participating organizations. The goal is that the calendar and toolkit will be relevant to the providers who are using it.

How are organization’s feedback taken into account in the types of materials that are included?

Each organization interested in promoting the Santa Clara County nutrition and physical activity monthly themes will be asked to complete a survey to gather background information on the organization, as well as the types of materials they are interested in. These surveys will be used to determine which materials are included in the monthly updates to the toolkit. Quarterly surveys will also be sent to participating organizations to gather feedback on the program, which will be incorporated into future updates.
FAQ

How do I use the monthly themes calendar and toolkit?

Use the monthly themes calendar and toolkit to select nutrition and physical activity messaging and materials to promote each month. Distribute the monthly handouts, and try some of the recommended activities to help reinforce the messaging. If you are going to do an activity around food, try a recipe featuring the monthly *Harvest of the Month* produce item. For additional information, resources, and ideas for promoting the themes, check out some of the recommended resource links.

How can I receive additional materials and updates on promoting the monthly themes?

If you sign up for the Santa Clara nutrition and physical activity monthly themes email list, you will receive a monthly email containing additional materials for promoting the upcoming month's themes, along with updates on what has been going on to promote them monthly themes in the previous months. You are also encouraged to send in pictures and updates on what you've been doing to promote the themes to be included in the monthly email. A reminder email to encourage the promotion of the new month's themes will also be sent out at the beginning of each month.

Who can I contact for additional information?

For additional information or to sign-up for the email list, contact:

Jennifer Gacutan-Galang, MPH
Santa Clara County Public Health Department
Center for Chronic Disease and Injury Prevention
408-793-2734
Jennifer.Gacutan@phd.sccgov.org
Ideas for Promoting the Santa Clara County Nutrition and Physical Activity Monthly Themes

**After School Programs**
- Play games or activities around the monthly themes
- Hold a taste test or do a food activity related to the *Harvest of the Month* produce item or monthly MyPlate 10 tips sheet
- Incorporate the monthly themes into programming

**Cafeterias/Congregate meal sites**
- Place table tents with the monthly handouts, or tips from the monthly handouts, on tables
- Incorporate the *Harvest of the Month* produce item into menus
- Advertise the *Harvest of the Month* produce item on menus, and highlight items featuring the monthly produce item
- Have monthly tips sheets available for diners to take when they enter the dining area
- Create a bulletin board or display promoting the monthly themes
- Hold a taste test of the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet

**CalFresh Offices**
- Create a bulletin board or display promoting the monthly themes
- Provide CalFresh applicants with the monthly handouts after they complete their application
- Have monthly handouts available for clients to take
- Mail monthly handouts to CalFresh participants

**Childcare/Preschools**
- Create a bulletin board or display promoting the monthly themes
- Play games or activities around the monthly themes
- Host a special event related to one of the monthly themes
- Send home the monthly handouts to parents
- Hold a taste test or do a food activity related to the *Harvest of the Month* produce item or monthly MyPlate 10 tips sheet
Ideas for Promoting the Santa Clara County Nutrition and Physical Activity Monthly Themes

Colleges/Adult Education
- Table on campus related to the monthly themes
- Make handouts available for students to take
- Create a bulletin board or display promoting the monthly themes
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at events
- Host a special event related to one of the monthly themes

Community Centers/Senior Centers/Parks and Rec
- Create a bulletin board or display promoting the monthly themes
- Distribute monthly handouts to participants
- Host a special event related to one of the monthly themes
- Incorporate the monthly themes into programming
- Include the monthly handouts in activity guides
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at events

Community Based Organizations
- Include information about the monthly themes in newsletters
- Create a bulletin board or display promoting the monthly themes
- Distribute monthly handouts to participants
- Host a special event related to one of the monthly themes
- Incorporate the monthly themes into programming

Community Events
- Host a booth promoting the monthly themes
- Hold a taste test of the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet
- Conduct a cooking demonstration featuring the *Harvest of the Month* produce item or promoting the theme of the MyPlate 10 tips sheet
- Include activities related to the monthly physical activity theme
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at events
Ideas for Promoting the Santa Clara County Nutrition and Physical Activity Monthly Themes

Community/School Gardens
- Plant the *Harvest of the Month* produce item in school or community gardens
- Educate students and community members on the health benefits of the *Harvest of the Month* produce items using *Harvest of the Month* materials
- Conduct a recipe demonstration or cooking class featuring the *Harvest of the Month* produce item grown in the garden

Email Signature Block
- Include a tip from one of the monthly handouts in email signature blocks

Faith-Based Organizations
- Create a bulletin board or display promoting the monthly themes
- Distribute the monthly handouts, such as by including in church bulletins
- Have monthly handouts available for participants to take
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at events
- Ask the priest or pastor to promote the monthly themes during the service by sharing information from the monthly handouts
- Incorporate messages from the monthly handouts into classes, studies, and gatherings
- Incorporate the monthly themes into programming
- Host a special event related to the monthly themes

Family Resource Centers
- Create a bulletin board or display promoting the monthly themes
- Have monthly handouts available for participants to take
- Host a special event related to the monthly themes
- Play games or activities around the monthly themes
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at events
- Incorporate the monthly themes into programming
Ideas for Promoting the Santa Clara County Nutrition and Physical Activity Monthly Themes

**Farmers Markets**
- Host a booth promoting the monthly themes, including the *Harvest of the Month* Produce Item
- Highlight the *Harvest of the Month* produce item at farmers market by having signage and monthly handouts available for shoppers near the featured item
- Hold a taste test of the *Harvest of the Month* produce item
- Conduct a cooking demonstration featuring the *Harvest of the Month* produce item

**Food Distribution Sites**
- Hold a taste test of the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet
- Conduct a cooking demonstration featuring the *Harvest of the Month* produce item or promoting the theme of the MyPlate 10 tips sheet
- Distribute monthly handouts to participants
- Create food bags around a recipe featuring the *Harvest of the Month* produce item or promoting the theme of the MyPlate 10 tips sheet

**Hospitals/Health Clinics**
- Create a bulletin board or display promoting the monthly themes
- Place the monthly handouts for patients to take in waiting rooms, patient rooms, or at the front desk
- Have healthcare providers give handouts to patients during patient visits

**Housing Complexes**
- Create a bulletin board or display promoting the monthly themes
- Place monthly handouts in resident’s mail boxes
- Host a special event around the monthly themes

**Libraries**
- Create a bulletin board or display promoting the monthly themes
- Have monthly handouts available for participants to take
- Read a story related to the monthly themes during story time
- Display books related to the monthly themes in the “Feature Readings” section
Retail Environments

- Feature a recipe with the monthly *Harvest of the Month* produce item in the prepared foods section
- Display *Harvest of the Month* materials near the monthly produce item
- Include one of the monthly handouts in the weekly circulars
- Hold a taste test of a recipe featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet

Schools/Classrooms

- Send home the monthly handouts to parents in the parent folders
- Announce tips from the monthly handouts during daily announcements
- Include information about the monthly themes in school newsletters
- Hold a taste test or do a food activity related to the *Harvest of the Month* produce item or monthly MyPlate 10 tips sheet
- Create a bulletin board or display promoting the monthly themes
- Incorporate lessons or activities related to the monthly theme into the classroom
- Incorporate the monthly themes into physical education activities
- Host a special event related to one of the monthly themes

Websites and Social Media

- Promote the monthly themes on your organization’s website and social media sites.
  - Websites, blogs, and facebook: Post the monthly handouts and recipes featuring the *Harvest of the Month* produce item on your organization’s website
  - Pinterest: Post recipes featuring the *Harvest of the Month* produce item on Pinterest
  - Twitter: Tweet tips from the monthly handouts, and include the link to the handouts for more information

Worksites

- Create a bulletin board or display promoting the monthly themes in employee break areas
- Serve food items featuring the *Harvest of the Month* produce item or related to the monthly MyPlate 10 tips sheet at meetings and events
- Hold a recipe contest featuring the *Harvest of the Month* produce item
- Distribute monthly handouts to employees
- Promote the monthly themes during staff meetings by sharing information from the monthly handouts
- Hold physical activity breaks during meetings and the work day using the monthly physical activity themes
Nutrition:

General Audience
- ChooseMyPlate.gov: http://www.choosemyplate.gov
- Fruits and Veggies More Matters: http://www.fruitsandveggiesmorematters.org
- Harvest of the Month: http://www.harvestofthemonth.cdph.ca.gov
- Academy of Nutrition and Dietetics: http://www.eatright.org
- EatFresh: http://eatfresh.org

Kids
- MyPlate Kids’ Place: http://www.choosemyplate.gov/kids/index.html
- Health and Nutrition Information for Preschoolers: http://www.choosemyplate.gov/preschoolers.html

Older Adults

Recipes:
- EatFresh – Recipes: http://eatfresh.org/recipe
- Food Hero: https://www.foodhero.org/
Physical Activity

General Audience
- CDC – Physical Activity: http://www.cdc.gov/physicalactivity/
- ChooseMyPlate.gov – Physical Activity: http://www.choosemyplate.gov/physical-activity.html
- California Active Communities: http://www.caactivecommunities.org/
- Champions for Change: Be Active: http://www.cachampionsforchange.cdph.ca.gov/en/BeActive.html
- President’s Council on Fitness, Sports and Nutrition: http://www.fitness.gov
- Physical Activity Guidelines: http://www.health.gov/paguidelines/
- The President’s Challenge: https://www.presidentschallenge.org/

Kids
- Let’s Move! – Get Active: http://www.letsmove.gov/get-active

Older Adults
- Go4Life: http://go4life.nia.nih.gov/
- Exercise and Physical Activity for Older Adults: http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html
A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don’t forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1. make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. include whole grains
Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. don’t forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. try new foods
Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
cómo preparar platos saludables

10 consejos para platos saludables

Un plato saludable comienza con más vegetales, frutas y porciones más pequeñas de proteínas y granos. Piense en cómo ajustar las porciones en su plato para obtener más nutrientes sin incrementar las calorías. Tampoco olvide los productos lácteos; haga de ellos su bebida de acompañamiento o agregue a su plato productos lácteos descremados o con bajo contenido de grasa.

1. haga que la mitad de su plato consista en frutas y vegetales
   Las vegetales y las frutas están repletas de nutrientes que le ayudarán a promover la buena salud. Elija vegetales de color rojo, anaranjado y verde oscuro como tomates, camotes (batatas) y brócoli.

2. agregue proteínas
   Elija alimentos ricos en proteína, como carne magra de res, cerdo, pollo y pavo, frijoles o tufú. Haga que la proteína en su plato provenga de pescados y mariscos dos veces por semana.

3. incluya productos de granos integrales
   Intente que por lo menos la mitad de los granos consumidos sean granos integrales. Busque las designaciones “100% granos integrales” o “100% trigo integral” (“whole grain, whole wheat”) en las etiquetas. Los granos integrales contienen más nutrientes, como fibra, que los granos refinados.

4. no olvide los productos lácteos
   Acompañe sus comidas con una taza de leche descremada o baja en grasa. Esta contiene la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero con menos grasa y calorías. ¿No bebe leche? Pruebe leche de soja (bebida de soja) como bebida, o bien incluya en su comida yogurt descremado con bajo contenido de grasa.

5. evite la grasa adicional
   El uso de salsas o aderezos espeso agregará grasas y calorías a comidas que de otro modo serían sanas. Por ejemplo, el brócoli al vapor es excelente, pero evite cubrirllo con salsa de queso. Pruebe otras opciones, como queso parmesano rallado bajo en grasa o jugo de limón.

6. coma con calma
   Saboree la comida. Coma despacio, disfrute del sabor y las texturas, y preste atención a cómo se siente. Tenga en cuenta que comer demasiado rápido puede resultar en comer demasiado.

7. use un plato más pequeño
   Use platos más pequeños a la hora de la comida para controlar las porciones. De esa manera puede “limpiar el plato” y sentirse satisfecho sin comer demasiado.

8. controle sus alimentos
   Coma en casa con más frecuencia para que sepa exactamente lo que come. Si sale a comer, lea y compare la información de nutrición. Elija opciones más sanas como alimentos horneados en lugar de fritos.

9. pruebe alimentos nuevos
   Mantenga el interés en elegir alimentos nuevos que tal vez nunca antes ha probado, como mangos, lentejas o lechuga japonesa. ¡Tal vez encuentre su nuevo alimento favorito! Inter cambie recetas sabrosas y divertidas con sus amigos, o busque recetas nuevas en internet.

10. satisfaga el gusto dulce de manera sana
    Permitase un postre naturalmente dulce: ¡frutas! Sirva ensalada de frutas frescas o un postre helado con yogur y fruta. Para un postre caliente, hornee manzanas y cóbralas con canela.

DG TipSheet No. 7
Septiembre 2011

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.

Plug Into PA: 
Energize Your Body With Physical Activity

Ways to Energize with Walking

Why Walking Works
Walking is a great way to get aerobic physical activity and has many health benefits including a decreased risk of heart disease, type 2 diabetes, high blood pressure, high cholesterol and stroke. It can also reduce depression, help you to live longer, and has a lower risk of injury than most other activities. Not only is walking a great way to get physical activity, it can also be used as a form of transportation and helps to reduce air pollution.

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day.

Tips for Getting Started
- Join a walking group or find a walking partner for support and encouragement.
- Choose a route that is safe and convenient, trying to avoid areas with heavy traffic or rough and uneven ground.
- In heavy traffic areas, walk on the sidewalk or on the left facing traffic.
- Wear bright or light colored clothing to be sure you are visible when walking.
- Use crosswalks or cross at a corner where there is no crosswalk.
- Start off by taking short 10-minute walks and increase the length as they become easier.
- Walk or take the bus or light rail for transportation (people who use transit are more physically active than those who drive).

Examples of Walking Activities
- Walk the dog
- Walk to school, work or the store
- Get off the bus one stop early and walk the rest of the way
- Park your car further away in the parking lot
- Take a brisk 10-minute walk during breaks at work
- Walk around the mall
- Walk the trails at a local park
- Hold a walking meeting

Additional Resources:
- American Heart Association Walking Resources: http://www.startwalkingnow.org/
- Bicycle and Pedestrian Information Center: http://www.pedbikeinfo.org/community/tips_pedestrian.cfm
- California Walks: http://californiawalks.org/
- National Center for Safe Routes to School : http://www.saferoutesinfo.org/
- Santa Clara County Healthy Trails: http://www.sccgov.org/sites/parks/Whats-Happening/Pages/Healthy-Trails.aspx

Sources:

Created by Santa Clara County Public Health Department Center for Chronic Disease and Injury Prevention (CDIP) August 2018
Por qué caminar es bueno
Caminar es una excelente manera de realizar actividad física aeróbica, e incluye muchos beneficios para la salud. Por ejemplo, reduce el riesgo de sufrir problemas del corazón, diabetes tipo 2, alta presión sanguínea, alto colesterol, y derrame cerebral. También puede reducir la depresión y ayudarle a vivir más años. El riesgo de sufrir una lastimadura al caminar es menor que con otras actividades. Caminar no sólo es una buena manera de mantenerse activo, puede también ser un medio de transporte que ayuda a disminuir la contaminación.

¿Qué tanto se debe caminar? Los adultos necesitan por lo menos 30 minutos diarios de actividad física de moderada a vigorosa. Los niños y los adolescentes necesitan por lo menos 60 minutos diarios de actividad física moderada a vigorosa.

Consejos para iniciarle

- Únase a un grupo de caminata o busque alguien con quien caminar para motivarse y apoyarse.
- Elija una ruta segura y conveniente, tratando de evitar mucho tráfico y terreno disparejo.
- Donde hay mucho tráfico, camine sobre la acera, o en el lado izquierdo de frente al tráfico vehicular.
- Use ropa de colores brillantes o claros para que le vean bien cuando usted camina.
- Use los cruces para peatones, y donde no haya, trate de cruzar en las esquinas.
- Empiece con caminatas cortas de 10 minutos, y aumente al hacérsele fácil caminar más.
- Camine o utilice el transporte público (las personas que lo hacen, son más físicamente activas que las que manejan).

Oportunidades para caminar

- Caminar al perro.
- Caminar a la escuela, al trabajo o a la tienda.
- Bajarse del autobús una parada antes y caminar el resto del camino.
- Estacionar lejos el auto.
- Caminar a paso rápido unos 10 minutos durante su descanso en el trabajo.
- Darle la vuelta al centro comercial
- Caminar las veredas de un parque.
- Junta de caminata.

Recursos adicionales:

- American Heart Association Walking Resources: http://www.startwalkingnow.org/
- Bicycle and Pedestrian Information Center: http://www.pedbikeinfo.org/community/tips_pedestrian.cfm
- California Walks: http://californiawalks.org/
- National Center for Safe Routes to School : http://www.saferoutesinfo.org/
- Santa Clara County Healthy Trails: http://www.sccgov.org/sites/parks/Whats-Happening/Pages/Healthy-Trails.aspx

Recarga de energía tu cuerpo con actividad física
Maneras de aumentar tu energía por medio de caminar

Sources:
- Pedestrian and Bicycle Information Center. http://www.pedbikeinfo.org/index.cfm
Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced pears has fiber and vitamin C. A ½ cup of sliced pears is about half of one medium pear. Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

Healthy Serving Ideas
Add sliced pears to green salads for a sweet crunch.

Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro and lime juice. Serve with baked corn chips for a quick salsa everyone will love.

Pears make an easy snack for any time of day—just grab and go!

Shopper’s Tips
• Look for smooth, bright, and colorful pears with no bruises or damage.
• Bartlett pears are ripe when they turn golden yellow. Other varieties, like Anjou or Bosc, are ripe when they feel slightly firm near the stem.
• Put ripe pears in the refrigerator for up to one week.
• Keep firm pears at room temperature until ripe.

Let’s Get Physical!
Get outside to enjoy the beauty of fall with your family. Cooler weather and falling leaves are a great setting for an evening walk with friends or family.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son una de las mayores fuentes de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de pera en rebanadas tiene fibra y vitamina C. Una ½ taza de pera en rebanadas es aproximadamente una pera mediana. La fibra es un carbohidrato complejo. Hace que la comida permanezca más tiempo en su estómago ayudándole a sentirse satisfecho. La fibra también puede ayudar a bajar el riesgo de padecer presión arterial alta, enfermedades del corazón, derrame cerebral y algunos tipos de cáncer.

Las peras son un bocadillo estupendo para cualquier hora del día. ¡Son perfectas de llevar!

Ideas saludables de preparación
Agregue rebanadas de pera a la ensalada verde para que esté dulce y crujiente.

Pique y mezcle pera, cebolla, pimiento y mango con un poquito de cilantro y jugo de limón. Sirva con chips (totopos) y tendrá una salsa que a todos encantará.

Consejos saludables
• Elija peras de color brillante, apariencia fresca y que no esté mallugada.
• Las peras Bartlett están maduras cuando se ponen color amarillo dorado. Otras peras, como la Anjou o Bosc, están maduras cuando ceden si se presionan suavemente cerca del tallo.
• Guarde las peras maduras en el refrigerador hasta por una semana.
• Guarde las peras duras a temperatura ambiente hasta que maduren.

¡En sus marcas, listos...!
Salga y disfrute de la belleza del otoño con su familia. El clima fresco y las hojas caídas son un escenario muy bonito para dar un paseo por la tarde con amigos o familiares.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net
Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)

Calories 41
Calories from Fat 0

% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 11g 4%
Dietary Fiber 2g 9%
Sugars 7g
Protein 0g

For more ideas, visit: www.calpear.com

Healthy Serving Ideas

• Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or lowfat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
• Add sliced pears to spinach salads.
• Enjoy a whole pear for an afternoon snack.
• Talk with your child about other fruits and vegetables that are in season. Find a recipe and make it together.

For more ideas, visit: www.calpear.com

FRUIT CRUNCH COBBLER

Makes 4 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:
1 (15-ounce) can sliced peaches, drained*
1 (15-ounce) can pear halves, drained*
¼ teaspoon almond or vanilla extract
¼ teaspoon ground cinnamon
¾ cup lowfat granola with raisins

*Choose canned fruit packed in 100% juice.

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Be careful removing bowl from microwave because it may be hot. Let cool slightly before serving.

Nutrition information per serving:
Calories 171, Carbohydrate 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 54 mg


How Much Do I Need?

• A ¼ cup of sliced pears is about half of one pear. This is about the size of one cupped handful.
• A ½ cup of sliced pears has fiber and vitamin C.
• Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs to eat. All forms count toward the daily amount – fresh, frozen, canned, and dried. Make a family plan to eat the recommended amount each day.

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!

• Walk to the grocery store with your child.
• On the way home, do arm curls with the lighter grocery bags.
• If you have to drive, park the car farther away than normal and walk the rest of the way.

For more physical activity ideas, visit: www.healthierus.gov/exercise.html

Información Nutricional

Porción: ½ taza de pera, rebanada (70g)

<table>
<thead>
<tr>
<th>Calorías</th>
<th>41</th>
<th>% Valor Diario</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorías de Grasa</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Grasas</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Grasa Saturada</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Colesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodio</td>
<td>1mg</td>
<td>0%</td>
</tr>
<tr>
<td>Carbohidratos</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Fibra Dietética</td>
<td>2g</td>
<td>9%</td>
</tr>
<tr>
<td>Azúcares</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Proteínas</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Vitamina A</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Calcio</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Vitamina C</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Hierro</td>
<td>1%</td>
<td></td>
</tr>
</tbody>
</table>

Ideas Saludables de Preparación

- Corte una pera a la mitad y retire el corazón. Llene el centro de cada mitad con crema de cacahuete. Espolvoree granola y canela y disfrute de un bocadillo saludable.
- Agregue rebanadas de pera a las ensaladas de espinaca.
- Disfrute de una pera como bocadillo.
- Plátique con su hijo/a sobre otras frutas y verduras que están en temporada. Busquen y preparen juntos una receta.

¿Cuánto Necesito?

- Una ½ taza de pera rebanada equivale aproximadamente a media pera.
- Una ½ taza de pera rebanada tiene fibra y vitamina C.
- La fibra es un carbohidrato complejo que ayuda a mantener la comida en el estómago por más tiempo para que se sienta satisfecho. La fibra puede ayudar a disminuir el riesgo de tener presión sanguínea alta, enfermedades del corazón, derrame cerebral y algunos tipos de cáncer.

La cantidad de frutas y verduras que necesita depende de su edad, sexo y nivel de actividad física. Consulte la tabla siguiente para saber cuánto necesita comer cada persona de su familia. Todas las formas de frutas y verduras cuentan para su cantidad diaria recomendada–frescas, congeladas, enlatadas y secas.

Recomendación Diaria de Frutas y Verduras

<table>
<thead>
<tr>
<th>Niños, Edad de 5-12</th>
<th>Adolecentes y Adultos, Edad de 13 en adelante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombres</td>
<td>2½ - 5 tazas por día</td>
</tr>
<tr>
<td>Mujeres</td>
<td>2½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

*Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

POSTRE CRUJIENTE DE FRUTA

Rinde 4 porciones. 
Una porción equivale a 1 taza.
Tiempo de preparación: 10 minutos

Ingredientes:
1 lata (15 onzas) de peras en mitades, escurridas*
1 lata (15 onzas) de duraznos rebanados, escurridos*
¼ cucharadita de extracto de vainilla
¼ cucharadita de canela molida
¾ taza de granola baja en grasa con pasas

*Escoja fruta enlatada con jugo 100% natural.

1. Mezcle bien los duraznos, las peras, el extracto y la canela en un tazón que pueda usarse en el microondas.
2. Espolvoree granola por encima. Cubra el tazón con envoltura de plástico. Deje una pequeña apertura para que salga el vapor.
3. Caliente en el microondas a alta potencia durante 5 minutos. Tenga cuidado al retirar el tazón del microondas porque podría estar muy caliente. Deje enfriar un poco antes de servir.

Información nutricional por porción:
Calorías 171, Carbohidratos 41 g, Fibra Dietética 4 g, Proteínas 3 g, Grasa Total 1 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 54 mg

¿En sus Marcas...Listos!

- Camine al mercado con su hijo/a. De regreso a casa haga flexiones de brazos con las bolsas más livianas.
- Si van en auto, estacionése más lejos de lo normal y caminen el resto del camino.

La Salud y el Éxito en el Aprendizaje Van Mano a Mano
Una alimentación balanceada rica en frutas, verduras y cereales integrales ayuda a tener cuerpos y mentes saludables. Con La Cosecha del Mes, su familia puede explorar, probar y aprender a comer más frutas y verduras y estar activa todos los días.

Consejos Saludables
- Escoja peras frescas de colores vivos sin mallugaduras.
- Para ver si están maduras, presione suavemente cerca del tallo. Si lo siente suave, están listas para comer.
- Guarde las peras maduras en el refrigerador.
- Para que las rebanadas de pera mantengan su color, Báñelas con una mezcla de una cucharada de jugo de manzana 100% natural y una taza de agua.

Para información nutricional, visite www.campeonesdelcambio.net. Para información sobre los Cupones para Alimentos, llame al 888-9-COMIDA. Financiado por el Supplemental Nutrition Assistance Program del Departamento de Agricultura de los Estados Unidos, un proveedor y empleador que ofrece oportunidades equitativas. © Departamento de Salud Pública de California 2010.
Health and Learning Success Go Hand-In-Hand
School-based nutrition education promoting healthful eating and physical activity can improve academic performance. Harvest of the Month connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.

Exploring California Pears: Taste Testing
What You Will Need:
- Variety of red, yellow, green, and brown pears, whole and quartered* (refer to Home Grown Facts on page 3 for varieties)
- One pear variety per every four students
- Whiteboard or chalkboard
- Dry erase markers or chalk
*To reduce browning (oxidation), cut pears immediately before tasting.

Activity:
- Divide students into four groups (red, yellow, green, and brown pears).
- Make four columns on the whiteboard: red, yellow, green, and brown.
- Each group observes, smells, feels, and tastes their assigned pear.
- Note the different features in the columns on the whiteboard.
- Use descriptive sensory words like sweet, fragrant, yellow, grainy, crunchy, etc.
- Discuss the similarities and differences in the four groups.
- Sample the other colors.

For more ideas, ask your school nutrition staff or ask to borrow: Fruits and Vegetables Galore, USDA, 2004.

Cooking in Class: Party Pear Frisbee
Makes 36 tastes at 2 rice cakes with yogurt each
Ingredients:
- 1 (29-ounce) can pear chunks in light syrup, drained
- 4 (6-ounce) containers lowfat vanilla yogurt
- 3½ ounces mini rice cakes
1. Spoon yogurt into a large bowl.
2. Add pears and gently stir until just blended.
3. Place 1 teaspoon of yogurt and 2 pear chunks on top of each rice cake.
4. Place 2 rice cakes in a paper tray.
5. Serve immediately.

Nutrition information per serving:
Calories 33, Carbohydrate 7 g, Protein 1 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 15 mg

Adapted from: Tasting Trio Team, Network for a Healthy California, 2010.

For more ideas, reference: Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Pears
- A ½ cup of sliced pears contains fiber and vitamin C.
- The edible skin* of pears is an additional source of fiber**.
- Pears offer a natural, quick source of energy, due largely to high amounts of two kinds of monosaccharides (fructose and glucose) and levulose.
*Always wash fruits and vegetables before serving.
**Learn more about fiber on page 2.

Champion Sources of Fiber*:
- Beans
- Berries
- Dates
- Peas
- Pumpkins
- Whole wheat cereals and breads

*Champion sources provide a good or excellent source of fiber.

For more information, visit:
www.fruitsandveggiesmatter.gov/month/pear.html
www.nal.usda.gov/fnic/foodcomp/search/(NDB No: 09252)
What is Fiber?
- Fiber is a complex carbohydrate found only in plant foods like fruits, vegetables, grains, nuts, and seeds.
- Fiber contains no calories.
- Fiber comes in two forms: insoluble and soluble.
- Insoluble fiber is known as “roughage” and helps move food through the body to prevent constipation. It also helps control blood sugar levels.
- Soluble fiber helps pull cholesterol out of the body. It also helps control blood sugar levels and keep food in the stomach longer so that you feel full.
- Fiber may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

For more information, visit: www.eatright.org

How Do Pears Grow?
Pears need a location with good air circulation where the ground is slightly elevated and sloping because the trees bloom early and the flowers may be damaged in the spring by frosty air, which settles in low-lying areas. Pears should be grown in heavier soil types and will not survive on ground that is saturated with water.

The pear tree has glossy leaves and white flowers grouped in corymbs, which are pollinated to become the edible fruit. In early spring, bees help the pear trees pollinate from flower to flower on the different pear trees. During the growing season, pear orchards need the ideal warm days and cool nights that are found in California, Oregon, and Washington regions.

Pears do not ripen properly on the tree so growers pick the fruit when it is mature but green. Pears are harvested by hand, placed into bins, and transported to a packing house. The pears are graded for quality, sorted by size, and packed for the fresh market or sent to a processing facility. They are cooled to slow down the ripening process. To initiate ripening, pears need to be brought to room temperature.

For more information, visit: www.calpear.com

Botanical Facts
Pronunciation: pâr
Spanish name: pera
Family: Rosaceae
Genus: Pyrus
Species: P. communis, P. pyrifolia

Pear is the name for the fruit tree of the genus Malus and for its fruit, a pome, which is edible in most species. There are 30 known species of pears, three of which are important for edible fruit production. The common pear, Pyrus communis or European Pear, is cultivated mainly in Europe and North America, while Pyrus pyrifolia is grown mainly in eastern Asia and is known as the Nashi, Asian, or Apple Pear. The Ya Pear, Pyrus bretschneideri, is also cultivated in Asia.

Other pear species are used as rootstocks for European and Asian pear trees and as ornamental trees. For example, the Bradford Pear (Pyrus calleryana) and Willow-leafed Pear (Pyrus salicifolia) are grown mainly for decoration and have become widespread in North America.

For more information, visit: www.fruitsandveggiesmatter.gov/month

Just the Facts
- There are more than 3,000 varieties of pears worldwide.
- Ninety-eight percent of all pears grown in the United States are grown in California, Oregon, and Washington.
- The Bartlett pear variety is America’s favorite pear.
- Pears ripen better off the tree and from the inside out.
- Pears are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.
- Pears are processed into canned pears, fruit cocktail, juice concentrate, baby food products, and can be dried.
- The wood of pear trees is one of the preferred materials in the manufacture of high quality woodwind instruments.

How Much Do I Need?
A ½ cup of sliced pears is about one cupped handful. This is about half of one medium-sized pear. The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level.

Visit www.mypyramid.gov and have students determine how many cups each of fruits and vegetables they need to eat every day. Have students write down their goals and make a daily log for tracking how many fruits and vegetables they eat each day.

Recommended Daily Amount of Fruits and Vegetables*

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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.
Define the following terms and describe what they do in the body: monosaccharides, fructose, glucose, and levulose.

Which fruits are eaten with the peel? Which fruits are typically eaten after being peeled? How much fiber is added by eating the peel of fruits like pears, peaches, and apples?

Make a list of the snacks you eat regularly. Analyze the sugar and nutrient content of your snacks. How healthy are your snacks? Make a list of snacks that you can eat that are healthier (more nutrients and low in sugar).

Research and describe the technique called grafting that is used to grow and cultivate pears. What other fruits use the grafting technique?

Label the parts of the pear.

Map the various geographical regions in California where pears are grown. What are the top three pear-producing counties in California?

Set aside a time each day to discuss the menu with students. Ask which meals they would like to try. How many times is the featured produce included on the menu? Does each meal include a fruit and a vegetable?

Team up with the school nutrition staff to celebrate National School Lunch Week (NSLW) during the second week of October. NSLW encourages hunger awareness and community involvement, and opens the doors for further nutrition learning and discussions. Take this opportunity to involve your classroom in a particular NSLW activity.

Visit www.schoolnutrition.org or contact your school nutrition staff for more NSLW information.

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A Slice of Pear History

Pears date back to ancient times as one of the earliest cultivated fruit trees. The Romans used special grafting techniques to develop more than 50 varieties of pears, which were introduced to other parts of Europe with the rise of the Roman Empire.

The Bartlett pear was developed in England in the 17th century by a schoolmaster named John Stair. He sold some cuttings from a pear tree (which are used for grafting, a technique for developing new trees and fruit varieties) to a horticulturist named Williams, who further developed the variety and renamed it after himself.

Early Americans brought pear seedlings across the Atlantic to the Massachusetts Bay Colony. In 1812, nurseryman Enoch Bartlett discovered the pear variety and, unaware of the pear’s true name, distributed it as a “Bartlett.” However, it is still known as the “Williams” pear around the world. Bartlett cuttings eventually came west when the forty-niners headed for the great California Gold Rush and they continue to grow in California today.
Adventurous Activities

Field Trip:
Take students on a pear-picking field trip or to a farmers’ market. Or bring the field trip to the school. For information on Farm to School programs, visit www.cafarmersmarkets.com.

Guest Speaker:
Ask a local pear farmer or horticulturist to hold a hands-on grafting demonstration or explain how they harvest pears.

Problem Solving:
Use pears in math equations, such as addition, subtraction, and fractions, or introduce pie charts and chart the different ways and corresponding percentages that pears are sold.
- Example: Sixty-five percent of pears go to canneries, 25 percent are sold fresh, 10 percent go to baby foods, etc.

Science Investigation:
- Materials: Unripe pears of each variety being tested, thermometers, resealable plastic bags, and supplies as determined by students.
- Activity:
  1. Explain that pears ripen best after they have been picked. Brainstorm variables that may affect the ripening rate.
  2. Create and perform experiments that will test each variable. For example, separate pears in plastic bags. Place one bag in the refrigerator and one on a countertop. Over the next few days, record temperatures and changes in color, firmness, etc. Compare the ripeness of the two sets of fruit.
  3. Discuss the results of each of the performed experiments.

Adapted from: www.cfaitc.org/factsheets/pdf/Pears.pdf

Physical Activity Corner
Eating healthy is only one step toward fighting overweight in youth. Children should engage in at least 60 minutes of physical activity every day to stay healthy and fit, both mentally and physically.

Objective:
Develops strength, locomotor skills, and group cooperation

Activity:
- Have students pretend that they are their favorite super hero (or cartoon character) and act out a movement of the character for all the students to do together for about 30 seconds.
- As students act out their movements have them call out their favorite fruit or vegetable that gives them energy.
- Repeat until all students have had a turn being a super hero.

Bring It Home:
Encourage students to talk with family members about their favorite super heroes and the importance of being active every day.

For more ideas, visit: www.sparkpe.org

Home Grown Facts
- The California pear harvest begins in mid-July and continues through September.
- Seventy-five percent of California’s pear acreage is for the Bartlett pear.
- California ranks first in Bartlett pear production, producing 60 percent of the nation’s Bartlett crop.
- California ranks second in all pear production, producing 32 percent of all pears grown in the United States.
- Other California varieties include Bosc, Seckel, Comice, and Red Anjou.

Literature Links
- Ask school librarian to promote books about fruits, like pears, to students. For a list of book ideas, visit www.harvestofthemonth.com.
- Invite librarian to classroom to read a book about nutrition or the cycles of a fruit tree.

For book lists, visit: www.californiahealthykids.org

Calendar Connection:
Participate in Walk to School Week. Encourage students to walk with a friend or an adult to school every day. Visit www.cawalktoschool.com for details.

For more ideas, visit:
www.nass.usda.gov/Education_and_Outreach/NASS_Kids
www.ars.usda.gov/is/kids
Pear Mango Salsa

Serves: 6
Time: 30 Minutes

Ingredients
- 2 Medium pears peeled, cored, and cut into small chunks
- ½ Mango peeled, seeded, and cut into small chunks
- ⅓ Cup Yellow bell pepper finely chopped
- ⅓ Cup Red bell pepper finely chopped
- ¼ Cup Red Onion finely chopped
- 1 Small Jalapeño pepper seeded and finely chopped
- 3 Tablespoon Fresh Cilantro finely chopped
- 2 Tablespoon Vegetable Oil
- Lime Juice to taste
- Salt to Taste

What You’ll Need
- Cutting board
- Chef knife
- Measuring cups
- Measuring spoons
- Bowl
- Spoon

Directions
1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats

Nutrition Info and More: Serving size: ½ Cup Total Calories: 65 Total Fat: 2g Saturated Fat: 0g Carbohydrates 13g Protein: 1g Fiber: 3g Sodium: 100mg
Build a Healthy Meal

- ChooseMyPlate.gov: http://www.chookeyplate.gov

Pears


Walking

General Audience

- Walk Kit: California Active Communities: http://www.caactivecommunities.org/resources/walk-kit/
- America Walks: http://americawalks.org/
- California Walks: http://californiawalks.org/
- Alliance for Biking and Walking: http://www.bikewalkalliance.org/

Children

- National Center for Safe Routes to School: http://www.saferoutesinfo.org/
- California Walk to School Headquarters: http://www.caactivecommunities.org/w2s/
- Walk and Bike to School Day: http://www.walkbiketoschool.org/
- California Safe Routes to School Technical Assistance Resource Center: http://www.casaferoutestoschool.org/

Older Adults

- Walk with Ease: http://www.arthritis.org/resources/community-programs/walk-with-ease/
10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1. **create MyPlate makeovers**

2. **enjoy all the food groups at your celebration**
   Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3. **make sure your protein is lean**
   Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

4. **cheers to good health**
   Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5. **bake healthier**
   Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

6. **tweak the sweet**
   For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

7. **be the life of the party**
   Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8. **make exercise a part of the fun**
   Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9. **enjoy leftovers**
   Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10. **give to others**
    Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Go to www.ChooseMyPlate.gov for more information.
10 consejos
Serie de Educación en Nutrición

seleccione opciones saludables para los días feriados

10 consejos para feriados saludables

Los días feriados son oportunidades para dedicar tiempo a celebrar tradiciones que incluyen nuestras comidas y platos favoritos. Mientras celebra piense en pequeños cambios que pueda hacer esos días feriados para crear comidas saludables y mantenerse activo.

1. Crea MiPlato renovado

2. En sus celebraciones disfrute los alimentos de cada uno de los grupos
Para empezar sirva galletas integrales con “hummus,” adicione nueces sin sal y frijoles negros a una ensalada de verduras; en sus guisos o cazuelas use leche baja en grasa en vez de crema. Comparta opciones saludables en sus comidas de días festivos.

3. Asegúrese que la proteína que consuma sea magra
Pavo, carne de res, jamón, legumbres y algunas variedades de pescado como bacalao o lenguado son opciones magras. Cuando prepare carnes, corte y retire la grasa antes de cocinar. Sea moderado con las salsas y los aliños, éstos pueden contener cantidades considerables de grasa y sodio.

4. Celebre la buena salud
Sacie su sed con opciones bajas en calorías. Tome agua con jugo o rodajas de limón. Ofrezca agua con gas mezclada con un poquito de jugo 100% fruta.

5. Hornee productos saludables
Use recetas con puré de manzana sin azúcar o puré de plátanos en vez de mantequilla. Trate de disminuir la cantidad de azúcar en la mitad de lo que indica la receta. Use especias para adicionar sabor como canela, clavo de olor o nuez moscada.

6. Cambie los dulces
Para el postre, pruebe manzanas horneadas con canela y azúcar roceada en vez de pie de manzana. Ofrezca a sus invitados la oportunidad de preparar su propio “parfait” con tajadas de frutas multicolores y yogur bajo en grasa.

7. Sea el centro de la fiesta
Ría, baile y juegue. Enfóquese en la diversión y goce de la compañía de otros.

8. Haga que el ejercicio sea parte de la diversión
Haga que el ejercicio sea parte de la tradición de un día festivo. Diviértase caminando y hablando con la familia y los amigos después de la cena. Dé regalos que motiven a otros a practicar hábitos saludables como DVDs de ejercicios, zapatillas y botellas reusables de agua.

9. Aproveche de las sobras
Prepare platos con las sobras del día anterior. Añada carne de pavo a sus sopas o ensaladas. Use vegetales en sus tortillas francesas, sándwich o sopas. ¡Las posibilidades son interminables!

10. Regale
Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Doné alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.


DG TipSheet No. 32
Diciembre 2013
Plug Into PA:
Energize Your Body With Physical Activity
Ways to Energize with Dancing

Why Dancing Works
Dancing is a fun and easy way to get physical activity! It’s great for improving circulation, toning muscles in the lower and upper body, and giving you more energy. Physical activity, such as dancing, can also lower stress and help you relax.

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity, such as dancing, every day. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day.

Tips for Getting Started
• Take a dance class at a local YMCA or parks and recreation center.
• Turn on your favorite music and do your own dance moves.
• Go dancing with friends or family members.
• Dance to a routine on an exercise DVD or active video game.

Examples of Dancing Activities
• Zumba
• Aerobic Dancing
• Salsa
• Ballroom Dancing
• Freestyle Dancing

Additional Resources:
• Find a Local YMCA: http://www.ymcasv.org/association/html/find_map.html
• Instant Recess: http://www.networkforahealthycalifornia.net/pa/InstantRecess.html

Sources:
California Department of Public Health. Fruit, Vegetable, and Physical Activity Toolkit for Educators. Dance for Fun and Fitness.
Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced apples is a source of fiber. A ½ cup of sliced apples is about the size of half of one small apple. Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.

The Harvest of the Month featured fruit is apples

Healthy Serving Ideas

Mix chopped apples into your morning oatmeal for a hearty start to your day.

Add chopped apples and golden raisins to chicken salad for a healthy lunch.

Place 4 cored apples in a microwave safe dish and fill with raisins. Pour ½ cup of apple juice over the apples and sprinkle with nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!

Shopper’s Tips

• Look for apples that are smooth, firm, and have stems. Avoid apples with bruises or soft spots.
• Keep apples at room temperature for up to one week. Or, put in the refrigerator for up to three months.
• Do not keep apples in closed bags in the refrigerator.

Let’s Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks! In the evenings, make time to be active as a family by going for a walk, riding bikes, or having a dance contest.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net
La fruta de *La Cosecha del Mes* es la manzana

**La salud y la nutrición van mano a mano**
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de manzana rebanada es una fuente buena de fibra. Una ½ taza de manzanas rebanadas equivale aproximadamente a media manzana pequeña. La fibra le ayuda a sentirse satisfecho, mantiene normales los niveles de azúcar en la sangre y evita el estreñimiento.

**Ideas saludables de preparación**
Mezcle trozos de manzana en la avena para empezar su día de forma saludable.

Agregue manzana picada y pasas a su ensalada de pollo para un almuerzo saludable.

Para un postre calientito, ponga 4 manzanas sin el corazón en una charola para microondas y rellénelas con pasas. Agregue ½ taza de jugo de manzana y espolvoree con nuez moscada y canela. Cubra con envoltura de plástico y cocine en el microondas a alta potencia durante 5 minutos.

**Consejos saludables**
- Busque manzanas firmes que no tengan partes blandas.
- Las manzanas pueden almacenarse a temperatura ambiente por una semana pero pueden durar hasta tres semanas si se refrigeran.
- No refriére las manzanas en bolsas cerradas.

¡En sus marcas, listos...! Haga de la actividad física un evento divertido y social. ¡Llévese a un amigo a caminar por el centro comercial o al parque durante la hora del almuerzo! En las tardes, haga tiempo para participar en alguna actividad física en familia, como ir a caminar, pasear en bicicleta o tener un concurso de baile.

¿Cuánto necesito? La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:
- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!


Para más consejos y recetas, visite: www.CampeonesDelCambio.net
Healthy Serving Ideas
• Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
• Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit: www.cachampionsforchange.net

TUNA APPLE SALAD
Makes 4 servings. 1 cup per serving.
Prep time: 15 minutes

Ingredients:
2 (6-ounce) cans water packed tuna, drained
2 tablespoons chopped red onion
1 medium apple, cored and chopped
¼ cup chopped celery
¼ cup golden raisins
3 tablespoons fat free Italian dressing
2 cups salad greens
2 medium whole wheat pitas
1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.

Nutrition information per serving:
Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

How Much Do I Need?
• A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
• A ½ cup of sliced apples is a source of fiber.
• Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
• Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.mypyramid.gov to learn about the other food groups.
• Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables*

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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Produce Tips
• Look for apples that are firm and do not have bruises or soft spots.
• Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
• To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

Nutrition Facts
Serving Size: ½ cup apples, sliced (55g)
Calories 28  % Daily Value
Total Fat 0g  0%
Saturated Fat 0g  0%
Trans Fat 0g  0%
Cholesterol 0mg  0%
Sodium 1mg  0%
Total Carbohydrate 8g  3%
Dietary Fiber 1g  5%
Sugars 6g  
Protein 0g  
Vitamin A 1%  Calcium 0%
Vitamin C 4%  Iron 0%
La fruta de La Cosecha del Mes son las manzanas

Igualar y el Éxito en el Aprendizaje Van Mano a Mano
Una alimentación saludable ayudará a que su hijo tenga éxito en la escuela. Comer las cantidades recomendadas de fruta y verdura puede mejorar el desempeño escolar de los niños. Explore, prueba y aprenda a comer más frutas y verduras y a mantenerse activo todos los días.

¡En sus Marcas, Listos…!
• La semana “Walk to School” (Camina a la Escuela) es la primera semana de octubre. Partícipe en las actividades de la semana “Walk to School” con su hijo. Para obtener más información, visite www.cawalktoschool.com.
• Si no le es posible caminar a la escuela, busque otros lugares seguros donde pueda caminar, como un parque, un centro comercial o por su vecindario.
• Dé un paseo a pie con su familia después de cenar.
Para más ideas de actividades físicas, visite: www.kidnetic.com

Ensalada de Atún y Manzana
Rinde 4 porciones. 1 taza por porción. Tiempo de preparación: 15 minutos

Ingredientes:
2 latas (6 onzas) de atún envasado en agua, escurrido
2 cucharadas de cebolla roja finamente picada
1 manzana mediana picada, sin las semillas
¼ taza de apio picado
¼ taza de pasas rubias
3 cucharadas de aderezo italiano sin grasa
2 tazas de hojas para ensalada
2 panes medianos de pita integral
1. En un tazón, mezcle el atún, la cebolla, la manzana, el apio, las pasas y 2 cucharadas del aderezo.
2. En otro tazón, mezcle las hojas para ensalada con el aderezo restante.
3. Corte los dos panes de pita por la mitad formando 4 bolsillos.
4. Con cuidado, llene los bolsillos con cantidades iguales de atún y ensalada. Sirva inmediatamente.

Información nutricional por porción:
Calorías 216, Carbohidratos 27 g, Fibra Dietética 4 g, Proteínas 25 g, Grasa Total 2 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 544 mg

¿Cuánto necesito?
• Una ½ taza de manzanas rebanadas equivale aproximadamente a un puñado.
• Una ½ taza de manzanas rebanadas es una fuente de fibra.
• La fibra le ayuda a sentirse satisfecho, a mantener normal el nivel de azúcar en la sangre y a evitar el estreñimiento. La fibra se encuentra solamente en alimentos de origen vegetal.
• Las frutas y verduras son parte importante de una dieta saludable y balanceada. Para obtener más información, visite www.mipiramide.gov.
• Dígale a su hijo cuáles son sus frutas y verduras favoritas, por qué le gustan y cómo le gusta comerlas.
La cantidad de fruta y verdura que necesita depende de su edad, sexo y la actividad física que practica cada día. Consulte la tabla siguiente para saber cuántas tazas de fruta y verdura necesita su familia cada día.

Recomendación Diaria de Frutas y Verduras*

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Información Nutricional
Porción: ½ taza de manzanas, rebanadas (55g)
Calorías 28 | Calorías de Grasa 0
% Valor Diario
Grasas 0g | 0%
Grasa Saturada 0g | 0%
Grasa Trans 0g | 0%
Colesterol 0mg | 0%
Sodio 1mg | 0%
Carbohidratos 8g | 3%
Fibra Dietética 1g | 5%
Azúcares 0g | 0%
Proteínas 0g | 0%

Vitamina A 1% | Calcio 0%
Vitamina C 4% | Hierro 0%

Consejos Saludables
• Busque manzanas firmes y sin mallugaduras.
• Guarde las manzanas a temperatura ambiente hasta por una semana. Puede guardarlas en el refrigerador hasta por tres meses.

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% Valor Diario
Grasas 0g | 0%
Grasa Saturada 0g | 0%
Grasa Trans 0g | 0%
Colesterol 0mg | 0%
Sodio 1mg | 0%
Carbohidratos 8g | 3%
Fibra Dietética 1g | 5%
Azúcares 0g | 0%
Proteínas 0g | 0%

Vitamina A 1% | Calcio 0%
Vitamina C 4% | Hierro 0%

Consejos Saludables
• Busque manzanas firmes y sin mallugaduras.
• Guarde las manzanas a temperatura ambiente hasta por una semana. Puede guardarlas en el refrigerador hasta por tres meses.

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Health and Learning Success Go Hand-In-Hand

Increasing fruit and vegetable consumption tends to increase academic performance in undernourished children. *Harvest of the Month* connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to help students make healthy food choices and be physically active every day.

Exploring California Apples: Taste Testing

What You Will Need (per group of 6-8 students):
- 3-5 apples (each in a different variety*), sliced**
- Graph paper and colored pencils

*Refer to *Home Grown Facts* on page 3 for varieties.
**To prevent browning, keep sliced apples in 100% apple juice until start of activity.

Activity:
- Observe, touch, smell, and taste each apple variety.
- Develop a color graph using appearance, texture, smell, flavor, and sound.
- Compare and contrast the varieties.


Cooking in Class: Apple Oatmeal

Makes 36 tastes at ¼ cup each.

Ingredients:
- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ¾ teaspoon salt
- 5¼ cups 100% apple juice
- Small cups and spoons

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: *Kids...Get Cookin’!, Network for a Healthy California—Children’s Power Play! Campaign, 2009.*

Reasons to Eat Apples

- A ½ cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.*
- Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy.
- Apples can be eaten in a variety of forms — as whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice.

*Learn about sugar on page 2.

Champion Sources of Fiber*:
- Beans
- Blackberries
- Dates
- Peas
- Pumpkin
- Raspberries
- Whole wheat cereal
- Whole wheat bread

*Champion foods provide a good or excellent source of fiber.

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)
Calories 28 % Daily Value
Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 1mg 0%  
Total Carbohydrate 8g 3%  
Dietary Fiber 1g 5%  
Sugars 6g  
Protein 0g 0%  
Vitamin A 1% Calcium 0%  
Vitamin C 4% Iron 0%  

*Champion foods provide a good or excellent source of fiber.*
What is Sugar?

- Carbohydrates are the body’s main source of energy. There are three kinds of carbohydrates: starch, fiber, and sugar.
- Sugar is found only in foods of plant origin. In food, sugar is classified as either naturally occurring or added.
- Naturally occurring sugars include lactose in milk and fructose in fruit, honey, and vegetables.
- Added sugars (white, brown, powdered, and corn syrup) are originally made from sugar beets, sugar cane, corn, and grapes.
- Naturally occurring sugars (except honey) are usually found in foods along with vitamins and minerals, while added sugars provide calories and very few vitamins and minerals. Therefore, added sugars are often called empty calories.

For more information, visit: http://food.oregonstate.edu/learn/sugar.html

How Much Do I Need?

A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level.

Activity:
Visit www.choosemyplate.gov and have students determine how many cups of fruits and vegetables they need to eat every day. Have students write down their goals and make a daily log for tracking how many fruits and vegetables they eat each day.

Recommended Daily Amount of Fruits and Vegetables*

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How Do Apples Grow?

Apple trees grow in the temperate regions of the world. Apple trees are best adapted to places where the average winter temperature is near freezing for at least two months, though many varieties can withstand winter temperatures as low as -40°F.

Apple trees are deciduous. In late spring, white blossoms appear from the tiny buds on apple tree branches for about nine days and produce pollen and nectar. Bees help to cross-pollinate the blossoms, the first step in forming an apple.

The seeds are distributed among an apple’s five seed chambers, called carpels, found near the core. Seed development stimulates the apple tissue development. Apples continue to grow until late summer when they are ready to harvest and eat.

Source: www.usapple.org/educators/applestore/4-6guide.pdf

Botanical Facts

Pronunciation: äpöl
Spanish name: manzana
Family: Rosaceae
Genus: Malus
Species: M. domestica

Apples are the fruit of plants of the genus Malus in the family Rosaceae (rose family). Domestic or table apples are of the species M. domestica and are one of the most widely cultivated tree fruits.

Malus sieversii is the wild ancestor of M. domestica, and its trees can still be found in the mountains of Central Asia. In fact, the former capital of Kazakhstan, Almaty, means “father of the apple.” Wild apples (common name for M. sieversii) resist many diseases and pests that affect domestic apples, and they are often researched and used in the development of new disease-resistant apples.

For more information, visit: www.urbanext.uiuc.edu/apples/

A Slice of Apple History

Apples have existed for the length of recorded history and are believed to have originated in the Caucasus, a mountainous area between what are now the Black and Caspian Seas.

Through the rise of Greece, the fall of Persia and migrations to Rome and Europe, apples were cultivated and — through a process called grafting, which produces new varieties — disseminated throughout various cultures. Apples experienced surges of popularity and, at one point, some varieties were nearly lost, but were saved due to traditional orcharding by the English church.

Apple growing arose again in 15th century Renaissance Italy. Eventually, France and England followed suit, and the fruit remained popular in Europe well into the 1800s, when European settlers brought apples with them to the Americas to share the cultivation and traditions.
Physical Activity Corner
Healthy nutrition is only one part of the equation to achieving optimal learning in the classroom; physical activity is another important part. Children need at least 60 minutes of physical activity every day to stay fit both mentally and physically. Commit to playing a different game or activity, like Grab the Apple!, each week in or out of the classroom.

Grab the Apple!

Objective:
Develops listening and fine motor skills (reflexes)

Equipment:
- One “apple” (foam ball or bean bag) for each pair of students
- Whistle or music

Preparation:
- Pairs sit cross-legged on floor facing each other, hands on knees
- Place box, with apple on top, between pairs
- Use START (whistle/music) cue to lead activity

Activity:
- On START cue, grab the apple before partner
- Variations:
  - Call out a specific hand to grab the apple
  - Start with hands on shoulders
  - Start in sit-up position (on back, knees bent)
  - Start in push-up position (on stomach, face down)

Go Farther:
Ask students to think of different starting positions to try.

Bring It Home:
Encourage students to play Grab the Apple! with family members.

For more ideas, visit:
www.sparkpe.org

Cafeteria Connections
- Have students investigate what types of apples are used in the cafeteria. Talk with the school nutrition staff to find out why these varieties are selected. Then, write letters to the school nutrition staff promoting the benefits of locally grown apples (cost, flavor, etc.).

For more ideas, reference:
www.nal.usda.gov/kids
www.agclassroom.org

School Garden: Savvy Seeds
If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

As fall weather spells an end to some school gardens, encourage students to become seed detectives by identifying, collecting, and saving their own seeds from the garden or in the wild. Some fruits and vegetables to consider: melons, tomatoes, beans, peas, peppers, pumpkins, squash, and corn.

Class Discussion
- How do plants grow from seeds?
- What nutrients do plants need for optimal growth?
- Compare plant nutrients with the nutrients humans need. Explain why it is so important for us to eat plenty of plant foods, especially fruits and vegetables.

For more ideas, visit:
www.kidsgardening.com

Home Grown Facts
- The apple industry in California dates back to the 1800s, when two early orchards were cultivated in Watsonville and Sebastopol along the Central and Northern coastal regions. Today there are more than 450 growers.
- California ranks fifth in commercial apple production in the United States — an impressive accomplishment achieved in about 25 years of serious production.
- California is known for its variety of apples and continual production of new varieties. Examples include the Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon, and Pink Lady.
- California apples are harvested throughout the year and many varieties are available year-round.

For more information, visit:
www.calapples.org

Just the Facts
- About 2,500 apple varieties are grown in the United States and more than 7,500 are grown worldwide.
- Apples are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.
- Almost one-half of all apples consumed are not in their fresh form, but rather as applesauce, apple juice, and jellies or jams. Apples can even be used to replace fat and butter in baked goods. (Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.)
The FITNESSGRAM®, a state-required Physical Fitness Test, is administered in spring for students in grades five, seven, and nine. The FITNESSGRAM is a set of tests designed to evaluate health-related fitness, with the goal of helping students establish lifetime habits of regular physical activity. Remind students that the FITNESSGRAM is not pass or fail, but the launching pad to a lifetime of health.

The FITNESSGRAM is designed to assess the three basic components of fitness:
1. aerobic capacity
2. body composition
3. muscle strength

Muscle strength is divided into four areas: abdominal strength and endurance; trunk extensor strength and flexibility; upper body strength and endurance; and overall flexibility.

Discuss with your class the importance of physical activity and encourage students to get more physical activity. Identify two activities you can do as a class regularly. Examples include:
1. Jogging outside around the track or school
2. Doing jumping jacks in class for one minute
3. Taking stretch breaks after quizzes or exams

For more information, visit:
www.cde.ca.gov/ta/tg/pf
www.cde.ca.gov/re/pn/fd/documents/pefrwk.pdf
www.cdc.gov/nccdphp/dnpa/physical/index.htm

Literature Links
The Legend of Johnny Appleseed
Born September 26, 1774 in Massachusetts on the eve of the American Revolution, John Chapman became the legendary “Johnny Appleseed.” He spent almost 50 years of his life in the American wilderness planting apple orchards in Illinois, Kentucky, Pennsylvania, and Ohio.

Johnny Appleseed was known as a kind and generous man. Alone, he pioneered the frontier on foot, planting apple trees, and selling them to the settlers on the plains for a few pennies each, or even clothing. Some had no cash, and from those he accepted a simple promise: to pay at a later date. Few failed to keep their word.

Chapman died in 1845, but even after 200 years, some of his trees still bear apples.

Elementary literature on the life of Johnny Appleseed:
- Folks Call Me Appleseed John by Andrew Glass (Doubleday, 1995).

For book lists, visit:
www.harvestofthemonth.com
www.cfaitc.org

Adventurous Activities
Field Trip:
Take students on an apple-picking field trip or even bring the field trip to the school. For more information on Farm to School programs, visit www.cafarmtoschool.org.

Problem Solving:
Use apples in math equations to demonstrate addition and subtraction of fractions.

Creative Writing:
Have students interview and document their parents’ favorite apple stories, memories, and recipes.

Science Investigation:
Oxidation is the browning reaction that occurs when the atoms in an apple come in contact with air and lose electrons.
- Cut two apples in half. Pour one tablespoon of lemon juice over the first half. Pour one tablespoon of water over the second half. Pour one tablespoon of apple juice over the third half. Do not pour anything over the fourth half. Leave all four halves in a visible spot in the classroom. Have students note the differences in the browning after one hour to see which method works best and why.

For more ideas, visit:
www.usapple.org/educators/applestore/index.cfm

Student Champions
- Have students gather their favorite nutritious apple recipes.* Brainstorm ideas on how to incorporate apples into school breakfast and lunch menus. Have them meet with school nutrition staff to share their ideas.
- Ask students to note during their next trip to the grocery store where the apple displays are located. Are they in the front, back, or on the side? How many varieties do they have available?

*Visit www.cachampionsforchange.net for a variety of nutritious recipes.

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www.usapple.org/educators/applestore/index.cfm

For more information, visit:
www.cde.ca.gov/ta/tg/pf
www.cde.ca.gov/re/pn/fd/documents/pefrwk.pdf
www.cdc.gov/nccdphp/dnpa/physical/index.htm

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*Visit www.cachampionsforchange.net for a variety of nutritious recipes.
Awesome Apple Bites

Makes 35 servings
One serving: 1 apple slice with 1 tsp of sun butter mix

Prep time: 15 minutes

Materials
20-35 napkins
5 plastic knives

Ingredients
7 bags sliced apples
1 jar sun butter
1 Tbs. cinnamon

Preparation
1. Mix sun butter and cinnamon together in big bowl.
2. Spread sun butter mixture on apples and serve.
3. Enjoy!


HOW I FELT ABOUT THIS RECIPE
(circle one)

Loved it 😊

It was okay 😐

Didn’t like it 😞
Santa Clara County Nutrition and Physical Activity Monthly Themes: Resource Links

November

Make Healthier Holiday Choices
- Tips for Healthy Holiday Celebrations: http://www.letsmove.gov/blog/2012/11/21/tips-healthy-holiday-celebrations
- Happy and Healthy Celebrations: http://www.choosemyplate.gov/Bday/celebrations.html
- Holidays – FoodSafety.gov: http://www.foodsafety.gov/keep/events/holidays/
- Holiday Food Safety Success Kit: http://www.holidayfoodsafety.org/

Apples
- Discover Foods – Apples: http://eatfresh.org/discover-foods/apple
- Nutrition, Storage, Selection – Apples: http://www.fruitsandveggiesmorematters.org/apple-nutrition-selection-storage
- Nutrition Through the Seasons – Apples: http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/apples
with protein foods, variety is key

10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
   Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
   Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—includ some that are higher in oils and low in mercury, such as salmon, trout, and herring.

3 make meat and poultry lean or low fat
   Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
   One egg a day, on average, doesn’t increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
   Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.

6 nuts and seeds
   Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
   Try grilling, broiling, roasting, or baking—they don’t add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
   Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9 think small when it comes to meat portions
   Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak.

10 check the sodium
   Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Go to www.ChooseMyPlate.gov for more information.
en lo que concierne a las proteínas, la variedad es la clave

10 consejos para elegir proteínas

Varíe sus fuentes de proteína

La proteína de los alimentos provienen de fuentes tanto animales (carne, aves, mariscos y huevos) como de plantas (frijoles, guisantes, productos de soja, nueces y semillas). Todos necesitamos proteína; pero la mayoría de los estadounidenses comen cantidades suficientes, y algunos de ellos más de lo que necesitan. ¿Cuánto es suficiente? La mayoría de las personas de 9 años de edad y mayores deben comer de 5 a 7 onzas* de comidas con proteína cada día.

1. Consuma variedad de alimentos del grupo de proteínas por semana. Pruebe platos preparados con legumbres, nueces, soja, pescados y mariscos.

2. Coma pescados y mariscos dos veces por semana

Coma pescado o mariscos en lugar de carne de res o aves dos veces por semana. Elija pescados y mariscos variados. Incluya opciones más ricas en aceite y más bajas en mercurio, como salmón, trucha y arenque.

3. Elija carnes de res y aves magras o con bajo contenido de grasa

Elija cortes de carne con bajo contenido de grasa, como paleta y lomo, y carne molida por lo menos 90% magra. Recorte o escurra la grasa de las carnes y quiteles el pellejo a las carnes de ave.

4. Coma huevos

En promedio, comer un huevo al día no aumenta el riesgo de enfermedad cardíaca, así que incluya huevos en sus opciones para la semana. Sólo la yema del huevo contiene colesterol y grasas saturadas, de manera que puede comer tanta clara de huevo como desee.

5. Elija proteínas de fuentes vegetales con más frecuencia

Pruebe legumbres (frijoles rojos, rosados, negros o blancos, arvejas, garbanzos, puré de garbanzos), productos de soja (tofú, tempeh, hamburguesas vegetarianas), nueces y semillas. Son naturalmente bajas en grasas saturadas y tienen alto contenido de fibra.

* ¿Qué cuenta como una onza de proteína? 1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; ¼ taza de frijoles o guisantes cocidos; ¾ onza de nueces o semillas o 1 cucharada de mantequilla de cacahuates (maní).

6. Elija nueces y semillas

Elija nueces o semillas sin sal como bocadillos y agreguelas a las ensaladas o a platos principales en lugar de carne de res o aves. Las nueces y semillas son fuentes concentradas de calorías, de manera que coma porciones más pequeñas para mantener las calorías bajo control.

7. Hágalas sabrosas y sanas

Pruebe carnes a la plancha, parrilla, rostizadas u horneadas; estos métodos no agregan grasa. Algunas carnes magras necesitan ser cocidas lentamente y con líquido para que queden tiernas. Evite empanar las carnes de res o aves, ya que eso agrega calorías.

8. Prepárese un sándwich saludable

Prepare sándwiches de pavo, rosbif, tuna o salmón enlatados, o bien mantequilla de cacahuates (maní). Muchos embutidos, como la salchicha ahumada regular o el salame, tienen alto contenido de grasa y sodio. Cómalas como antojitos ocasionales únicamente.

9. Piense en menos al comer porciones de carne

Saboree el gusto que desee, pero en cantidades más pequeñas. Prepare o pida una hamburguesa más pequeña o filetes tipo “miñón.”

10. Verifique el contenido de sodio

Verifique la etiqueta de datos de nutrición para limitar el sodio. A muchas comidas enlatadas, entre ellas los frijoles y las carnes, se les agrega sal. Muchas carnes procesadas, como el jamón, las salchichas y los fiambres o embutidos, tienen alto contenido de sodio. Algunos cortes de pollo, pavo y cerdo se marinan en soluciones de sal para agregarles sabor y ternear.

DG TipSheet No. 6
Septiembre 2011

Plug Into PA: 
Energize Your Body With Physical Activity

Ways to Energize with Stretching

Why Stretching Works
Stretching exercises help to increase flexibility. Some types of physical activity need flexibility, so stretching exercises can help you do these activities more easily. Stretching exercises can also help to reduce the risk of injuries, such as muscle strains.

How Much Should I Do?
Do stretching exercises most days to improve flexibility. Stretch after your physical activity warm-up and as part of your physical activity cool-down.

Tips for Getting Started
- Always warm-up before stretching.
- Stretch your muscles to the point of mild tension, but not to the point of pain.
- If you feel a sharp pain, stop right away.
- Hold stretches without bouncing for 10 to 15 seconds when you warm up and cool down. Hold stretches without bouncing for 30 seconds or more to improve flexibility.
- Don’t hold your breath when doing stretching exercises.
- Take stretch breaks after sitting for long periods of time.
- Stretch while watching TV.

Examples of Stretching Activities
- Calf stretch
- Touch your toes
- Triceps muscle stretch
- Shoulder stretch
- Yoga

Additional Resources:
- Shape of Yoga: http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf

Sources:
Por qué los ejercicios de estiramiento ayudan
Los ejercicios de estiramiento ayudan a aumentar la flexibilidad. Ciertas actividades físicas requieren de flexibilidad, y hacer ejercicios de estiramiento le ayudará a realizar esas actividades con más facilidad. Los ejercicios de estiramiento también ayudan a reducir el riesgo de lastimaduras musculares.

¿Qué tanta actividad debo realizar?
Haga ejercicios de estiramiento la mayoría de los días para mejorar la flexibilidad. Haga estiramiento después de su actividad física de calentamiento, y como parte de su actividad física de enfriamiento.

Ejemplos de actividades para estiramiento
- Estirar las pantorrillas
- Tocarse los dedos de los pies
- Estirar los músculos tríceps
- Estirar los hombros
- Practicar yoga

Consejos para iniciarse
- Siempre haga ejercicios de calentamiento antes del estiramiento.
- Estire los músculos hasta el punto de sentir una ligera tensión, pero no tanto que duela.
- Si siente un dolor punzante, pare de inmediato.
- Cuando realice calentamiento y enfriamiento, sostenga el estiramiento sin rebote durante 10 a 15 segundos. Para mejorar la flexibilidad, mantenga el estiramiento 30 segundos o más, sin rebotar.
- No aguante la respiración al hacer ejercicios de estiramiento.
- Después de pasar mucho tiempo sentado, tome un descanso para estirarse.
- Stretch while watching TV.

Recursos adicionales:
- Shape of Yoga: http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf

Sources:
Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of fresh or cooked cabbage is an excellent source* of vitamin C and vitamin K. A ½ cup of cooked cabbage also provides fiber and folate. Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

*Excellent sources provide at least 20% Daily Value.

Health of the Month featured vegetable is cabbage

Healthy Serving Ideas
Cook cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.

Use green and purple cabbage for a rainbow coleslaw.

Add green or purple cabbage to stews or soups.

Shopper’s Tips
• Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.
• Put whole or cut cabbage in a plastic bag. Keep in the refrigerator for up to one week.
• Wash cabbage thoroughly just before using. Then, remove tough outer leaves, cut in half, and trim core.

Let’s Get Physical!
Get moving indoors by doing a scavenger hunt. Have your family split into two teams. Have each team hide five or more items around your home. Then give each team 10 minutes to find the items while the other team cheers.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

ChooseMyPlate.gov

Ideas saludables de preparación
Mezcle repollo con brócoli, pimiento, zanahoria y pollo a la parrilla.

Use repollo verde y morado para preparar una ensalada de col “arco iris”.

Agregue repollo a guisados y sopas.

Consejos saludables
• Escoja repollos firmes que se sientan pesados para su tamaño. Las hojas deben estar apretadas.
• Guarde el repollo entero o cortado en una bolsa de plástico en el refrigerador hasta por una semana.
• Lave el repollo justo antes de usarlo. Quite las hojas exteriores, córtelo por la mitad y corte el tallo.

¡En sus marcas, listos…!
¿Listo para una búsqueda de tesoro? Divida a su familia en dos equipos. Pida a cada equipo que esconda cinco artículos en la casa. Después, cada equipo tendrá 10 minutos para hallar las cosas mientras el otro equipo los anima.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de repollo fresco o cocinado es una fuente excelente de vitamina C y vitamina K. Una ½ taza de repollo cocinado también proporciona fibra y folato. El repollo es una verdura crucífera rica en fotoquímicos, los cuales ayudan a estimular el sistema inmunológico y ayudan a disminuir el riesgo de padecer enfermedades del corazón y ciertos tipos de cáncer.

* Las fuentes excelentes aportan al menos 20% del valor diario.
Produce Tips
• Choose firm cabbage heads that feel heavy and are tightly-packed.
• Store whole or chopped cabbage in a sealed plastic bag in the refrigerator. Use within one week.
• Before use, rinse cabbage thoroughly and remove tough outer leaves. Cut in half and trim core.

RAINBOW COLESLAW
Makes 12 servings.
½ cup per serving.
Prep time: 15 minutes
Ingredients:
2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup shredded carrots
½ cup chopped red onion
½ cup fat free mayonnaise
1 tablespoon red wine vinegar
¼ teaspoon celery seed (optional)
½ cup lowfat Cheddar cheese, cubed
1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

Nutrition information per serving:
Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

How Much Do I Need?
• A ½ cup of cabbage is about one cupped handful.
• A ½ cup of fresh or cooked cabbage is an excellent source of vitamin C and vitamin K.
• A ½ cup of cooked cabbage also provides fiber and folate.
• Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Look at the chart below to find the amount that is right for you and your family. Eating a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried – will help you reach your daily goals.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
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<tbody>
<tr>
<td><strong>Males</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
<td></td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
<td></td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!
• Cut back on screen time* and add activity time. It will help prepare your child for spring fitness testing.
• Create activity calendars for you and your family. You can create calendars online at www.bam.gov.
• Include indoor and outdoor activities on your calendar (like dancing, doing sit-ups, walking/jogging, jumping rope, and playing basketball and soccer).

*The American Academy of Pediatrics recommends no more than two hours of quality programming per day.

For more ideas, visit: www.cachampionsforchange.net

La verdura de La Cosecha del Mes es el repollo

La Salud y el Éxito en el Aprendizaje van Mano a Mano
Muévanse más. Miren menos. Los estudios demuestran que los estudiantes que miran menos televisión y hacen más actividad física se desempeñan mejor en los exámenes. La Cosecha del Mes puede ayudar a su familia a aprender nuevas formas de comer más frutas y verduras y a mantenerse activa cada día.

Consejos Saludables
- Prepare una “ensalada de col arco iris” usando una combinación de repollo verde y morado. (Ve la receta.)
- Hierva o cocine al vapor el repollo para usarlo en guisos y sopas.
- Dé a sus hijos frutas y verduras crudas y crujientes como bocadillos.
- Busque mercados sobre ruedas en su área para encontrar frutas y verduras a buen precio.
Para más ideas, visite: www.fruitsandveggiesmatter.gov

Ideas Saludables de Preparación
- Elija cabezas de repollo firmes que se sientan pesadas y tengan las hojas apretadas.
- Guarde el repollo entero en un plástico bien cerrado en el refrigerador. Use en una semana.
- Antes de usar, enjuague bien el repollo y retire las hojas gruesas exteriores.

ENSALADA DE COL ARCO IRIS
Rinde 12 porciones.
½ taza por porción.
Tiempo de preparación: 15 minutos
Ingredientes:
2 tazas de repollo morado en rebanadas delgadas
2 tazas de repollo verde en rebanadas delgadas
½ taza de pimiento amarillo o rojo picado
½ taza de zanahorias ralladas
½ taza de cebolla roja picada
½ taza de mayonesa sin grasa
1 cucharadita de vinagre de vino tinto
¼ cucharadita de semilla de apio (opcional)
½ taza de queso Cheddar bajo en grasa, cortado en cubitos
1. En un tazón grande mezcle las verduras.
2. En un tazón pequeño combine la mayonesa, el vinagre y la semilla de apio para preparar el aderezo.
3. Vacíe el aderezo sobre las verduras en el tazón grande y mézclelo bien.
4. Agregue el queso y sirva frío.

Información nutricional por porción:
Calorías 30, Carbohidratos 4 g, Fibra Dietética 1 g, Proteína 2 g, Grasa Total 1 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 145 mg

¿Cuánto Necesito?
- Una ½ taza de repollo equivale aproximadamente a un puñado.
- Una ½ taza de repollo fresco o cocinado es una fuente excelente de vitamina C y vitamina K.
- Una ½ taza de repollo cocinado aporta también fibra y folato.
- El repollo es una verdura crucífera rica en fitoquímicos, que ayuda a fortalecer el sistema inmunológico y ayuda a disminuir el riesgo de padecer enfermedades del corazón y ciertos tipos de cáncer.

La cantidad de frutas y verduras que necesita depende de su edad, sexo y nivel de actividad física. Busque en la tabla siguiente la cantidad que usted y su familia necesitan. Comer una variedad de frutas y verduras de distintos colores durante todo el día – frescas, congeladas, enlatadas y secas – le ayudará a alcanzar sus metas diarias.

Recomendación Diaria de Frutas y Verduras*

<table>
<thead>
<tr>
<th>Niños, de 5 a 12 años</th>
<th>Adolescentes y Adultos, de 13 años en adelante</th>
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</thead>
<tbody>
<tr>
<td><strong>Hombres</strong></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
<td>4½ - 6½ tazas por día</td>
</tr>
<tr>
<td><strong>Mujeres</strong></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
<td>3½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

*Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

¡En sus Marcas, Listos…!
- Cree calendarios de actividades para usted y su familia. Puede crear calendarios por Internet en www.bam.gov.
- Incluya actividades dentro y fuera de casa en su calendario (como bailar, hacer abdominales, caminar, correr, saltar cuerda, jugar baloncesto y fútbol).
Para más ideas, visite: www.campeonesdelcambio.net

*Sitio web sólo disponible en inglés.
Health and Learning Success Go Hand-In-Hand
Do more. Watch less. Test scores improve when students limit TV time and are more physically active. Encourage students to turn off the TV and video games and get at least 60 minutes of physical activity each day to help keep them healthy, strong, and focused. Harvest of the Month connects with core curricula to introduce students to fruits and vegetables and ways to be more active.

Exploring California Cabbages: Taste Testing
What You Will Need (per group of 4 students):
- Green, red (or purple), savoy and Chinese cabbage varieties; two heads of each variety for entire class
- Small sample cups (four cups each per group)
- Printed Nutrition Facts labels for each cabbage variety*
- White board and markers
- Cutting board and knife

Optional: Paper and pencils or other art supplies for students.

Activity:
- Wash and drain one head of each cabbage variety.
- Chop and fill sample cups, keeping varieties separate; label cups, cover, and set aside.
- Display four unwashed cabbage heads (one of each variety) in front of room.
- Compare different types of cabbages' nutrient values using the labels.
- Distribute sample cups to groups, one variety at a time.
- Observe tastes, colors, and textures; record student observations on board.
- Discuss similarities and differences between varieties; vote on class favorite.

For more ideas, reference: Kids Cook Farm-Fresh Food, CDE, 2002.

Cabbage Confetti
Makes 36 tastes at ¼ cup per serving
Prep time: 5 minutes
Chill time: 30 minutes
Ingredients:
- 1 (10-ounce) package shredded raw green cabbage
- 1 (10-ounce) package shredded raw red cabbage
- 1 (20-ounce) can crushed pineapple in 100% juice, drained (reserve ¼ cup juice)
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- Small plates and forks

1. In large bowl, mix green and red cabbage with pineapple and juice.
2. Add salt and pepper and gently toss until well coated. Refrigerate for at least 30 minutes.
3. Place ¼ cup of salad on small plates and serve.

Nutrition information per serving:
Calories 15, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: Tasting Trio Team, Network for a Healthy California, 2010.

Reasons to Eat Cabbage
A ½ cup of shredded cabbage provides:
- An excellent source of vitamin C and vitamin K (red, green, and savoy varieties).
- A source of vitamin A (red and savoy varieties).
- A source of folate (savoy variety).
- Phytochemicals in the form of indoles and isothiocyanates*.

*Learn about phytochemicals and cruciferous vegetables on page 2.

Phytochemical Champions*:
- Blueberries
- Citrus fruits
- Cruciferous vegetables (broccoli, cabbage)
- Soy foods
- Tomatoes

*Champion foods are rich sources of phytochemicals.

For more information, visit: www.nal.usda.gov/fnic/foodcomp/search/
What Are Cruciferous Vegetables?
- Cruciferous vegetables are plants that contain indoles and isothiocyanates, which are phytochemicals with possible anti-cancer properties.
- The Brassicaceae (also called Cruciferae) family takes its name cruciferous (meaning "cross-bearing") from the shape of the plants' flowers, which have four petals resembling a cross.
- Cabbage is a cruciferous vegetable. Other vegetables in this family include bok choy, broccoli, Brussels sprouts, cauliflower, collard greens, kale, Swiss chard, turnips, and turnip greens.
- Phytochemicals appear to work together with nutrients and fiber to provide health benefits.
- Isothiocyanates (in form of sulforaphane and indoles) act as an antioxidant, neutralizing free radicals that may damage cells.
- Phytochemicals may aid in detoxification of undesirable compounds and strengthen antioxidant defenses in cells.
- They are rich sources of glucosinolates, sulfur-containing compounds that give them their pungent aromas and spicy (some say bitter) taste.
- Like other dark green vegetables, many cruciferous vegetables are rich in folate and chlorophyll.


How Does Cabbage Grow?
Cabbage is the most easily grown vegetable of the Mustard family. It is a cool-season crop that matures prior to extreme heat. Cool-season crops are grown for vegetative parts, including the roots (carrots), leaves (cabbages), stems (celery), and immature flowers (broccoli). Due to smaller plant size and shallow roots, cabbages are often started from seeds indoors.

Growing Cabbage Heads

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Grows best at 50 to 75 F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soil</td>
<td>Sandy loam or raised clay soil beds; requires added compost and moisture</td>
</tr>
<tr>
<td>Exposure</td>
<td>Full sun or partial shade</td>
</tr>
<tr>
<td>Planting</td>
<td>Seedlings spaced 1 to 2 feet apart; rows spaced 2 to 3 feet apart</td>
</tr>
<tr>
<td>Days to maturity</td>
<td>50 to 90 days</td>
</tr>
<tr>
<td>Harvest period</td>
<td>Average two crops per year (winter and spring)</td>
</tr>
<tr>
<td>Harvesting</td>
<td>Hand-harvested and field packed</td>
</tr>
</tbody>
</table>

**How Much Do I Need?**

A ½ cup of shredded cabbage is about one cupped handful. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Children need at least 60 minutes of moderate to vigorous activity every day. Remind students that eating a variety of colorful fruits and vegetables throughout the day – in all forms (fresh, frozen, canned, dried) – will help them reach their recommended amount. Have students track their goals daily by recording their fruit and vegetable consumption in the MyPyramid worksheet.*


### Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**A Head of Cabbage History**

- Nearly 3,000 years ago, wild cabbage indigenous to Asia and the Mediterranean slowly spread into Northern Europe by the Celts and later the Romans.
- Able to store for long periods, cabbage was a staple item of Europeans in the Middle Ages. Its juice was commonly used to heal wounds and as a cough remedy.
- In 1541, French explorer Jacques Cartier introduced cabbage to North America.
- Since cabbage contains lots of vitamin C, other explorers, including Captain Cook, traveled with it in order to prevent scurvy. Cabbage rapidly spread across the continent.

For more information, reference: [http://aggie-horticulture.tamu.edu](http://aggie-horticulture.tamu.edu)

**Home Grown Facts**

- With over 13,000 acres harvested for cabbages, California leads the nation in commercial cabbage production.
- Monterey, Ventura, Santa Barbara, Imperial, and San Luis Obispo are the leading cabbage-producing counties.
- Cabbage is shipped year-round in California reaching its peak in March for traditional St. Patrick’s Day fare of corned beef and cabbage.

For more information, visit: [www.nass.usda.gov/About_NASS/index.asp](http://www.nass.usda.gov/About_NASS/index.asp) [www.cdfa.ca.gov](http://www.cdfa.ca.gov)

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**Student Champions**

California is the nation’s top food and agricultural producer. More than half of the nation’s fruits, vegetables, and nuts come from California. Encourage students to participate in community activities and show their appreciation for California’s farmers.


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**Student Sleuths**

1. **Make a list of cruciferous vegetables that you eat and those you would like to try. What phytochemicals do they contain? What health benefits do these provide to your body? Develop a list of snack suggestions that include cruciferous vegetables and share with your classmates.**

2. **Fruits and vegetables provide different nutrients and phytochemicals based on what color they are. Research nutrients in different cruciferous vegetables. How do the nutrients differ based on what color the produce is? Look for recipes you can prepare at home that include these fruits and vegetables.**

3. **Purple and red cabbages contain anthocyanins. What are anthocyanins and what do they appear to do for the mind and body? Identify other fruits and vegetables that contain anthocyanins and develop a plan to try at least one in the next week.**

4. **What effect does cooking have on phytochemicals in cruciferous vegetables? What is the best way to consume cabbage to get the most phytochemicals?**

For more information, visit: [www.ers.usda.gov](http://www.ers.usda.gov) [www.leafy-greens.org/cabbage_family.html](http://www.leafy-greens.org/cabbage_family.html)

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**Cafeteria Connections**

Promote students’ health by incorporating more cabbage into school meals. Gradually replace items that typically use shredded lettuce or lettuce pieces with shredded cabbage. Start with one-quarter of the cabbage mixture and work up to one-half.


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**Student Champions**


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**Recommended Daily Amount of Fruits and Vegetables**

<table>
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*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.
Physical Activity Corner
Pairing students with "workout buddies" can promote cooperation and increased participation. Teach students how to do Chinese jump rope, an activity that can improve kinesthetic movement and endurance. Set aside time each week for students to practice in a group.

Materials:
- Chinese jump rope (extra long, thick elastic band).

Activity:
- Two students place elastic band around ankles and stand a few feet apart.
- Third student completes a series of jumps/tricks between rope without touching the rope.
- Each time student completes jump series, the rope moves up (ankles, calves, knees, etc.); students should not stop between jump series (to promote endurance).
- If student misses jump or touches rope, move to next student.

For more information, visit: www.kidnetic.com

Adventurous Activities

Science Investigation:
Use cabbage juice to determine whether a substance is an acid or base.

Materials:
- Can opener, 1 can red cabbage (not sauerkraut), colander, small bowl, measuring spoons, 3 glass jars, 1 tablespoon vinegar, 1 tablespoon baking soda, 1 tablespoon distilled water

Procedure:
- Open can of cabbage.
- Use colander to drain cabbage juice into bowl*.
- Put two tablespoons (30ml) of juice into each glass jar.
- Add vinegar to first jar. Record color of juice.
- Add baking soda to second jar. Record juice color.
- Add distilled water to third jar. Record juice color.
- Discuss results.

*Allow kids to taste the canned cabbage.
For sample discussion, visit www.harvestofthemonth.com


Just the Facts
- Many vegetables evolved from the original wild cabbage including broccoli, Brussels sprouts, cauliflower, collard greens, kale, and kohlrabi.
- All cole crops can be cross-bred, making it easy and economical to develop new cabbage varieties*.
- Primary uses of cabbages include processed coleslaw (40-45%), fresh head (35%), sauerkraut (12%), various fresh-cut products (5-10%), and dried (less than 5%).
- Technological advancements in packaging have increased the number of cabbage heads for market about 30% since 1996.

Sources:
www.fruitsandveggiesmatter.gov/month/cabbage.html
www.ers.usda.gov/Briefing/Vegetables/readings.htm

Literature Links
- Elementary: Tiny Green Thumbs by C.Z. Guest and What is a Plant? by Bobby Kalman.
- Secondary: Green Power: Leaf and Flower Vegetables by Meredith Sayles Hughes and 100 Vegetables and Where They Came From by William Woys Weaver.

For more ideas, visit: www.cfaitc.org/books
Crazy COOLslaw

Serves: 6
Time: 10 Minutes

Ingredients
- 4 Cups Green Cabbage Shredded
- 1½ Cup Grapes each grape cut in half
- 1 Cup Carrots shredded
- ½ Canned crushed pineapple drained
- 3 Tablespoon Light Mayonnaise
- 1 Tablespoon Honey
- 1 Teaspoon Cider vinegar lemon juice
- 1/8 Teaspoon Cinnamon

What You’ll Need
- Cutting board
- Knife
- Cheese grater (to shred vegetables)
- Measuring cup
- Measuring spoons
- Medium mixing bowl
- Mixing utensil

Directions
1. Combine all ingredients in a medium bowl
2. Stir well to mix ingredients
3. Chill for 15 minutes before serving.
Serve.

Nutrition Info and More: Serving size: 1 Cup Total Calories: 76 Total Fat: 0.4g Saturated Fat: 0g Carbohydrates 19g Protein: 1.2g Fiber: 3g Sodium: 253mg
With Protein Foods, Variety is Key
- Healthy Proteins: [http://www.eatwellbewell.org/parents/healthy-habits/healthy-proteins](http://www.eatwellbewell.org/parents/healthy-habits/healthy-proteins)

Cabbage

Stretching
*General Audience*
- Shape of Yoga: [http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

*Older Adults*
10 tips to help you eat whole grains

**Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.** Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1. **make simple switches**
   To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2. **whole grains can be healthy snacks**
   Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3. **save some time**
   Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4. **mix it up with whole grains**
   Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5. **try whole-wheat versions**
   For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6. **bake up some whole-grain goodness**
   Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7. **be a good role model for children**
   Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8. **check the label for fiber**
   Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9. **know what to look for on the ingredients list**
   Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

10. **be a smart shopper**
    The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.

Go to www.ChooseMyPlate.gov for more information.
haga que la mitad de los granos que consume sean integrales

**10 consejos** para ayudarlo a consumir granos integrales

Los alimentos hechos con trigo, arroz, avena, maíz, cebada o cualquier otro grano de cereal son productos de granos. El pan, los fideos y tallarines, la avena, los cereales para el desayuno, las tortillas de harina y la sémola son ejemplos de estos productos. Los granos se dividen en 2 subgrupos: **granos integrales** y **granos refinados**. Los granos integrales contienen el grano completo; es decir, la cáscara, el germen y el saco embrional. Las personas que consumen granos integrales como parte de una dieta saludable tienen menos riesgo de presentar algunas enfermedades crónicas.

**1. haga cambios sencillos**
Para que la mitad de los granos que consume sean integrales, sustituya un producto de granos refinados con uno de granos integrales. Por ejemplo, coma pan o roscas de pan de 100% trigo en lugar de pan o roscas de pan blanco, o bien coma arroz integral en lugar de arroz blanco.

**2. los granos integrales son bocadillos sanos**
Las palomitas de maíz son hechas de granos integrales y por lo tanto son bocadillos sanos. Prepárelas sin o con poca sal o mantequilla. Pruebe también galletas 100% de trigo integral o centeno.

**3. ahorre tiempo**
Cocine cantidades adicionales de trigo burgol o cebada cuando tenga tiempo. Congele la mitad para calentar y servir más adelante como complemento rápido.

**4. mézclelo con granos integrales**
Use granos integrales en platos mixtos, como la cebada en sopas o guisados de vegetales y el trigo burgol en platos salteados o cazuelas. Pruebe ensaladas o plantos de quinua.

**5. pruebe versiones de trigo integral**
Para variar, pruebe el arroz integral o fideos y tallarines de trigo integral. Pruebe tomates o pimientos verdes horneados rellenos de arroz integral y macarrones de trigo integral en platos de macarrones con queso.

**6. hornee antojitos con granos integrales**
Experimente y reemplace con trigo sarraceno, mijo o harina de avena hasta la mitad del contenido de harina de los panqueques, waffles, molletes y otras recetas con contenido de harina. Tal vez necesite un poco más de levadura para que leuden.

**7. de buen ejemplo a los niños**
De buen ejemplo a los niños al servir y consumir granos integrales todos los días con las comidas o como bocadillos.

**8. verifique el contenido de fibra**
Use la etiqueta de datos de nutrición para verificar el contenido de fibra de los productos de granos integrales. Las buenas fuentes de fibra contienen 10% a 19% del valor diario. Las fuentes excelentes contienen un 20% o más.

**9. sepa qué buscar en las listas de ingredientes**
Lea las listas de ingredientes y elija productos que incluyan granos integrales como el primer ingrediente de la lista. Busque “trigo integral,” “arroz integral,” “burgol,” “alforfon,” “avena,” “harina de maíz integral,” “avena de grano integral,” “centeno integral,” o “arroz silvestre” (busque “whole grain”).

**10. sea un comprador instruido**
El color de un alimento no indica que se trate de un alimento de granos integrales. Por lo general, los alimentos con etiquetas que dicen “multigrano”, “molido a piedra”, “100% trigo”, “trigo partido”, “siete granos” o “salvado” no son productos 100% de granos integrales, y es posible que no contengan ningún grano integral.

Plug Into PA:
Energize Your Body With Physical Activity

Ways to Energize with Low Cost/No Cost Physical Activity

Why Low Cost/No Cost Physical Activity Works
You don’t need to spend a lot of money in order to get the health benefits of being physically active. Low cost/no cost physical activity can reduce the risk of many serious health problems, increase your chances of living longer, help you get to or stay at a healthy weight, decrease your chances of becoming depressed, and is a lot of fun!

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day, and strength training activities at least 2 days a week. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day, and strength training activities at least 3 days per week.

Tips for Getting Started
• Use items you have around the house for exercise equipment, such as soup cans or water bottles for strength training exercises.
• Visit a local park, YMCA, or parks and recreation center.
• Look online for free exercise workouts.

Examples of Low Cost/No Cost Physical Activities
• Walking
• Jogging/running
• Climbing stairs
• Jumping Rope
• Dancing
• Muscle training exercises with soup cans or water bottles
• Yoga/stretching
• Jumping jacks
• Sit-ups
• Push-ups

Additional Resources:
• Santa Clara County Parks: http://www.sccgov.org/sites/parks/Pages/Welcome-to-Santa-Clara-County-Parks.aspx
• Find a Local YMCA: http://www.ymcaav.org/association/html/find_map.html
• Shape of Yoga: http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf
• Instant Recess: http://www.networkforahealthycalifornia.net/pa/InstantRecess.html

Sources:
The Harvest of the Month featured fruit is kiwifruit.

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced kiwis is an excellent source* of vitamin C and vitamin K. A ½ cup of sliced kiwis is about one medium kiwi. Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection. A ½ cup of kiwis is also a good source** of fiber.

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*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas
Kiwis are a great fast food. Just grab, cut, scoop, and go. You can even eat the skin for extra fiber!

Add sliced kiwis to fruit salads and serve on top of a papaya wedge.

Blend kiwis with orange juice. Freeze in paper cups to make a healthy treat.

Shopper’s Tips
• Look for kiwis that feel slightly firm. Size does not affect taste.
• Keep ripe kiwis at room temperature for up to two weeks. Or, put kiwis in the refrigerator for up to six weeks.
• Put firm kiwis on the counter or in a paper bag until ripe.

Let’s Get Physical!
Being active can help give you the energy you need to get through your day. Walk up and down a flight of stairs, do a few jumping jacks, or just do a few leg lifts in your chair. Doing these activities may perk you up better than a coffee break.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.
La salud y la nutrición van mano a mano

Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son una de las mayores fuentes de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de kiwi en rebanadas es una fuente excelente* de vitamina C y vitamina K. Una ½ taza de kiwi en rebanadas equivale aproximadamente a un kiwi mediano. La vitamina C ayuda al cuerpo a sanar heridas y cortadas y a reducir el riesgo de contraer infecciones. Una ½ taza de kiwi es también una fuente buena** de fibra.

* Las fuentes excelentes aportan al menos 20% del valor diario.
** Las buenas fuentes aportan 10-19% del Valor diario.

Ideas saludables de preparación

El kiwi es un alimento rápido; simplemente corte, con una cuchara saque la fruta y disfrute. ¡Incluso puede comerse la piel si quiere tener más fibra!

Agregue kiwi rebanado a la ensalada de fruta y sirva sobre una rebanada de papaya.

Licúe kiwis con jugo de naranja, congéle en vasos de papel y tendrá un postre saludable.

Consejos saludables

- Busque kiwis firmes pero que cedan al aplicarles ligera presión.
- Guarde los kiwis maduros a temperatura ambiente hasta por 2 semanas o guárdelos en el refrigerador hasta por 6 semanas.
- Ponga los kiwis duros encima del mostrador o en una bolsa de papel hasta que maduren.

¡En sus marcas, listos…!

Estar físicamente activo es una manera ideal de obtener la energía que necesita durante el día. Subir y bajar escaleras o tan sólo hacer levantamiento de piernas mientras está sentado puede darle más energía que la que le pueda dar un café.

¿Cuánto necesito?

La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir:

- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net
Health and Learning Success
Go Hand-in-Hand
Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With Harvest of the Month, you can set a positive example and put your child on the road to health and learning success.

Produce Tips
• Select firm, unblemished fruit. The size of the fruit does not affect taste.
• Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it’s not ready to eat.
• Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
• To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

Healthy Serving Ideas
• Serve whole kiwis as an afternoon snack. They can be eaten like apples—with the skin.
• Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
• Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
• Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
• Ask your child to help you make a healthy fruit salad for dessert.

For more ideas, visit: www.cachampionsforchange.net

FRUIT SALAD
Makes 4 servings. ½ cup each.
Prep time: 15 minutes
Ingredients:
1 medium kiwifruit, peeled and sliced
1 small banana, peeled and sliced
½ cup chopped apple
½ cup grapes
½ cup 100% orange juice
1. In a medium bowl, mix all ingredients.
2. Serve immediately or chilled

Nutrition information per serving:
Calories 64, Carbohydrate 16 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg
Source: Network for a Healthy California, 2010.

Let’s Get Physical!
• Kick up your heels and dance with your child to your favorite tunes.
• Play a game of tag or hide-and-go-seek after dinner.
• Run, jog, or bike on a family treasure hunt in a nearby park.

For more physical activity ideas, visit: www.mypyramid.gov/pyramid/physical_activity_tips.html

How Much Do I Need?
• A ½ cup of sliced kiwis is about one medium kiwi. This is about one cupped handful.
• A ½ cup of sliced kiwis is an excellent source of vitamin C and vitamin K. It is also a good source of fiber.
• Vitamin C helps the body heal cuts and wounds. It also helps lower the risk of infection.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day. Help your child eat the recommended amount. It will help your child get the nutrients he or she needs to grow healthy and learn better.

Recommended Daily Amount of Fruits and Vegetables*

<table>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.
La Salud y el Éxito en el Aprendizaje Van Mano a Mano

Comer alimentos ricos en nutrientes como frutas y verduras puede ayudar a mejorar el desempeño escolar de los niños. Con **La Cosecha del Mes**, usted puede ser un ejemplo positivo y encaminar a su hijo hacia la salud y el éxito en la escuela.

**Ideas Saludables de Preparación**

- Sirva kiwis enteros como bocadillo por la tarde. Pueden comerse como las manzanas, con la piel.
- Rebane dos kiwis y mézclelos con yogur o requesón bajo en grasa y rico en calcio para un toque más dulce.
- Los kiwis son muy buenos para ablandar la carne. Explique a su hijo que los kiwis tienen una enzima (proteínas que producen los seres vivos, como la fruta) que ayuda a ablandar la carne. Encuentre una receta en la que pueda usar la carne y el kiwi juntos.
- Pida a su hijo que le ayude a preparar una ensalada de fruta saludable de postre.

Para más ideas visite: [www.campeonesdelcambio.net](http://www.campeonesdelcambio.net)

**¿Cuánto necesito?**

- Una ½ taza de kiwi rebanado es aproximadamente un kiwi mediano. Esto es aproximadamente un puñado.
- Una ½ taza de kiwi rebanado es una fuente excelente de vitamina C y vitamina K. Es también una fuente buena de fibra.
- La vitamina C le ayuda al cuerpo a sanar heridas y cortadas y a disminuir el riesgo de contraer infecciones.

La cantidad de frutas y verduras que necesita depende de su edad, sexo y la cantidad de actividad física que practica cada día. Consulte la tabla siguiente para saber cuántas tazas de fruta y verdura necesitan usted y su familia diariamente. Ayude a su hijo a comer la cantidad recomendada. Así obtendrá los nutrientes que necesita para crecer sano y aprender mejor.

**RECOMENDACIÓN DIARIA DE FRUTAS Y VERDURAS**

<table>
<thead>
<tr>
<th>Niños, Edad de 5-12</th>
<th>Adolescentes y Adultos, Edad de 13 en adelante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombres</td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
<td>4½ - 6½ tazas por día</td>
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<tr>
<td>Mujeres</td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
<td>3½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

**Si es activo, coma el número más alto de tazas por día. Visite [www.mipiramide.gov](http://www.mipiramide.gov) para aprender más.**

Para más ideas de actividades físicas, visite†:

[www.mipiramide.gov/pyramid/physical_activity_tips.html](http://www.mipiramide.gov/pyramid/physical_activity_tips.html)

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†Sitio web sólo disponible en inglés.
Health and Learning Success Go Hand-In-Hand

Supporting the health of students is essential for academic achievement. Eating nutrient-rich fruits and vegetables improves academic performance and increases cognitive functioning in undernourished children. *Harvest of the Month* connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.

Exploring California Kiwis: Taste Testing

What You Will Need:
- One whole and one peeled and sliced kiwi per two students
- Pencil and paper

Activity:
- Each student makes two columns on a sheet of paper, labeled whole and sliced.
  - Create five rows and label: texture, look, smell, feel, sound, and taste.
- Feel the outside of the whole kiwi and record observations.
- Follow with the sliced kiwis and record observations.
- Compare and contrast the two columns.

For more ideas, reference:

Cooking in Class: Kiwi Spears

Makes 30 tastes at 1 small spear each

Ingredients:
- 10-12 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced
- Sturdy plastic straws, cut in half, or stir sticks
- Paper plates or napkins

1. Thread two slices each of kiwi, tangerine, and banana, in an alternating pattern, onto straws.
2. Serve one spear on a plate to each student.

Nutrition information per serving:
- Calories 53,
- Carbohydrate 13 g,
- Dietary Fiber 2 g,
- Protein 1 g,
- Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

For more ideas, reference:
*Kids Cook Farm-Fresh Food*, CDE, 2002.

Reasons to Eat Kiwis

A ½ cup of sliced kiwis is:
- An excellent source of vitamin C* and vitamin K.
- A good source of fiber.
- A source of potassium, folate, beta-carotene, lutein, and zeaxanthin.
- One of the most nutrient-dense fruits.**

*Learn more about vitamin C on page 2.
**Refer to *Just the Facts* on page 2 for more information.

Champion Sources of Vitamin C*:
- Bell peppers
- Broccoli
- Citrus fruits
- Cantaloupe
- Cauliflower
- Kiwifruit
- Mustard greens
- Strawberries

*Champion sources provide a good or excellent source of vitamin C.

Source: www.nal.usda.gov/fnic/foodcomp/search (NDB No: 09148)
What is Vitamin C?

- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.
- It also helps keep the body from bruising and helps build the tissue that holds muscles and bones together.
- Vitamin C is also known as ascorbic acid and helps the body absorb the iron found in foods.
- It is only found in plants.
- Vitamin C is a powerful antioxidant. These nutrients help protect cells from damage that can increase your risk for certain diseases, such as cancer.
- Vitamin C strengthens your immune system. However, research has not shown that high doses of vitamin C can prevent or cure the common cold.

For more information, visit: www.eatright.org

How Do Kiwis Grow?

Kiwis grow on large, tender vines that can reach a height of 15 to 30 feet. The vine’s shoots are thickly covered with reddish hairs and its large, heart-shaped leaves grow from six to nine inches long and up to eight inches wide. Due to the weakness of their vines, kiwis are commercially grown on sturdy support structures. From November to February, kiwi vines are dormant and must chill for about 600 to 850 hours at temperatures below 45 F. Vines are pruned during this time to help maintain production and regulate next season’s crop yield and fruit size.

Budbreak in California generally occurs in mid to late March, depending on the growing location and weather conditions. By the time shoots have grown four to six inches long, all parts of the flower have been formed. The flower parts continue to expand until bloom, which usually starts in May.

Kiwis are dioecious, meaning individual plants are male or female. Only female plants bear fruit and only when pollinated by a male plant. They are typically planted in a vineyard at a ratio of about eight females to one male. Growers bring in bees during bloom so that the bees can move the pollen from the male to the female vines.

Following pollination, the fruit grows rapidly for the first 60 days and then slows until harvest. In California, where growing season temperatures are typically warm, 90 to 105 F, and summer rainfall is nonexistent, supplemental irrigation is necessary to achieve optimum kiwi growth and production. Peak water use on a hot summer day is about 10,000 gallons per acre.

Harvest begins in late September, with the majority of fruit harvested during October and early November.

Botanical Facts

**Pronunciation:** kē’wē-frōōt

**Spanish name:** kiwifruit or kiwi

**Family:** Actinidiaceae

**Genus:** Actinidia

**Species:** A. deliciosa

The kiwifruit is the edible fruit of the woody vine Actinidia deliciosa of the genus Actinidia. Although native to China, A. deliciosa spread to New Zealand in the early 20th century. Those who tasted the fruit thought it had a gooseberry flavor and began to call it the “Chinese Gooseberry.” The fruit finally received its current name in 1959 when it was became a popular commercial product and an export company from New Zealand named it after the national bird, the kiwi.

In North America, it is commonly known as “kiwi,” but it is marketed to the rest of the world as “kiwifruit.” There are 400 varieties of kiwis, but Hayward is the most popular variety in the United States.

For more information, visit: www.kiwifruit.org

**Just the Facts**

- Kiwis are one of the most nutrient-dense of all fruits.*
- Kiwis grow on vines that can be as high as 30 feet.
- Kiwis are actually a berry.
- The skin of a kiwi is edible. Try eating it whole like an apple!
- Kiwis contain an enzyme that acts as a natural meat tenderizer.

*The 1997 study examined the 27 most commonly eaten fruits and found kiwis to be the most nutrient-dense followed by papayas, mangos, and oranges.

For more information, visit: www.calharvest.com/kinutr1.html

**How Much Do I Need?**

A ½ cup of sliced kiwis is about one medium kiwi. This is about the same as one cupped handful. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Visit www.choosemyplate.gov to have students determine how many cups each of fruits and vegetables they need to eat every day. Have students write down their goals and track their food choices for all food groups using the MyPyramid Worksheet*.


**Recommended Daily Amount of Fruits and Vegetables**

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Cafeteria Connections

- Set aside a time each day to review the school menu with students and discuss why eating a variety of colorful fruits and vegetables is healthy for them. Ask students to identify the health benefits of specific fruits and vegetables on the menu.
- Have students keep records for a week of what meals are served in the cafeteria. Have them find out what fruits and vegetables are being served in the meals. Research where the fruits and vegetables are grown. Have students interview those responsible for buying food and determine how much, if any, is locally grown.

For more ideas, reference:
www.nal.usda.gov/kids
www.agclassroom.org

School Garden: Giving Thanks

Have students write an essay or short story on the following:
- What does the garden give you for which you are thankful?
- What do you think it would be like if you had to grow all your own food?
- What do you notice that tells you winter is coming?

If interested in growing kiwis in your school garden program, visit:
www.fsa.usda.gov/ca
www.cfaitc.org
www.agclassroom.org

Student Sleuths

1. What is folate and what are the benefits of this B vitamin?
2. What is the difference between soluble and insoluble fiber? What are the benefits of each?
3. A study of the 27 most commonly eaten fruits found that the kiwi is the most nutrient-dense fruit. Why? What are the second and third ranked fruits?
4. Which enzyme makes the kiwi a natural meat tenderizer? What does it do?
5. Identify on a world map the countries where kiwis are grown.
6. Kiwis are available year-round in the United States. How does the growing and harvesting time compare to other kiwi-producing countries, like Chile and New Zealand? Is it different? Why or why not?
7. Research how the care of the kiwi vine and the importance of pruning are similar and different to that of other vine and tree fruits.

For more information, visit:
www.kiwifruit.org
www.thefresh1.com/kiwifruit.asp
www.fruitsandveggiesmatter.gov

Home Grown Facts

- California is the only state that commercially produces kiwis for the United States marketplace.
- California kiwis represent 95 percent of all kiwis grown in the United States.
- Approximately 8,000 acres are devoted to the production of kiwis in the United States.
- Kiwis were not widely available in California grocery stores until 1970.

For more information, visit:
www.kiwifruit.org

A Slice of Kiwi History

The history of the kiwi began in the Yangtse River valley in China, where it was called “Yang Tao.” The fruit Yang Tao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color.

The first seeds were brought out of China by missionaries to New Zealand at the turn of the 20th century. They soon became a popular backyard vine. Kiwi plants were first exported to the United States in 1904, but it wasn’t until the 1960s when kiwis gained popularity in domestic markets.

1960: Carl Heinke, the first commercial grower of California kiwi, planted nine Chinese Gooseberry vines in Paradise, at the request of his friend, Bob Smith. (Smith was employed by the U.S. Plant Introduction Gardens and was conducting research on Chinese Gooseberries in California to determine potential for their commercial production.)

1961: The first New Zealand kiwi was sold at Trader Vic’s in San Francisco.

1962: The first consumer request for kiwis occurred when a customer asked a local store for Chinese Gooseberries. Having never heard of them, the produce manager contacted produce dealer Frieda Caplan, who then began importing kiwis from New Zealand.

1966: Smith gave kiwi seeds to George Tanimoto, a grower in Gridley who planted the seeds in a nursery.

1968: Tanimoto transferred the vines to an acre of land.

1970: Tanimoto’s vines yielded 1,200 pounds of kiwis. California kiwis found their way into the U.S. market when Caplan’s company, Frieda’s Fresh Produce, purchased Tanimoto’s entire harvest.

1977: With the rise in popularity of the then-exotic kiwi, the Kiwifruit Growers of California was established.

1980: The California Kiwifruit Commission was formed when both California and New Zealand kiwis became popular with French nouvelle/California cuisine.
Physical Activity Corner
As the winter holidays approach, students need extra support to stay healthy and focused in the classroom. Children should engage in at least one hour of physical activity every day to stay fit both mentally and physically. Play a different game or activity, like Supermarket Face-Off, each week in or out of the classroom.

Supermarket Face-Off
Objective:
Develops motor, listening, and team skills

Supplies:
- Play area (30 x 30 paces), divided in half
- Two “home” bases
- Four cones for boundaries (optional)

Preparation:
- Separate class into two teams: Fruits and Veggies.
- Fruits and Veggies face each other on opposite sides.

Activity:
- Call out the name of a fruit; Fruits run back to their base and avoid being tagged by Veggies.
- Call out the name of a vegetable; Veggies run back to their base and avoid being tagged by Fruits.
- If tagged, change to the team that tagged you.
- At end of game, see which items you have more of in your “shopping cart”: Fruits or Veggies.
- Variations: Instead of calling out a fruit or vegetable, encourage careful listening by calling out “orrrr-nament” (instead of “orange”) or “bbbb-basket” (instead of “banana”).

Go Farther:
Have students use different types of motor skills to get to their base (e.g., walk, run, skip, hop).

Bring It Home:
Encourage students to go to the grocery store with their family members to select fruits and vegetables to bring home to eat.

For more ideas, reference:

Adventurous Activities
Field Trip:
Take students to a farmers’ market. To find the location of a farmers’ market in your area, visit www.localharvest.org/farmers-markets. Or, bring the field trip to the school. For more information on Farm to School programs, visit www.farmtoschool.org/ca/.

Science Investigation:
Cut a kiwi in half and have students compare how the inside looks like the iris of an eye.

History Exploration:
Have students research the various uses of kiwis throughout history and do a classroom presentation.

Creative Writing:
Using the facts learned from the Student Sleuths, have students interview their parents and friends to share their “Kiwi IQ.”

Marketing Lesson:
Many fruits are sold by their variety, but kiwis are usually sold by the general name “kiwifruit” or “kiwi.” Discuss with your class the reasons for the differences in the way kiwis are marketed in comparison to other produce.

For more ideas and information, visit: www.ars.usda.gov/is/kids

Literature Links
National Children’s Book Week
Invite school librarian to help you with this activity.
- Have students make drawings and write short stories featuring kiwis. Make copies of the stories, bind them into a book and give to the child nutrition and other school staff.
- “Swap” story books with another school participating in Harvest of the Month and share the new kiwi stories with your class or send to a local grocery store to display in the produce section.

For more ideas, reference:

For a list of book ideas, visit: www.harvestofthemonth.com

This material was produced by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net. © 2011
Kool Kiwi Kabob

Serves: 4
Time: 10 Minutes

Ingredients
- 1 Gold kiwi
- 1 Green Kiwi
- 1 Mozzarella stick reduced fat
- 4 Coffee Stir Sticks

What You’ll Need
- Knife
- Cutting board
- Coffee stir sticks
- Serving Plate

Directions
1. Rinse Kiwi
2. Cut each kiwi into 4 pieces
3. Cut mozzarella stick into 8 pieces
4. Assemble Kabobs: Slide 1 green kiwi, 1 cheese piece, 1 gold kiwi, 1 cheese piece onto a coffee stick
5. Serve immediately

Nutrition Info and More: Serving size: 1 piece
Make Half Your Grains Whole

- Grains: http://www.choosemyplate.gov/food-groups/grains.html
- Whole Grains: http://snap.nal.usda.gov/resource-library/eat-healthy-every-day/whole-grains
- All About Whole Grains: http://www.eatwellbewell.org/parents/healthy-habits/whole-grains

Kiwi


Low Cost/No Cost Physical Activity Ideas

- Indoor Physical Activity Resources: http://snap.nal.usda.gov/nutrition-through-seasons/indoor-physical-activity-resources
- Santa Clara County Parks: http://www.sccgov.org/sites/parks/Pages/Welcome-to-Santa-Clara-County-Parks.aspx
- Shape of Yoga: http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf
**10 tips**

**Nutrition Education Series**

**cut back on your kid’s sweet treats**

**10 tips to decrease added sugars**

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don’t buy them, your kids won’t get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1. **serve small portions**
   It’s not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2. **sip smarter**
   Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

3. **use the check-out lane that does not display candy**
   Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4. **choose not to offer sweets as rewards**
   By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5. **make fruit the everyday dessert**
   Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

6. **make food fun**
   Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7. **encourage kids to invent new snacks**
   Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their “new” snack.

8. **play detective in the cereal aisle**
   Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9. **make treats “treats,” not everyday foods**
   Treats are great once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

10. **if kids don’t eat their meal, they don’t need sweet “extras”**
    Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Go to www.ChooseMyPlate.gov for more information.
Reduzca el consumo de golosinas de sus hijos

10 consejos para reducir el azúcar adicional

**1. Sirva porciones pequeñas**
No es necesario eliminar completamente los dulces y los postres, pero enseñe a sus hijos que las golosinas en cantidades pequeñas son suficientes. Use tazones y platos más pequeños para servir esos alimentos. Permita que sus hijos compartan una barra de dulce o un bizcocho grande.

**2. Beba juiciosamente**
Las gaseosas y otros refrescos dulces contienen mucho más azúcar y más calorías. Cuando sus hijos tengan sed ofrézcales agua, 100% jugo o leche descremada.

**3. Use la cajera que no tenga dulces**
La mayoría de los supermercados tienen cajeras sin dulces para ayudar a las madres. La espera en la fila para pagar anima a los niños a pedir los tentadores dulces que les rodean.

**4. No ofrezca dulces como recompensas**
Al ofrecer alimentos como recompensas del buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros. Recom pense a sus hijos con palabras cariñosas y abrazos de consuelo, u ofrezcales otros artículos no comestibles como calcomanías para que se sientan especiales.

**5. Haga que las frutas sean el postre de todos los días**
Sirva manzanas o peras asadas, o ensalada de frutas. También sirva sabrosas barras de jugo congelado (100% jugo) en lugar de postres con alto contenido de calorías.

**6. Haga las comidas divertidas**
Las golosinas para los niños se comercializan como “comidas divertidas.” Haga que las comidas nutritivas sean divertidas al prepararlas con ayuda de sus hijos y de manera creativa. Invierte una cara sonriente con rebanadas de plátano y pasas. Use moldes para galletitas para cortar las frutas en formas divertidas y fáciles.

**7. Anime a sus hijos a inventarse bocadillos nuevos**
Prepare sus bocadillos con cereales secos de granos integrales, frutas secas y nueces o semillas sin sal. Provea los ingredientes y permita que los niños elijan lo que quieren preparar como bocadillo “nuevo.”

**8. Juegue al detective en el estante de cereales**
Enseñe a los niños cómo encontrar la cantidad total de azúcar en varios cereales. Anímelo a comparar los cereales que les gustan y a seleccionar el que tenga menos azúcar.

**9. Haga que las golosinas sean “especiales” no comidas de todos los días**
Las golosinas son fabulosas de vez en cuando. Pero no haga que sean comidas de todos los días. Limite las golosinas y dulces a ocasiones especiales.

**10. Si los niños no se comen sus comidas, no hay que darles dulces “extra”**
Tenga en mente que los dulces o las galletitas no deben reemplazar los alimentos no consumidos a la hora de comer.


DG TipSheet No. 13
Septiembre 2011

EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.
It’s clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1. think fresh
Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2. enjoy home-prepared foods
Cook more often at home—where you are in control of what’s in your food. Preparing your own foods allows you to limit the amount of salt in them.

3. fill up on veggies and fruits—they are naturally low in sodium
Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4. choose dairy and protein foods that are lower in sodium
Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5. adjust your taste buds
Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6. skip the salt
Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7. read the label
Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8. ask for low-sodium foods when you eat out
Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9. pay attention to condiments
Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10. boost your potassium intake
Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Go to www.ChooseMyPlate.gov for more information.
Está claro que a los estadounidenses les gusta la sal, pero la sal influye en la presión arterial alta. Todos, incluso los niños, debemos reducir el consumo de sodio a menos de 2,300 miligramos al día. Los adultos de 51 años de edad y mayores, las personas de ascendencia afroamericana de cualquier edad y con presión arterial alta, diabetes o enfermedad renal crónica deben reducir el consumo de sodio a 1,500 mg al día.

1. piense en alimentos frescos
La mayor parte del sodio que consumen los estadounidenses proviene de alimentos procesados. Coma alimentos procesados con menos frecuencia y en porciones pequeñas, especialmente alimentos con queso como pizzas, carnes procesadas como tocino, chorizo, salchichas y embutidos, así como alimentos listos para comer como chili, ravioli y sopas enlatadas. Por lo general, los alimentos frescos tienen menos sodio.

2. disfrute alimentos preparados en casa
Cocine en casa con más frecuencia, donde puede controlar los ingredientes de sus comidas. Preparar sus propios alimentos le permite limitar la cantidad de sal.

3. llénesela de vegetales y frutas, son naturalmente bajas en sodio
Coma cantidades abundantes de vegetales y frutas, frescas o congeladas. Coma una fruta o vegetal con cada comida.

4. elija productos lácteos y proteínas con el contenido más bajo de sodio
Elija leche o yogur descremados o con bajo contenido de grasa más frecuentemente que queso, que contiene más sodio. Elija carne de res, cerdo, aves, pescados y mariscos frescos, en lugar de los procesados con sal. Los embutidos, salchichas y productos enlatados, tienen un alto contenido de sodio. Elija nueces y semillas sin sal.

5. ajuste su paladar
Reduzca la sal que consume gradualmente, y preste atención al sabor natural de varios alimentos. Con el tiempo, su gusto por la sal se reducirá.

6. no añada sal
Deje de añadir sal al cocinar. No deje saleros en el mostrador de la cocina o en la mesa. Use especias, hierbas, ajo, vinagre o jugo de limón para sazonar los alimentos, o use condimentos libres de sal. Pruebe pimienta negra o roja, albahaca, curry, jengibre o romero.

7. lea las etiquetas
Lea las etiquetas de datos de nutrición y la lista de ingredientes para encontrar alimentos envasados y enlatados con menos sodio. Busque alimentos con etiquetas que dicen “bajo en sodio”, “sodio reducido” o “sin sal adicional” (“low sodium,” “reduced sodium,” o “without added salt”).

8. cuando coma en restaurantes, pida comidas con bajo contenido de sodio
Si lo solicita, algunos restaurantes prepararán comidas con menos sodio y servirán las salsas y los aderezos para ensalada por separado, para que usted pueda usar menos.

9. preste atención a los condimentos
Alimentos como salsa de soja, salsa de tomate (“catsup”), pepinillos, aceitunas, aderezos para ensaladas y paquetes de sazonador, tienen alto contenido de sodio. Elija salsa de soja y tomate con bajo contenido de sodio. Coma palillos de zanahoria o apio en lugar de aceitunas o pepinillos. Use únicamente parte de los paquetes de sazonador en lugar del paquete completo.

10. aumente su consumo de potasio
Elija alimentos ricos en potasio que pueden ayudar a reducirle la presión arterial. El potasio se encuentra en vegetales y frutas como papas, hojas de nabo, jugo y salsa de tomate, camotes, frijoles (blancos, lima, rojos) y plátanos. Otras fuentes de potasio incluyen yogur, ostras, “halibut,” jugo de naranja y leche.
Plug Into PA: 
Energize Your Body With 
Physical Activity

Ways to Energize with Aerobic Physical Activity

Why Aerobic Physical Activity Works
Aerobic physical activities make you breathe harder and your heart beat faster. They can decrease your risk of many serious health problems, increase your chances of living longer, help you sleep better at night, decrease your chances of becoming depressed, and allow you to have fun!

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day. For moderate-intensity activities, you can talk, but not sing while you do them. For vigorous-intensity activities, you can only say a few words without stopping to catch your breath. Do at least 10 minutes of physical activity at a time.

Tips for Getting Started
• Choose activities that you enjoy and are easy to fit into your life.
• Team up with friends or family members to help keep you motivated and have more fun.
• Start activities slowly and build up over time.
• Set goals and track your progress.

Additional Resources:
• Physical Activity Information: http://www.choosemyplate.gov/physical-activity.html
• Instant Recess: http://www.networkforahealthycalifornia.net/pa/InstantRecess.html

Examples of Aerobic Physical Activities
Moderate-intensity aerobic activities:
• Brisk walking
• Bicycling slower than 10 miles per hour
• General gardening (raking, trimming shrubs)
• Sports where you catch and throw (baseball, softball, volleyball)
• Water aerobics
• Housework, such as sweeping
• Active recreation, such as hiking, skateboarding, or rollerblading

Vigorous-intensity aerobic activities:
• Race walking, jogging or running
• Biking faster than 10 miles per hour
• Heavy gardening (digging, hoeing)
• Jumping rope
• Sports with a lot of running (basketball, hockey, soccer)
• Aerobic Dancing
• Hiking uphill or with a heavy backpack
• Swimming laps

Sources:
Healthy Serving Ideas
Orange wedges make a great, quick snack.

Shopper’s Tips
• Look for firm oranges with shiny skins that feel heavy for their size. It is okay to eat oranges with marks or green spots on the skin.
• Oranges with thin skins tend to be juicier than those with thick skins.
• Keep oranges at room temperature or in the refrigerator for up to two weeks.

Let’s Get Physical!
Staying fit shouldn’t be all work and no play. Turn on your favorite music and challenge your family to a dance contest. Learn some new moves from your children and show them how things were done in your day!

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of orange segments is an excellent source of vitamin C. A ½ cup of orange segments is about half of one medium orange. Eating oranges also gives you fiber and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman’s risk of giving birth to a child with certain birth defects.

*Excellent sources provide at least 20% Daily Value.
La fruta de La Cosecha del Mes es la naranja

La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son una de las mayores fuentes de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de gajos de naranja es una fuente excelente de vitamina C. Una ½ taza de gajos de naranja equivale aproximadamente a una naranja mediana. Comer naranjas le aporta fibra y folato. El folato es una vitamina B que ayuda al cuerpo a producir glóbulos rojos saludables.

* Las fuentes excelentes aportan al menos 20% del valor diario.

Ideas saludables de preparación
Los gajos de naranja son un bocadillo rápido y muy bueno.

Licúe 2 naranjas peladas con 2 tazas de fresas congeladas sin endulzar. Ponga la mezcla en el congelador y menee cada 15 minutos. Cuando la mezcla esté casi sólida su postre heladito estará listo para saborear.

Mezcle gajos de naranja pelada con pasas y rebanadas de plátano. Aderece con una cucharada de yogur de vainilla bajo en grasa y tendrá un desayuno saludable.

Consejos saludables
• Busque naranjas firmes con cáscara brillosa, y que se sienta pesada para su tamaño.
• La naranja de cáscara delgada tiende a estar más jugosa que la de cáscara gruesa.
• Las naranjas se pueden guardar a temperatura ambiente o en el refrigerador hasta por 2 semanas.

¡En sus marcas, listos...!
Mantenerse en forma no quiere decir sólo trabajo y no diversión. Ponga su música favorita y rete a su familia a un concurso de baile.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net

Harvest of the Month

The Harvest of the Month is oranges.

Healthy Serving Ideas
- Slice oranges for a quick, healthy snack.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.
- Instead of soda, make a fruit spritzer for your child. Mix 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Keep healthy recipes and cookbooks in the kitchen. Let your child pick a recipe and then cook it together.

For more ideas, visit: www.cachampionsforchange.net

Health and Learning Success Go Hand-in-Hand

Encourage your child to eat school breakfast. Students who eat school breakfast tend to eat more fruits and vegetables than students who do not. School breakfast programs can increase your child's learning and decrease behavior problems in the classroom. With Harvest of the Month, your family can explore, taste, and learn about how to eat more fruits and vegetables and be active every day.

Breakfast Fruit Cup

Makes 4 servings. ½ cup per serving.
Prep time: 5 minutes

Ingredients:
2 oranges, peeled, seeded, and sliced into bite size pieces
1 medium banana, peeled and sliced
1 tablespoon raisins
½ cup lowfat vanilla yogurt
½ teaspoon ground cinnamon
1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

Nutrition information per serving:
Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

How Much Do I Need?
- A ½ cup of orange segments is an excellent source of vitamin C.
- Eating oranges also gives you fiber and folate.
- Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

The amount of fruits and vegetables each person needs to eat every day depends on age, gender, and physical activity level. Look at the chart below to find out the recommended daily amount for each person in your family. Make a list of fruits and vegetables that you can add into your family’s everyday meals and snacks. Remember that all forms count toward the daily amount – fresh, frozen, canned, dried, and 100% juice.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let's Get Physical!
- Help your child prepare for the FITNESSGRAM®. Ask your child’s teacher how you can help.
- Go for a walk or jog in the morning to jump-start the brain.
- Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- Do yoga stretches after your walk or run in the evening.

To learn how to do yoga stretches, visit: www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf

Produce Tips
- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: ½ cup orange, sections (90g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 42</td>
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<tr>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
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<tr>
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</tr>
<tr>
<td>Cholesterol 0mg</td>
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</tr>
<tr>
<td>Sodium 0mg</td>
</tr>
<tr>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
</tr>
<tr>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>9%</td>
</tr>
<tr>
<td>Sugars 8g</td>
</tr>
<tr>
<td>Vitamin A 4%</td>
</tr>
<tr>
<td>Calcium 4%</td>
</tr>
<tr>
<td>Vitamin C 80%</td>
</tr>
<tr>
<td>Iron 1%</td>
</tr>
</tbody>
</table>

How to Buy Oranges

- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

La fruta de La Cosecha del Mes son las naranjas

La Salud y el Éxito en el Aprendizaje van Mano a Mano

Anime a sus hijos a comer el desayuno de la escuela. Los niños que comen el desayuno de la escuela tienden a comer más frutas y verduras que los que no lo comen. Los programas de desayuno escolar pueden mejorar el aprendizaje de su hijo y disminuir los problemas de conducta en clase. Con La Cosecha del Mes, su familia podrá explorar, probar y aprender cómo comer más frutas y verduras. Deje que su hijo escoja una receta y cocínenla juntos.

Para más ideas, visite: www.campeonesdelcambio.net

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Ideas Saludables de Preparación

- Corte una naranja en rebanadas y tendrá un bocadillo rápido y saludable.
- Congele jugo de naranja 100% natural en un vaso desechable con un palito de paleta o una cuchara.
- Mezcle trocitos de naranja pelada con la ensalada verde para darle un toque cítrico.
- Tenga en la cocina recetas y recetarios de alimentos saludables. Deje que su hijo escoja una receta y cocínenla juntos.

Para más ideas, visite: www.campeonesdelcambio.net

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DESAYUNO DE FRUTA

Rinde 4 porciones. ½ taza por porción.

Tiempo de preparación: 5 minutos

Ingredientes:
- 2 naranjas peladas, sin semillas y cortadas en trocitos
- 1 plátano mediano, pelado y rebanado
- 1 cucharada de pasas
- ½ taza de yogur de vainilla con bajo contenido de grasa
- ½ cucharadita de canela molida

1. Mezcle la naranja, el plátano y las pasas en un tazón pequeño.
2. Divida la fruta en 4 tazones.
3. Agregue a cada tazón una cucharada copeteada de yogur.
4. Espolvoree un poco de canela molida antes de servir.

Información nutricional por porción:
- Calorías: 81, Carbohidratos: 19 g, Fibra Dietética: 2 g
- Vitamina A: 80%, Vitamina C: 4%
- Calcio: 4%, Hierro: 1%

¿Cuánto Necesito?

- Una ½ taza de gajos de naranja es una fuente excelente de vitamina C.
- Las naranjas también aportan fibra y folato.
- El folato es una vitamina B que ayuda a producir glóbulos rojos saludables y disminuye el riesgo en la mujer de concebir bebés con ciertos defectos de nacimiento.

La cantidad de frutas y verduras que necesita cada persona depende de su edad, sexo y nivel de actividad física. Busque en la tabla siguiente la cantidad que se recomienda diariamente para cada miembro de su familia. Haga una lista de las frutas y verduras que puede agregar a los alimentos y bocadillos diarios de su familia. Recuerde que todas las formas de fruta y verdura cuentan para su necesidad diaria – frescas, congeladas, enlatadas, secas y en jugo 100% natural.

Recomendación Diaria de Frutas y Verduras*

<table>
<thead>
<tr>
<th>Porción: ½ taza de gajos de naranja, (90g)</th>
<th>Calorías 42</th>
<th>Calorías de Grasa 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Valor Diario</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grasas 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Grasa Saturada 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Grasa Trans 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Colesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodio 0mg</td>
<td>0%</td>
<td></td>
</tr>
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<td>Carbohidratos 11g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Fibra Dietética 2g</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Azúcares 8g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proteínas 1g</td>
<td></td>
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La cantidad de frutas y verduras que necesita cada persona depende de su edad, sexo y nivel de actividad física. Busque en la tabla siguiente la cantidad que se recomienda diariamente para cada miembro de su familia. Haga una lista de las frutas y verduras que puede agregar a los alimentos y bocadillos diarios de su familia. Recuerde que todas las formas de fruta y verdura cuentan para su necesidad diaria – frescas, congeladas, enlatadas, secas y en jugo 100% natural.

¡En sus Marcas...Listos!

- Salga a caminar o trotar por la mañana para activar el cerebro.
- Comience poco a poco — agregue de 10 a 15 minutos de actividad física a su día y gradualmente aumente hasta llegar a 60 minutos.
- Haga estiramientos de yoga después de caminar o correr.

Para saber cómo se hacen los estiramientos de yoga, visite: www.cdphe.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf

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Para información sobre CalFresh, llame al 1-888-9-COMIDA. Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.campeonesdelcambio.net.

• Departamento de Salud Pública de California
Health and Learning Success Go Hand-In-Hand
Studies show a relationship between good nutrition and improved behavioral performance in the classroom, particularly among students with poor nutritional status. Harvest of the Month connects with core curricula to give students the opportunity to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.

Exploring California Oranges: Taste Testing
What You Will Need (per student group):
- One Navel and one Valencia orange, quartered with peels
- Orange juice in small paper cups; ¼ cup per student
- Paper, rulers, and pencils

Activity:
- Make four columns on a piece of paper with the headings: 1) characteristics, 2) Navel, 3) Valencia, 4) orange juice.
- Write the following words, one per line, in the first column (under characteristics):
  1) taste, 2) color — flesh, 3) color — peel, 4) texture — flesh, 5) texture — peel, 6) smell — flesh, 7) smell — peel.
- Taste a slice of the Navel orange and note observations in the second column next to the corresponding characteristic.
- Repeat exercise with the Valencia orange and orange juice in the third and fourth columns (enter N/A where applicable for the orange juice).
- Have a class discussion on the similarities and differences in characteristics.

For more ideas, reference:

Cooking in Class: Breakfast Fruit Cup
Makes 32 tastes at ¼ cup each
Ingredients:
- 8 oranges, peeled, seeded, and sliced into bite size pieces
- 4 bananas, peeled and sliced
- 4 tablespoons raisins
- 1½ cups lowfat vanilla yogurt
- 2 teaspoons cinnamon
- Paper bowls or cups; plastic spoons

In a large bowl, combine fruit, then divide equally into small bowls. Put one tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

Nutrition information per serving:
Calories 45, Carbohydrate 10 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 7 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

For more ideas, reference:
Kids Cook Farm-Fresh Food, CDE, 2002

Reasons to Eat Oranges
A ½ cup of orange sections provides:
- An excellent source of vitamin C.
- A source of fiber, B-vitamins, thiamin, and folate*.
- A source of potassium and thiamin.

*Learn about folate on page 2.

Champion Sources of Folate:
- Asparagus
- Avocados
- Blackeye peas
- Broccoli
- Okra
- Oranges
- Pinto beans
- Spinach

For information, visit:
www.nal.usda.gov/fnic/foodcomp/search
(NDB No: 09200)
What is Folate?
- Folate is a type of B vitamin that is water-soluble.
- It helps make healthy red blood cells and produce DNA.
- It also helps lower a woman’s risk of giving birth to a child with certain birth defects.
- Folate works with vitamin B₁₂ (cobalamin) and vitamin C to use and create new proteins.
- Folate is being studied for its ability to help protect against heart disease.
- Your body needs a continuous supply of folate since it does not store it.
- Folate deficiency may cause poor growth, swollen tongue, and certain types of anemia.

Sources:
- www.eatright.org

How Much Do I Need?
A ½ cup of orange sections is about the size of one small orange. The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Make a chart to display how many cups your students should eat every day. Remind students all forms count towards their daily amount – fresh, frozen, canned, dried, and 100% juice. Take time each week to review the chart and assess goals.

Recommended Daily Amount of Fruits and Vegetables*

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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Botanical Facts

Pronunciation: ör’inj
Spanish name: naranja
Family: Rutaceae
Genus: Citrus
Species: C. sinensis

Orange refers to the citrus tree, Citrus sinensis, and the fruits of this tree. Belonging to the Rutaceae family, oranges are a kind of hesperidium, or berry, because they have many seeds, are fleshy, soft, and derived from a single ovary. All citrus trees are of the single genus Citrus and are interbreedable, meaning that there is only one "superspecies," which includes lemons, limes, and oranges.

Originating in ancient times in Southeast Asia, the orange is a hybrid fruit, possibly between the pummelo, Citrus maxima, and tangerine, Citrus reticulata. Compared to modern cultivars, the original fruit was bitter and referred to as the "sour orange". The sweet orange was first grown in Spain and has become the most popular variety worldwide. The Navel orange, a sweet orange, was the result of a single mutation in an orchard in Brazil.

For more information, visit:
- www.fruitsandveggiesmatter.gov/month

How Do Oranges Grow?
Oranges grow on evergreen trees, which thrive in warm, subtropical to semitropical climates. The tree’s leaves are oval and glossy and the flowers are white and fragrant. Orange trees produce leaves, flowers, and fruit all at the same time, making them very fragrant in full bloom.

Oranges will grow in almost any kind of soil as long as it drains well, but protection from frost is critical. Growers in California place fans above trees to circulate warmer air above the grove with colder air near the ground. Commercial growers propagate oranges by grafting or budding to ensure they always get the same high-quality fruit. To graft, a single bud is taken from the branch of a high-quality tree and inserted into the bark of a seedling. This bud becomes the part of the tree that produces fruit.

Orange trees usually flower in the spring. Large, white, fragrant flowers appear on short stems. The flowers are self-fertile or can be pollinated. It takes between eight and 18 months for the fruits to grow and ripen. Citrus is one of the few fruit trees that does not require regular pruning and can also be left on the tree without becoming overripe.

For a growing chart of citrus trees, refer to the Mandarins Botanical Image on www.harvestofthemonth.com.

For more information, visit:
- www.cfaitc.org

Student Champions
- Plant citrus trees on your school campus. Contact local nurseries and service clubs for donations.
- Encourage students to research food handling and safety tips from the FDA. Design a Food Safety Campaign for your school and community. Create posters to send to restaurants, hospitals, soup kitchens, grocery stores, etc., that promote safe food handling.

For more information, visit:
- www.fda.gov/food/resourcesforyou/consumers/kidsteens/
Adapted from: Gardening Tips from Life Lab’s Garden Activity Calendar.

### Just the Facts
- Almost 40 percent of the orange crop in the United States is used for making frozen concentrate.
- After chocolate and vanilla, orange is the world’s favorite flavor.
- Navel oranges are the most popular “eating” orange in the world. They got their name because the bottom looks like a bellybutton or navel.
- As Valencias ripen on the tree, they go from green to yellow-orange. When the weather becomes warm the oranges regain a little green tinge starting at the stem end as a result of the chlorophyll returning to the peel. This process is called “re-greening.”
- Unlike many fruits, citrus does not continue to ripen after being picked.

For more information, visit: [www.hort.purdue.edu/newcrop/morton/orange.html](http://www.hort.purdue.edu/newcrop/morton/orange.html)

### Cafeteria Connections
Have your class plan a healthy menu that includes a colorful variety of foods and meets the cafeteria’s meal requirements. Include foods from each of the main food groups. Share menu with school nutrition staff. (Hint: Use the Lunch Menu Planner and the Promotion Planning Worksheet found in *Fruits and Vegetables Galore* for ideas.)


### Physical Activity Corner
It is important to help students engage in at least 60 minutes of physical activity every day to stay healthy and fit. Take time during the school day to play a different game or activity in or out of the classroom.

#### Graphing Heart Rates:
- Divide class into three groups. Assign each group one of these activities: standing still, walking, running in place.
- After two minutes of each activity, students measure their heart rates by taking their pulses:
  - Turn left hand palm-side up, then place the first two fingers of right hand along the outer edge of left wrist just below where the wrist and thumb meet.
  - Slide fingers toward the center of wrist. Feel the pulse between the wrist bone and tendon.
  - Press down and feel pulse for 1 minute.
- Graph results by group activity. Compare and discuss results.
- Have students brainstorm ways to increase their heart rates throughout the day.

#### Fitness Breaks:
- Take a two-minute fitness break between lessons.
- Ask students to lead the break with stretches.
- Play a popular dance song and let students dance.

For more ideas, visit: [www.cdc.gov/HealthyYouth/physicalactivity](http://www.cdc.gov/HealthyYouth/physicalactivity)

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### School Garden: Indoor Growing
*If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.*

Orange plants are one of the easiest plants to grow from seed (but they may take a while to produce fruit) — all you need is water and some direct light.

#### Materials:
- Mature orange seeds
- Potting soil
- Plant containers (e.g., milk cartons, glass jars)

#### Getting Started:
- Use seeds from the *Adventurous Activities* (Research and Problem Solving) on page 4, or have students ask the produce manager at their local grocery store or nursery.
- Make sure students use full-size or mature seeds.
- Plant containers need to hold at least four inches of soil. Make drainage holes in containers.
- Plants grown under lights dry out quickly and should be checked regularly and kept moist.
- Plants grown indoors require temperatures between 60-80°F during the day and about 15 degrees cooler at night. Plants should not be set on the heater.

#### Indoor Growing:
- Make a window sill garden with each container labeled according to the orange variety and date planted.
- Plant some seeds in a transparent container so students can watch them germinate.
- Experiment by altering the growing conditions for some of the plants and charting the resulting differences.

*Note: It will take about two weeks for the first seedling to appear.*

Adapted from: *Gardening Tips from Life Lab’s Garden Activity Calendar.*

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Student Sleuths

1. What is folate? Describe how it functions in the body. Why is folate important for women?
2. What major parts of the body does thiamin support? What are the effects of thiamin deficiency?
3. With more than two grams of fiber per ½ cup, oranges are a source of dietary fiber. List the health benefits of fiber and brainstorm a list of foods that are good or excellent sources of fiber*. Encourage students to incorporate these foods into their daily meals.
4. Among other important functions, zinc plays a role in the acuity (sharpness, clarity, and distinction) of two major senses. What are those senses?
5. Ninety percent of Florida’s oranges go into making juice. How much of the oranges harvested in California go into processed foods and juices? How much are available to be sold whole/fresh?

*Excellent sources provide at least 20% Daily Value. Good sources provide 10-19% Daily Value.

For information, visit:
- www.cacitrusmutual.com/index.shtml
- www.fruitsandveggiesmatter.gov/month/orange.html

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*Almost 40 percent of the orange crop in the United States is used for making frozen concentrate.*

*After chocolate and vanilla, orange is the world’s favorite flavor.*

*Almost 40 percent of the orange crop in the United States is used for making frozen concentrate.*

*Almost 40 percent of the orange crop in the United States is used for making frozen concentrate.*
Home Grown Facts

- Navel and Valentias are the two main orange varieties grown in California. The major Navel- and Valencia-producing areas are the San Joaquin Valley region and coastal area from Santa Barbara down to the San Diego/Mexico border. These regions are also top producers of other citrus varieties, including lemons, grapefruits, and tangerines.
- The first three Navel orange trees were brought from Brazil and planted in Riverside, California in 1873. When the trees started producing fruit in 1878, the quality was so superior to any other orange grown in California that it quickly became the most popular variety. Today, one of the original trees is still alive and producing fruit.
- California oranges are rated the finest eating or table oranges (in other words, the best looking and least messy to eat). They usually have a full orange color (due to drier climate and cooler nights), with a thicker skin and are less juicy than the Florida fruit.

For more information, visit: www.citrusvariety.ucr.edu/citrus/index.html

Adventurous Activities

Science Exploration

Have students name their favorite fruits and vegetables and list them on the board. When complete, identify and discuss which part of the plant these fruits and vegetables represent.

Examples:
- Root: carrot, onion, turnip, yam, beets
- Stem: asparagus, rhubarb, celery, fennel
- Leaf: spinach, chard, cabbage, lettuce, collard greens
- Flower: broccoli, cauliflower, artichoke
- Fruit: apple, citrus fruits, squash, tomato
- Seed: beans, corn, peas, soy beans

Research and Problem Solving:
- Estimate what’s in one orange: how many sections, seeds, tablespoons of juice, etc.
- If using several different types of oranges, make a comparison chart with the results from each variety.
- Chart observations and discuss research findings:
  - Does the circumference relate to the number of sections?
  - Does the number of seeds relate to the number of sections?
  - Does the amount of juice relate to the size of the orange?

For more ideas, visit:
www.nal.usda.gov/kids
www.agclassroom.org

A Slice of Orange History

Oranges are first mentioned in history more than 4,000 years ago and were once considered a luxury among Italian nobility. Oranges arrived in the New World in 1493 when Columbus brought a variety of citrus fruits over on one of his voyages. As early as the 1700s, it was reported that orange seeds were being successfully grown at Spanish missions in southern Arizona.

With the founding of the first Spanish mission in San Diego in 1769, oranges and lemons were introduced into California from Mexico. But it was the California Gold Rush that created a demand for this nutritious fruit. When 200,000 miners and their families headed west, they faced a serious lack of fresh foods, particularly those rich in vitamin C. In fact, the effects of their vitamin-deficient diet caused scurvy. A doctor named Lewis Gunn made a small fortune treating miners for scurvy — his son later became one of San Diego’s leading citrus growers.

In the pueblo of Los Angeles, William Wolfskill planted his first orange grove in 1841. The first load of oranges was shipped by rail from Wolfskill’s orchard to St. Louis in 1877. Once the proud possession of kings and noblemen, citrus fruit is now available to everyone.

Today, the United States is the third leading citrus-producing country in the world and the second-leading producer of oranges, behind Brazil. There are many varieties of oranges, but the most popular include the sweet orange, sour orange, and mandarin orange, or tangerine. The United States produces the sweet variety, including the Blood, Hamlin, Jaffa, Navel, Pineapple, and Valencia.

Literature Links

- **Primary: An Orange in January** by Dianna Hults Aston, Oranges (What’s for Lunch) by Claire Llewellyn, Oranges on Golden Mountain by Elizabeth Partridge, The Perfect Orange by Frank Araujo, and The Strange Egg by Mary Newell DePalma.
- **Secondary: What’s Growin’ On in California?** by the California Foundation for Agriculture in the Classroom and The Interrelationship of Soil, Water, and Fertilizers and How They Affect Plant Growth by Pamela Emery.

*Available at [www.cfaitc.org](http://www.cfaitc.org).*
Kool Kiwi Kabob

**Makes 35 servings**
1 kabob per serving

**INGREDIENTS**
- 6 gold kiwi
- 6 green kiwi
- 6 mozzarella sticks
- 35 coffee stir sticks

**PREPARATION**
1. Give 1 coffee stick to each student.
2. Rinse kiwi.
3. Cut each kiwi length-wise and then cut each half into 3 pieces.
4. Cut each mozzarella stick into 6 pieces.
5. Have students assemble their kabobs; slide 1 green kiwi, 1 cheese piece, and 1 gold kiwi onto a coffee stick.

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Sunny Breeze

**Makes 35 servings**
¼ cup spinach with 2-3 Cutie segments per serving

**INGREDIENTS**
- 2 (6oz.) raw bagged spinach
- 10 Cutie mandarins
- 3 oz. Asian sesame dressing

**PREPARATION**
1. Peel 10 mandarins and separate into sections in a bowl.
2. Mix mandarins with spinach.
3. Add Asian sesame dressing.
4. Place ¼ cup spinach with 2-3 mandarins sections on a paper plate.
5. Serve immediately.

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**Nutrition information per serving:**
- Kool Kiwi Kabob: Calories 32, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g, Total Fat 1g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 3mg, Sodium 37mg
- Sunny Breeze: Calories 48, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 3g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 0mg, Sodium 76mg

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. •California Department of Public Health

Salt and Sodium
- Cooking with Fresh Herbs: http://food.unl.edu/fnh/fresh-herbs
- Spice and Herb PowerPoint and Handout: http://food.unl.edu/fnh/spice-herb
- Test Your Salt Savvy: http://food.unl.edu/fnh/salt-savvy

Cut Back on Your Kid’s Sweet Treats
- Build a Healthy Plate with Fewer Added Sugars: http://www.fns.usda.gov/sites/default/files/sugars.pdf
- Rethink Your Drink – Resource: http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx

Oranges
- Nutrition, Storage, Selection – Oranges: http://www.fruitsandveggiesmorematters.org/orange

Aerobic Physical Activity
General Audience
- Physical Activity Information: http://www.choosemyplate.gov/physical-activity.html

Adults

Older Adults
- Go4Life (Older Adults): http://go4life.nia.nih.gov/
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don’t just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1. **Fire up the grill**
   Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2. **Expand the flavor of your casseroles**
   Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3. **Planning something Italian?**
   Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4. **Get creative with your salad**
   Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5. **Salad bars aren’t just for salads**
   Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6. **Get in on the stir-frying fun**
   Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7. **Add them to your sandwiches**
   Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.

8. **Be creative with your baked goods**
   Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9. **Make a tasty fruit smoothie**
   For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

10. **Liven up an omelet**
    Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Go to www.ChooseMyPlate.gov for more information.
Avive sus comidas con vegetales y frutas

10 consejos para mejorar sus comidas con vegetales y frutas

**Descubra los muchos beneficios de agregar vegetales y frutas a sus comidas.** Son bajos en contenido de grasas y calorías, también son buenas fuentes de fibra y otros nutrientes. A la mayoría de los estadounidenses les conviene comer más de 3 tazas y a algunos hasta 6 tazas de vegetales y frutas todos los días. Los vegetales y las frutas no sólo agregan valor nutritivo a las comidas; también les agregan color, sabor y textura. Explore las siguientes maneras de llevar alimentos sanos a la mesa.

1. **encienda la parrilla**
   Use la parrilla para cocer vegetales y frutas. Pruebe brochetas de setas o champiñones, zanahorias, pimientos o papas a la parrilla. Úntele aceite para que no se resequen. Las frutas a la parrilla, como melocotones, piña o mangos, agregan mucho sabor a las parrilladas.

2. **amplíe el sabor de sus cazuelas**
   Mezcle vegetales como cebollas salteadas, guisantes, frijoles pintos o tomates en su plato favorito para agregarle sabor.

3. **¿tiene planeada una comida italiana?**
   Agregue cantidades adicionales de vegetales a sus platos de fideos o tallarines. Agregue pimientos, espinaca, frijoles rojos, cebolla o tomates cereza a su salsa de tomate tradicional. Los vegetales agregan textura y cuerpo que satisfacen y son bajos en calorías.

4. **sea creativo con sus ensaladas**
   Mezcle zanahorias ralladas, fresas, espinaca, berro, trozos de naranja o guisantes para crear una ensalada sabrosa y colorida.

5. **La sección de alimentos preparados no sólo tiene ensaladas de vegetales**
   Al salir a cenar, pruebe comer frutas picadas como postre. Eso le ayudará a evitar los postres horneados con alto contenido de calorías.

6. **diviértase salteando los vegetales**
   ¡Pruebe algo nuevo! Saltee los vegetales, como brocoli, zanahorias, guisantes dulces, setas o champiñones, o habichuelas tiernas, para agregarlas fácilmente a cualquier comida.

7. **agrégalas a sus sándwiches**
   Ya se trate de un sándwich o una tortilla de harina enrollada, los vegetales van muy bien con ambos. Pruebe rebanadas de tomate, lechuga romana o aguacate en su sándwich o tortilla de harina enrollada de todos los días para agregar sabor.

8. **sea creativo con los productos horneados**
   Para un gusto adicional, agregue manzanas, plátanos, bayas o peras a su receta de mollete o kekito favorito.

9. **prepare un rico batido de frutas**
   Como postre, mezcle fresas, arándanos o frambuesas con plátano congelado y 100% jugo de fruta para preparar un delicioso batido de frutas.

10. **avive las tortillas de huevo**
    Mejore el color y el sabor de la tortilla de huevo mañanera agregándole vegetales. Sencillamente córtelos, saltéelos y agrégalos a los huevos mientras los coce. Pruebe combinaciones distintas de vegetales, como setas o champiñones, espinaca, cebolla o pimientos dulces.

**Visite www.ChooseMyPlate.gov para obtener más información.**
Plug Into PA:  
Energize Your Body With Physical Activity  

Simple Ways to Energize by Incorporating Physical Activity Into Your Day

Why Incorporating Physical Activity into Your Day Works
Fitting physical activity into your daily routine can be a simple way to improve your health. Being physically active can increase your chances of living longer, build strong bones and muscles, and decrease the chances of becoming depressed.

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day, and strength training activities at least 2 days a week. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day, and strength training activities at least 3 days per week.

Tips for Getting Started
- Start by doing what you can, and then build up over time.
- Pick activities that you like and ones that you can easily fit into your life.
- Be active with friends and family members to help keep you motivated.
- Use breaks at work or time between other activities to be physically active.

Examples of Simple Ways to Incorporate Physical Activity into Your Day
- Walk the dog
- Get off the bus one stop early and walk the rest of the way
- Clean the house or wash the car
- Walk up and down the soccer or softball field sidelines while watching the kids play
- Play with the kids
- Take a 10-minute walk during breaks at work
- Park your car further away in the parking lot

Additional Resources:
- Tips for Increasing Physical Activity: http://www.choosemyplate.gov/physical-activity/increase-physical-activity.html

Sources:
Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of cooked broccoli is an excellent source* of vitamin A, vitamin C, vitamin K, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease. Pregnant women need folate in their diets to help prevent some forms of birth defects. Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas
Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian chicken salad.

Top pizza with chopped broccoli before putting it in the oven.

Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla. Sprinkle with lowfat cheese for a quick and tasty breakfast burrito.

Shopper’s Tips
• Look for broccoli with a firm stem and tightly packed florets that are dark green.
• Put broccoli in an open plastic bag. Keep in the refrigerator for up to five days.
• Wash (don’t soak) broccoli under cool water just before using.

Let’s Get Physical!
Look for simple stretches and strength activities you can do inside to stay flexible and strong all winter long. Try checking out fitness books from the library or looking for activities on the Internet.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net
La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de brócoli cocido es una fuente excelente* de vitamina A, vitamina C, vitamina K y folato. El folato es una vitamina que ayuda al cuerpo a producir glóbulos rojos saludables. El folato proviene de las verduras de hoja como la espinaca y el brócoli, algunas frutas, frijoles e hígado.

En sus marcas, listos...!
Vaya a la biblioteca y saque libros de gimnasia o busque actividades en la Internet para mantenerse flexible y fuerte durante el invierno.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día.

Un buen consejo a seguir:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net

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Ideas saludables de preparación
Mezcle brócoli con repollo, zanahoria, pimiento, pollo y aderezo de sésamo para preparar una sabrosa ensalada asiática.

Consejos saludables
• Escoja brócoli con tallos firmes y racimos compactos de color verde oscuro.
• Guarde el brócoli sin lavar en una bolsa de plástico abierta en el refrigerador hasta por cinco días.
• Enjuague (no remoje) el brócoli con agua fría justo antes de usar.

Agregue brócoli picado a su pizza antes de meterla al horno.

Agregue brócoli y otras verduras a los huevos revueltos. Agregue los huevos a una tortilla integral, espolvoree queso bajo en grasa y tendrá un rápido y sabroso burrito.

The Harvest of the Month featured vegetable is broccoli.

### Zesty Asian Chicken Salad

**Makes 4 servings. 1 cup per serving. Prep time: 20 minutes**

**Ingredients:**
- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ½ cup chopped fresh cilantro

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

**Nutrition Information per serving:**
- Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g
- Protein 22 g, Total Fat 5 g, Saturated Fat 1 g
- Trans Fat 0 g, Cholesterol 55 mg, Sodium 215 mg
- Total Carbohydrate 3 g

![Nutrition Facts]

**How Much Do I Need?**
- A ½ cup of broccoli is about the size of one cupped handful.
- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

**Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.*

### Let’s Get Physical!

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Start a weekly walking routine with your child, neighbors, and child’s friends.
- During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit: www.mypyramidtracker.gov
La Salud y el Éxito en el Aprendizaje van Mano a Mano
Los niños que comen alimentos escolares tienen más posibilidades de obtener las cantidades diarias recomendadas de frutas y verduras que los que no los comen. Comer la cantidad recomendada puede ayudar a que su hijo se mantenga sano y aprenda mejor en la escuela. La Cosecha del Mes ayuda a su familia a aprender sobre la importancia de comer más frutas y verduras y estar activa cada día.

Ideas Saludables de Preparación
• Corte brócoli crudo en cubitos y agréguelo a la ensalada.
• Exprima limón o espolvoree queso parmesano bajo en grasa sobre brócoli.
• Para un bocadillo saludable, corte el brócoli crudo en trocitos y sirva con un aderezo sin grasa.
• Empaque fruta seca o fruta o verdura rebanada para el almuerzo de su hijo.

Consejos Saludables
• Busque brócoli con tallo firme y racimos abundantes y compactos de color verde oscuro.
• Guarde el brócoli en una bolsa de plástico abierta en el refrigerador hasta por cinco días.
• Cocine el brócoli al vapor, en microondas o sofríalo. Al hervir el brócoli se pierden algunas de las vitaminas y minerales.

ENSALADA ASIÁTICA DE POLLO
Rinde 4 porciones. 1 taza por porción.
Tiempo de preparación: 20 minutos
Ingredientes:
3 pechugas de pollo sin hueso ni piel, cocidas y frías
3 cebollas verdes, rebanadas
1½ tazas de racimos de brócoli
2 zanahorias medianas, peladas y cortadas en tiras
1 pimiento rojo, cortado en tiras
2 tazas de repollo cortado en tiras
¼ taza de aderezo Asiático libre de grasa o aderezo de sésamo
¼ taza de jugo de naranja 100% natural
¼ taza de cilantro fresco, picado
1. Corte la pechuga de pollo en tiras y colóquelas en un tazón mediano con la cebolla, el brócoli, la zanahoria, el pimiento y el repollo.
2. En un tazón pequeño, mezcle el aderezo con el jugo. Agréguelo a la ensalada y mezcle bien.
3. Incorpore el cilantro. Sirva frío o a temperatura ambiente.

Información Nutricional por porción:
Calorías 184, Carbohidratos 5 g, Grasa Total 3 g, Grasa Saturada 1 g, Colesterol 35 mg, Sodio 476 mg

¿Cuánto Necesito?
• Una ½ taza de brócoli equivale aproximadamente a un puñado.
• Una ½ taza de brócoli cocinado es una fuente excelente de vitamina A, vitamina C, vitamina K y folato.
• El folato es una vitamina soluble en agua que ayuda a producir glóbulos rojos saludables en el cuerpo. También puede ayudar a proteger contra enfermedades del corazón.
• Las mujeres embarazadas necesitan folato en sus dietas para prevenir algunos defectos de nacimiento.
• El folato proviene de las verduras de hoja como la espinaca y el brócoli, algunas frutas (naranjas), fríjoles y hígado.

La cantidad de frutas y verduras que necesita depende de su edad, sexo y nivel de actividad física. Es importante comer una variedad de frutas y verduras de diferentes colores para obtener todos los nutrientes que su cuerpo necesita. Descubra cuánto necesita cada persona de su familia.

Recomendación Diaria de Frutas y Verduras*
<table>
<thead>
<tr>
<th></th>
<th>Niños, Edad de 5-12</th>
<th>Adolescentes y Adultos, Edad de 13 en adelante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombres</td>
<td>2½ - 5 tazas por día</td>
<td>4½ - 6½ tazas por día</td>
</tr>
<tr>
<td>Mujeres</td>
<td>2½ - 5 tazas por día</td>
<td>3½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

*Si es activo, coma el número más alto de tazas por día. Visite www.mypiramide.gov para aprender más.

¡En sus Marcas...Listos!
• Haga por lo menos 60 minutos de actividad física todos los días para mantener su corazón saludable.
• Comience una rutina semanal de caminata con sus hijos, vecinos y amigos de sus hijos.

Para llevar un registro de su actividad física, visite†:
www.mypyramidtracker.gov

†Sítio web sólo disponible en inglés.
Health and Learning Success Go Hand-In-Hand

With FITNESSGRAM® testing beginning at the end of winter, this is an ideal time to demonstrate your commitment to students’ health and overall well-being. Help students maintain their focus by encouraging them to “rethink their drink”* and reduce the amount of refined sugar they consume and instead eat more fruits and vegetables and get regular physical activity. Harvest of the Month connects with core curricula to give students the opportunity to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.

*For information on the ReThink Your Drink campaign, visit: www.banpac.org/resources_sugar_savvy.htm

Exploring California Broccoli: Taste Testing

What You Will Need (per student group):
- ¼ cup each of broccoli prepared in a minimum of three ways (e.g., raw/fresh, microwave from fresh, microwave from frozen)
- Nutrition Facts labels*
- Paper and colored pencils


Activity:
- Try each kind of broccoli noting differences in taste, smell, color, and texture.
- Compare the Nutrition Facts labels for the different broccoli preparations. Discuss which forms are more nutritious and why.
- Rate the prepared broccoli varieties from least to most favorite, using a numeric scale (e.g., 1 to 5).
- Survey other students and develop a pie chart depicting the different broccoli preferences.


Fresh Broccoli and Dip

Makes 32 servings at ¼ cup broccoli and 2 tablespoons dip

Ingredients:
- 2 cups fat free sour cream
- 1½ cups salsa
- ¾ cup chopped green onions
- 2 teaspoons garlic salt
- 8 cups broccoli, cut into small pieces
- Small plates and napkins

1. Combine sour cream, salsa, green onions, and garlic salt in a bowl. Stir well.
2. Place ¼ cup broccoli on each plate. Serve with 2 tablespoons dip.

Nutrition Information per serving:
- Calories 26
- Calories from Fat 0
- Total Fat 0g
- Saturated Fat 0g
- Trans Fat 0g
- Cholesterol 0mg
- Sodium 21mg
- Total Carbohydrate 3g
- Dietary Fiber 1g
- Sugars 1g
- Protein 1g
- Vitamin A 5%
- Calcium 2%
- Vitamin C 65%
- Iron 2%


Reasons to Eat Broccoli

A ½ cup of cooked broccoli is:
- An excellent source of vitamin A, vitamin C, vitamin K, and folate*.
- A good source of fiber.
- A source of vitamin B6 (pyridoxine), riboflavin, and potassium.

A ½ cup of fresh broccoli is:
- An excellent source of vitamin C and vitamin K.
- A source of vitamin A and folate.

*Learn about folate on page 2.

Champion Sources of Folate*:
- Avocado
- Broccoli
- Dry beans
- Fortified whole grain cereals and breads
- Oranges/orange juice
- Spinach

*Champion sources provide a good or excellent source of folate (at least 10% Daily Value).

For information, visit: www.nal.usda.gov/fnic/foodcomp/search/ (NDB No: 11090 and 11091)
What is Folate?
- Folate is a water-soluble vitamin.
- It works with vitamin $B_12$ (cobalamin) to form hemoglobin in red blood cells.
- Folate can lower a woman’s risk of having a child with certain birth defects, such as spina bifida.
- Folate is also being studied for its ability to help protect against heart disease.
- Another function of folate includes protein metabolism.
- More than one-third of folate in the American diet comes from fruits and vegetables.
- Folate can be lost in foods during preparation, cooking, or storage. To retain folate, store vegetables in the refrigerator and serve fresh fruits and vegetables when possible. If cooking, use a minimal amount of water.
- Since 1998, flour has been fortified with folate. Many cereal grains (flour, rice, pasta, cornmeal) constitute important sources because they are fortified with folic acid. Folate bioavailability varies with food type and overall diet composition.

For more information, visit:
http://jn.nutrition.org/nutinfo/

How Much Do I Need?
A ½ cup of broccoli is about the size of one cupped handful. Broccoli can be eaten in a variety of ways – fresh, cooked, cooked from frozen, or even pureed. All forms count toward the daily recommended amount. The amount that each person needs depends on age, gender, and physical activity level.

Have students visit www.mypyramid.gov/kids to find out how much they need to eat each day – and also to learn how fruits and vegetables are part of a healthy diet. Students can track how much they eat from each food group, set goals, and assess their progress. Have students review goals and progress each month.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th>Group</th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day.

How Does Broccoli Grow?
Broccoli is a cool season crop. It can be grown as a spring or fall crop, but it is susceptible to frost, especially when the plants are small and tender. The optimal time for planting is with day temperatures between 60 to 70 F and night temperatures between 50 to 60 F. Temperatures below freezing for periods of 36 hours or longer will generally kill broccoli plants. Broccoli is most abundant from October through May.

Broccoli is usually grown from seed. Planting is done by direct seeding or by transplanting seedlings started in a greenhouse. Most varieties reach maturity in 100 to 120 days. Bright yellow flower clusters form on two to two-and-a-half foot tall broccoli plants. There are four sepals, six stamens, two carpals, and four petals. Flowers are pollinated mostly by bees.

Broccoli roots grow near the soil surface. Maintaining adequate moisture and nitrogen is essential for continuous rapid growth. Broccoli plants will grow in almost any soil but prefer an acidic pH level between 6.0 and 7.0. A well-drained, sandy loam soil rich in organic matter is ideal.

Since the roots are shallow, irrigation should be frequent but light. Broccoli is harvested during the cooler months in order to ensure the longest storage time. It is cut with eight to 10 inches of stem left intact and the heads are cooled immediately to prevent opening and discoloration.

For more information, visit:
http://urbanext.illinois.edu/veggies/broccoli.cfm

Botanical Facts
Pronunciation: brŏk’ eël
Spanish name: brócoli
Family: Brassicaceae
Genus: Brassica
Species: B. oleracea

Broccoli is a plant of the cabbage family, Brassicaceae, formerly known as Cruciferae. It is related to cabbage, cauliflower, kale, collard greens, and Brussels sprouts. In agricultural terms, these vegetables are referred to as cole crops, meaning that they are grown for the heads they produce. There are many varieties of broccoli, but the most common varieties of B. oleracea are Calabrese and purple sprouting broccoli. Worldwide, they are marketed generically as “broccoli.”

For more information, visit:
http://food.oregonstate.edu/faq/uffva/broc3.html

Source: http://mann.broccoli.com/club/brocplant.htm
A Spear of Broccoli History

Broccoli has been around for over 2,000 years and has been grown in the United States for more than 200 years. The son of Roman Emperor Tiberius was so infatuated with broccoli that he refused to eat all other foods except broccoli à la apicius (a mixture of broccoli, cumin, coriander seeds, chopped onion, oil, and sun-made wine) for an entire month.

Broccoli was first introduced to France in the 1500s and to England in the 1700s. Thomas Jefferson was an avid gardener and seed collector and grew broccoli at his Virginia home, Monticello, prior to becoming the third U.S. President in 1801.

Few people knew about broccoli in the United States until the 1920s, when the first commercially-grown broccoli was harvested in Brooklyn, New York. In 1923, two brothers named Stefano and Andrea D’Arrigo from Messing, Italy, made a trial planting of Italian sprouting broccoli in San Jose, California. A few crates were sent to Boston and by 1925 the broccoli market was established. The D’Arrigo brothers were the first commercial growers in the West to successfully grow and ship box loads of broccoli. They created a distinctive brand name for their broccoli — “Andy Boy” — and put a photo of Stefano’s two-year-old son, Andrew, on the label. Theirs was the first fresh produce company in the United States to use a brand name in advertising. Today, more than 90 percent of broccoli grown commercially for the United States is grown in California.

Home Grown Facts

- California is the number one commercial producer of broccoli in the United States, producing more than 90 percent of the nation’s crop.
- Broccoli is available year-round in California and grown in four main regions: the south desert valley (Imperial and Riverside counties); the southern coast (Ventura, Santa Barbara, and San Luis Obispo counties); the central coast (Monterey, San Benito, and Santa Cruz counties), and the Central Valley (Fresno, Kern, Stanislaus, and Tulare counties).
- Monterey County produces nearly half of the state’s crop.
- Canada, Japan, Hong Kong, and Taiwan have been the top four destinations for Monterey County grown broccoli in recent years.

For more information, visit:
www.cdfa.ca.gov
http://ucanr.org/freepubs/docs/7211.pdf

School Garden: Weather Watch

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

Broccoli is a popular vegetable that is packed with vitamin C and vitamin K, and also contains calcium, folate, and fiber. This cool-weather crop is best grown in spring or fall, and tastes sweetest when it matures in autumn, when nights turn chilly*.

Ask students to answer some predictive and research questions, such as:

- What do you think the weather will be like this year?
- What kind of climate do you live in?
- What kind of weather conditions are best for growing broccoli?
- Will the weather be good for growing broccoli in your area?
- What is the impact of heat on growing broccoli?
- What vegetables would grow best where you live?

*Refer to How Does Broccoli Grow? on page 2 for more information.

For more ideas, visit:
www.agclassroom.org

Student Sleuths

1 Look up the definition for phytochemicals. Identify three important phytochemicals found in fruits and vegetables. What are their roles in maintaining a healthy body?
2 Broccoli contains natural sodium. What is the benefit of natural sodium? What is the difference between natural sodium and table salt (sodium chloride)?
3 What does the dark green color of broccoli indicate?
4 How does plant spacing affect broccoli during growth?
5 What are the top three commercial broccoli-producing counties in California?
6 What are the various forms in which broccoli is processed and sold?

For information, visit:
www.fruitsandveggiesmatter.gov/month/broccoli.html
www.cfaitc.org
http://urbanext.illinois.edu/veggies/broccoli.cfm
Physical Activity Corner

Students need at least 60 minutes of physical activity every day to stay healthy and fit, both mentally and physically. While teaching nutrition, link how what we put into our bodies impacts how our bodies feel and perform. By eating vegetables that are high in vitamin C and calcium, students may build stronger bones, stronger immune systems, and stronger bodies.

Encourage students to be active every day. By eating healthy and being active all year long your students will be prepared for the FITNESSGRAM test. Remember the FITNESSGRAM is a state-required Physical Fitness Test administered in February, March, April, or May for students in grades five, seven, and nine. Work with your school’s or district’s physical education teacher to create plans for helping students prepare for this test.

For more information on the FITNESSGRAM testing standards, visit:
www.cde.ca.gov/ta/tg/pf
www.cdc.gov/nccdphp/dnpa/physical/index.htm

Just the Facts

- Broccoli was first grown in the Italian province of Calabria and named “Calabrese.” It was then coined broccoli, meaning branch or arm. Broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.
- As of 2008, the average person in the United States ate nearly six pounds of fresh broccoli per year, almost four times more than the yearly amount in 1980.
- A 2005 study* found that broccoli was the sixth most common vegetable consumed statewide by 9- to 11-year-old children.
- Broccoli is one of the most popular garden vegetables to date, mostly because it is very easy to grow.
- Rich in minerals and vitamins (like folate), broccoli is also known as the “Crown Jewel of Nutrition.”
- Broccoli is one of only a few vegetables available year-round.

*From the California Department of Public Health.

For more information, visit:
www.agmrc.org/commodities__products/vegetables/broccoli_profile.cfm

Adventurous Activities

Field Trip:
To generate awareness of the variety of fruit and vegetable products available at the grocery store, take students on a tour of the produce department. Contact the produce manager to help facilitate the tour and have students write down three questions in advance for a Q&A session.

Nutrition Analysis:
- Ask students to track for five days how many servings they eat from each food group. Have them make a pie chart depicting the percentages of each food group. (Example: 20 percent fruits, 25 percent vegetables, 10 percent dairy, etc.)
- Ask students to create another pie chart breaking down just the vegetables they ate during the five days. (Example: 10 percent broccoli, 20 percent potatoes, etc.)
- What was the percentage of broccoli consumed across all food groups?

For more ideas, visit:
www.farmschool.org/ca/
www.cfaitc.org/caproduces/

Literature Links
- Partner with your school librarian to have students do a research project on California’s agriculture.
- Provide students with a blank map of California.
- Students can use encyclopedias and other resources to fill in the produce item(s) that each county or region grows annually.
- Identify the top five agriculture-producing counties.
- Discuss why certain regions may be able to produce more crops than other regions.

For more information, visit:
www.cdfa.ca.gov
For book lists, visit:
www.harvestofthemonth.com

Student Champions

Partner with a local grocery store and ask for a large supply of grocery bags. Have students promote broccoli and healthy eating habits in the community by writing fun facts, nutrition information, and stories, and drawing their own illustrations of broccoli on the bags. Brainstorm ways for using bags (groceries, book covers, gift bags, etc.).
Broccoli with Garlic

Serves: 4
Time: 8 Minutes

Ingredients
- 2 Cup Broccoli cut into florets and sliced stems
- 2 Teaspoon Olive Oil
- 2 Garlic Cloves Minced
- 3 Tablespoon

Directions
1. In a pot, over low-medium heat: add water and broccoli, steam for 3-6 minutes (the less time you steam it, the crunchier it will be).
2. Remove the pot from the heat and drain any remaining water.
3. In a small skillet, over medium heat: sauté garlic in olive oil until golden brown.
4. Pour garlic and oil over broccoli.
5. Serve warm

Nutrition Info and More: Serving size: ½ Cup Total Calories: 35 Total Fat: 2.5g Carbohydrates 2g Fiber: 1g Sodium: 10mg
Liven Up Your Meals With Vegetables and Fruits
- Fruits and Veggies More Matters: http://www.fruitsandveggiesmorematters.org
- Fruits and Vegetables: http://www.eatwellbewell.org/parents/healthy-habits/fruits-and-vegetables
- Just Say Yes to Fruits and Veggies: http://www.jsyfruitveggies.org/

Broccoli

Simple Ways to Incorporate Physical Activity into Your Day
- Tips for Increasing Physical Activity: http://www.choosemyplate.gov/physical-activity/increase-physical-activity.html
- Indoor Physical Activity Resources: http://snap.nal.usda.gov/nutrition-through-seasons/indoor-physical-activity-resources
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1. discover fast ways to cook
   Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. be ahead of the game
   Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. choose vegetables rich in color
   Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. check the freezer aisle
   Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. stock up on veggies
   Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6. make your garden salad glow with color
   Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.

7. sip on some vegetable soup
   Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8. while you’re out
   If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. savor the flavor of seasonal vegetables
   Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer’s market.

10. try something new
    You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.
¡Comer más vegetales es fácil! Comer vegetales es importante porque contienen vitaminas y minerales y no contienen muchas calorías. Para incluir más vegetales en sus comidas, siga estos sencillos consejos. Es más fácil de lo que piensa.

1. descubra maneras de cocinar rápido
   Cocine vegetales frescos o congelados en el horno de microondas para añadir un plato rápido y fácil a cualquier comida. Coloque pimientos, zanahorias o brócoli en un tazón con poca agua para cocerlos al vapor en el horno de microondas y crear un acompañamiento rápido.

2. prepare ingredientes por adelantado
   Pique porciones de pimientos, zanahorias o brócoli. Embólselos para usarlos cuando esté apurado. Puede disfrutarlos en ensaladas, con aderezos o en tortillas de harina enrolladas con vegetales.

3. elija vegetales de colores brillantes
   Avíve su plato con vegetales color rojo, anaranjado o verde oscuro. Están repletas de vitaminas y minerales. Pruebe calabacín, tomates cereza, camotes o berza. No sólo son ricos en sabor sino muy nutritivos también.

4. busque en el congelador
   Los vegetales congelados son rápidos y fáciles de usar, y son tan nutritivos como los frescos. Pruebe añadir maíz, guisantes, habichuelas tiernas, espinaca o guisantes dulces congelados a algunos de sus platos favoritos, o bien prepárelos como acompañamientos.

5. pruebe vegetales enlatados
   Los vegetales enlatados son un buen complemento a cualquier comida, así que tenga a la mano tomates, frijoles rojos, garbanzos, zetas y remolachas enlatadas. Elija latas marcadas “bajo en sodio,” “sodio reducido,” o “sin sal adicional” (“low in sodium,” “reduced sodium,” or “without added salt”).

6. haga que sus ensaladas brillen de color
   Avíve sus ensaladas con vegetales de colores brillantes como frijoles negros, pimientos dulces rojos, rábano rayado, col roja picada o berro. Sus ensaladas no sólo se verán muy bien sino que también serán deliciosas.

7. pruebe sopas de vegetales
   Caliéntelas y cómalas. Pruebe sopas de tomate, calabacín o verduras. Busque sopas con contenido de sodio reducido o bajo.

8. si sale a comer
   Si sale a cenar, no se preocupe. Al pedir su plato, pida vegetales o ensalada como acompañamiento en lugar de los fritos típicos.

9. disfrute del sabor de las vegetales de temporada
   Para obtener el mejor sabor al más bajo costo, compre vegetales de temporada. Busque las ventas especiales de sus supermercados locales para encontrar las mejores compras de temporada. Visite también el mercado de su comunidad (farmers markets).

10. pruebe algo nuevo
    Si no lo prueba, nunca sabrá si le gusta. Elija un vegetal que no haya probado antes, agréguela a una receta o busque en internet para ver cómo prepararla.
Plug Into PA: Energizing Your Body with Physical Activity
Ways to Energize with Gardening

Why Gardening Works
Many gardening activities are types of aerobic or strength training activities. Aerobic activities help the heart and lungs. Strength training activities improve muscle and bone strength. Gardening is also a great way to grow your own fruits and vegetables!

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day, and strength training activities at least 2 days a week. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day, and strength training activities at least 3 days per week.

Tips for Getting Started
- Start a backyard garden.
- Garden in a community or school garden.
- Garden with family members or friends.
- If you receive CalFresh, you can use your benefits to purchase seeds and small plants to grow your own fruits and vegetables.

Examples of Gardening Activities

**Aerobic gardening activities include:**
- Raking
- Moving Items with a wheel barrel
- Mowing with a non-power-push mower

**Weight-bearing and muscle building gardening activities include:**
- Lifting and carrying heavy items, such as watering cans, bags of leaves or grass clippings
- Shoveling or digging
- Pruning

Additional Resources:
- Master Gardeners of Santa Clara County: [https://mastergardeners.org/scc.html](https://mastergardeners.org/scc.html)
- American Community Garden Association: [https://communitygarden.org/](https://communitygarden.org/)

Sources:
Healthy Serving Ideas
Add lots of salad greens to sandwiches and pita pockets.†

Top salads with a variety of fruits or vegetables for a different creation every day.

Add salad greens to whole wheat tortilla wraps for a quick and healthy meal.†

Shopper’s Tips
• Look for lettuce heads that are tight and firm. Look for darker colored leaves (they have more nutrients!).
• Wash and dry salad greens immediately after you buy them.
• Put in a plastic bag with small holes. Keep in the refrigerator for up to two weeks depending on the variety.

Let’s Get Physical!
Doing chores, walking, dancing, and playing sports are great ways to give your heart and lungs a workout. Be sure to also include strength activities to help you keep a healthy weight and strong muscles. If you don’t have any dumbbells, use canned food. Or try exercises that don’t need equipment like stomach crunches, leg lifts, or push-ups.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

†Photography courtesy of Dole Food Company.
La verdura de La Cosecha del Mes es la lechuga

Idea saludables de preparación
Agregue bastante lechuga a los sándwiches†.

Consejos saludables
- Elija lechugas firmes con muchas hojas y de color verde oscuro (éstas tienen más nutrientes).
- Enjuague y seque la lechuga inmediatamente después de comprarla.
- Guarde la lechuga en una bolsa de plástico con pequeños agujeros en el refrigerador hasta por 2 semanas.

¡En sus marcas, listos...!
Hacer quehaceres, caminar, bailar y practicar deportes son maneras maravillosas de hacer que su corazón y sus pulmones se ejerciten. Las actividades de fortalecimiento le ayudan a mantener un peso saludable y músculos fuertes.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día.

¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net

La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son una de las mayores fuentes de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una taza de lechuga romana, mantecosa, de hoja roja o verde es una fuente excelente* de vitamina A y vitamina K. La vitamina A ayuda a combatir infecciones y a mantener saludables los ojos y la piel. La vitamina K ayuda a detener el sangrado excesivo de cortadas y raspaduras e inicia el proceso de cicatrización.

* Las fuentes excelentes aportan al menos 20% del valor diario.

† Fotos cortesía de Dole Food Company.
Healthy Serving Ideas

- Try different kinds of salad greens to find out which ones your child likes.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Ask your children to create their own salads. Let them pick out the vegetables and toppings they want to use.
- Add color to salads with carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use or make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

CACTUS SALAD

Makes 4 servings. 1 ½ cups per serving. Prep time: 15 minutes

Ingredients:
4 cups shredded green cabbage
2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
4 thin slices white onion
4 radishes, thinly sliced
1 large tomato, chopped
1 serrano chili, seeds removed and finely chopped
2 tablespoons cider vinegar
1 teaspoon oil
1 teaspoon sugar

1. In medium bowl, mix cabbage, cactus, onion, radishes, tomato, and chili. Place on 4 separate plates.
2. In small bowl, stir together vinegar, oil, and sugar. Drizzle over each salad. Serve immediately.

Nutrition information per serving:
Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Adapted from: Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.

How Much Do I Need?

- One cup of salad greens is about two cupped handfuls.
- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source* of vitamin K.
- Most varieties of salad greens are also a good source* of vitamin A and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.
- The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Add a variety of colorful fruits and vegetables to your plate at every meal – red, yellow/orange, blue/purple, green, and white/tan/brown. This will help you reach your daily goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
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<td><strong>Males</strong></td>
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<tr>
<td>2 ½ - 5 cups per day</td>
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<tr>
<td>2 ½ - 5 cups per day</td>
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<td>3 ½ - 5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Did You Know?
Dark lettuce leaves have more nutrients than lighter-colored leaves.
Ideas Saludables de Preparación
• Pruebe diferentes tipos de lechuga para descubrir cuáles prefieren sus hijos.
• Agregue lechuga, como lechuga romana, lechuga de hoja verde y lechuga de hoja roja a los sándwiches o tortas.
• Pídale a su hijo que invente su propia ensalada. Deje que escoja las verduras y otros ingredientes que desee utilizar.
• Agregue color a las ensaladas con zanahorias ralladas, repollo morado picado o frutas (como naranjas, manzanas y pasas).
• Use o prepare aderezos bajos en grasa.

ENSALADA DE NOPALES
Rinde 4 porciones. 1½ taza por porción.
Tiempo de preparación: 15 minutos

Ingredientes:
4 tazas de repollo verde cortado en tiritas finas
2 nopales frescos (aproximadamente 1 taza) limpios y finamente picados.
4 rebanadas delgadas de cebolla blanca
4 rábanos cortados en rebanadas delgadas
1 tomate grande picado
1 chile serrano sin semillas y finamente picado
2 cucharaditas de vinagre de sidra
1 cucharadita de aceite
1 cucharadita de azúcar
1. Mezcle el repollo, los nopales, la cebolla, los rábanos, el tomate y el chile serrano en un tazón mediano. Reparta la ensalada en 4 platos.
2. En un tazón pequeño mezcle el vinagre, el aceite y el azúcar. Rocíe sobre cada ensalada. Sirva inmediatamente.

Información nutricional por porción:
Calorías 48, Carbohidratos 9 g, Fibra Dietética 3 g,
Proteínas 2 g, Grasas 1 g, Sodio 10 mg,
Grasa Trans 0 mg, Colesterol 0 mg, Sodio 20 mg
Adaptada de: Recetas Latinas Saludables Hechas con Amor, Red para una California Saludable, 2008.

¿Cuánto Necesito?
• Una taza de lechuga equivale a dos puñados.
• Una taza de lechuga (mantecosa, de hoja verde, de hoja roja, romana, iceberg) es un fuente excelente* de vitamina K.
• La vitamina K evita el sangrado excesivo de las cortadas y raspaduras. También trabaja junto con el calcio para formar huesos fuertes.

La cantidad de frutas y verduras que necesita cada persona depende de su edad, sexo y nivel de actividad física. Agregue una variedad de frutas y verduras de diferentes colores a su plato con cada comida. Esto le ayudará a alcanzar sus metas diarias.

Recomendación Diaria de Frutas y Verduras**

<table>
<thead>
<tr>
<th>Niños, de 5 a 12 años</th>
<th>Adolescentes y adultos, de 13 años en adelante</th>
</tr>
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<tbody>
<tr>
<td>Hombres</td>
<td></td>
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<tr>
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<td>4½ - 6½ tazas por día</td>
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<tr>
<td>Mujeres</td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
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</table>

*Si es activo, coma el número más alto de tazas por día. Visite www.choosemyplate.gov para aprender más.1

¿Sabía Que?
Las hojas de lechuga de color verde oscuro tienen más nutrientes que las hojas de color más claro.

1Sitio web sólo disponible en inglés.
Health and Learning Success Go Hand-In-Hand
With California’s bountiful summer harvest, it is a great time to demonstrate how students can eat a variety of colorful fruits and vegetables every day as part of a healthy, nutrient-rich diet. Research shows that school-based nutrition education promoting healthful eating and physical activity can improve academic performance. *Harvest of the Month* supports academic content standards to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It can support students in making healthy food choices.

Exploring California Salad Greens: Taste Testing
**What You Will Need (per group of 3-4 students):**
- 1 cup each of several varieties of washed California grown salad greens*
- Printed Nutrition Facts labels** for each variety
- Dry erase board and markers

*See *Home Grown Facts* (page 3) for varieties.
**Download labels from [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

**Activity:**
- Make separate rows on board for each salad green variety. Label columns: appearance, texture, smell, sound, and flavor.
- Observe and taste the first variety and discuss its characteristics within group.
- Write sensory descriptions in appropriate column; repeat for each variety.
- Compare and contrast the Nutrition Facts labels for each variety.
- Take a poll to find out students’ favorite variety. Share results with school nutrition staff.

For more ideas, reference:

Cooking in Class: Caesar Salad Wrap
**Makes 24 tastes at ¼ slice each**

**Ingredients:**
- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 tablespoons green onion, chopped
- 6 tablespoons reduced fat Caesar salad dressing
- 2 tablespoons Parmesan cheese
- 6 (10-inch) fat free flour tortillas
- Small plates or napkins

1. In a large bowl, combine all ingredients, except flour tortillas.
2. Place equal amounts of salad mixture in each tortilla.
3. Roll up tortillas and slice into quarters. Serve on plates.

 Hint: You may need to prepare in two batches.

**Nutrition Information per serving:**
Calories 82, Carbohydrate 14 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 191 mg


For more ideas, reference: *Kids Cook Farm-Fresh Food*, CDE, 2002.

Reasons to Eat Salad Greens
One cup of salad greens provides:
- An excellent source of vitamin K* (green leaf, red leaf, romaine, butterhead, and iceberg).
- An excellent source of vitamin A (green leaf, red leaf, romaine, and butterhead).
- A good source of folate (romaine and butterhead).
- A good source of vitamin C (green leaf).

*Champion Sources of Vitamin K*:
- Asparagus
- Avocado
- Brussels sprouts
- Celery
- Cooked greens
- Peas
- Salad greens
- Soybean

*Champion sources provide a good or excellent source of vitamin K (at least 10% Daily Value).

For more information, reference: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) (NDB No.: 11250, 11251, 11252, 11253, 11257)
What is Vitamin K?
- Vitamin K is a fat-soluble vitamin.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.
- Together with calcium, vitamin K helps build strong bones.
- Vitamin K may also help keep blood vessels healthy.
- Low levels or deficiency of vitamin K affects the body’s ability to clot blood and may result in easy bruising and bleeding (such as nose bleeds). Deficiencies are rare and usually only result when the body does not absorb vitamin K from the intestinal tract.
- Our bodies store vitamin K only in small amounts, so it is essential to obtain vitamin K through the foods we eat. Leafy green vegetables are a major source of vitamin K.

Source: http://lpi.oregonstate.edu/infocenter/vitamins/vitaminK/

Botanical Facts

Pronunciation: lĕt′as
Spanish name: lechugas variadas
Family: Asteraceae
Genus: Lactuca
Species: L. sativa

Salad greens consist of hundreds of varieties of different lettuce, which is a temperate annual plant of the family Asteraceae, or sunflower family. Initially, a lettuce plant will have a short stem called a rosette. When it blooms, the rosette lengthens and branches, ultimately producing several flower heads that look similar to dandelions. This process is called bolting. When grown to eat, lettuce is harvested before this bolting process begins.

Some varieties of Lactuca, like iceberg, have been specifically cultivated to remove the bitterness from their leaves. These types of lettuce (often called “crisheads”) have a high water content, lighter colored leaves, and little nutrient value. Leaves with greater pigmentation contain more antioxidants and nutrients. According to the CDC, the four main types of lettuce are butterhead (e.g., boston, bibb), crisphead (e.g., iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.

For more information, visit: http://plantanswers.tamu.edu/publications/vegetabletravelers/index.html

How Much Do I Need?

One cup of salad greens is about two cupped handfuls. For kids, the recommended serving size for salad greens is one cup. For adults, the recommended serving size is two cups. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Have students find out how much they need to eat and write down how they plan to meet the daily recommended amount. Take time each week to talk with students about their goals.

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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

How Do Salad Greens Grow?

Lettuce is grown year-round, but since lettuce seeds germinate and grow best at lower temperatures, and can even withstand a moderate freeze, the peak harvest season is January through May.

Lettuce seeds are sown thinly in rows or in wide-row bands about 18 inches to two feet apart to utilize garden space. Seeds are covered with no more than one-half inch of fine soil, which is kept moist for 10 to 14 days. About three to seven days after planting, lettuce emerges from the ground. Young roots typically lengthen to about two to three centimeters before the seedling begins to extend upward. The cotyledons (the leaf in the embryo that emerges, enlarges, and becomes green) are the first leaves to emerge from the ground, and their storage reserves are utilized for early development. The first true leaves emerge soon after the cotyledons sprout and the process of photosynthesis begins. Growers thin out the plants to allow good air circulation between the plants and help prevent foliar, or leaf, diseases.

All salad greens are harvested by hand. They are cut with a sharp knife near the base of the head and any damaged outer leaves are removed. Then they are usually packed in a box right in the field and shipped to market.

Helpful Hint:
Learn how to grow your own lettuce in the School Garden activity (page 3).

For more information, visit: www.calgreens.org
**A Leaf of Salad Greens History**

As a cultivated crop, lettuce originated in or around the Mediterranean basin. Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.

Lettuce was among the first vegetables brought to the New World by Christopher Columbus. At the start of the 20th century, the western shipping industry took off, greatly expanding the crop’s popularity and range. The early western shipping industry relied mostly on New York lettuce cultivars. However, a disorder called “brown blight” destroyed numerous early plantings and by 1922, the magnitude was great enough to prompt the USDA to assign a plant breeder, I.C. Jagger, to Southern California to develop disease-resistant cultivars.

Jagger used healthy plants and some that he found in the affected New York lettuce fields. He eventually released three cultivars under the name “Imperial,” which remained popular until the late 1940s, when the first true iceberg lettuce was developed by T.W. Whitaker. Two types of iceberg lettuce, Great Lakes and Calmar, dominated lettuce production until 1975, when the USDA replaced Calmar with the Salinas group. Salinas remains the most commonly grown lettuce variety today.

For more information, visit:  
www.history.org/history/CWLand/resrch1.cfm  
www.calgreens.org

**Home Grown Facts**

- California leads the nation in production of leaf lettuce, head lettuce, and romaine lettuce*.
- Accounting for all varieties, lettuce was California’s seventh largest commodity for the period of 2006-2008.
- In addition to the four main varieties (butterhead, romaine, red and green leaf), other California grown varieties include bok choy, bibb lettuce, cilantro, endive, escarole, iceberg lettuce, Italian parsley, kale, Napa cabbage, parsley, radicchio, and green and red cabbage.
- The counties of Monterey, Imperial, Fresno, San Benito, and Santa Barbara account for the highest percentage of California’s lettuce production.

*2008 Data

For more information, visit:  
www.cdfa.ca.gov

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**School Garden: Grow Your Own Salad**

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

Growing salad greens in a school garden is easy and inexpensive, and can be done nearly any time from September through June*.

**What You Will Need:**

- Variety of salad green seeds
- Large growing area
- Seaweed extract or compost tea

**Activity:**

- Till the soil thoroughly, breaking up clumps and removing stones and debris.
- Dig in plenty of compost and well-cured manure to ensure the best growing soil for each selected salad green variety.
- Plant seeds about two feet apart, depending on variety.
- Keep soil moist, but avoid watering in the evening.
- Mulch soil to conserve moisture and keep soil cool.
- Once plants have grown, feed every three weeks with seaweed extract or compost tea.
- Begin cutting lettuce leaves as soon as they are large enough for use in a salad (or other meals).
- Harvest butterhead, romaine, etc., when heads are firm and fully formed.

*In cooler climates or during winter months, select a site that gets full sunlight. In warmer climates or summer plantings, select a site that gets partial sunlight.

For more ideas, reference:  

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**Student Sleuths**

1 Why are darker green lettuce leaves more nutritious than lighter green leaves? What is the difference in the nutrient content? How does iceberg lettuce’s nutrient content compare to darker green varieties?

2 Describe how vitamin K plays a role in helping blood clot. How much vitamin K should you have in your diet for your age?

3 What are three things that the mineral manganese helps the body to break down?

4 Name three other vegetables that belong to the family Asteraceae.

5 What are four components of photosynthesis? What is an effect of photosynthesis?

6 Develop a pie graph depicting the percentages of the varieties of lettuce commercially grown in California.

7 Identify what percentage of all commercially produced lettuce varieties make up the bagged salad sold in the domestic marketplace.

For information, visit:  
http://lpi.oregonstate.edu/infocenter/vitamins/vitaminK/  
www.nal.usda.gov/fnic/foodcomp/search  
www.leafy-greens.org  
www.calgreens.org
Adventurous Activities

Science Investigation:
What You Will Need:
Two potted plants*, masking tape, water

Activity:
- Using masking tape, label one plant “light” and other plant “no light.”
- Put the “light” plant in a sunny window.
- Put the “no light” plant in a closet.
- Hypothesize how plants will react.
- Water both plants regularly.
- After two weeks, compare and contrast plants.
*Look for donations for plants.

Research Writing:
Based on results from the Science Investigation, assign a research and writing project about photosynthesis.

For more ideas, visit:
www.agclassroom.org

Just the Facts

- Americans eat about 30 pounds of lettuce every year. That’s about five times more than in the early 1900s.
- In the United States, lettuce is the second most popular vegetable (behind potatoes).
- According to CalCHEEPS findings*, green salad is the most commonly eaten vegetable by California children.
- The ancient wild relative of lettuce contained a sedative-like compound. Ancient Romans and Egyptians would take advantage of this property by eating lettuce at the end of a meal to help induce sleep.


Physical Activity Corner

What You Will Need:
- 1 hula hoop per 3 students (“salad bowl”)
- A variety of items to represent “salad ingredients” (scarves, small balls, beanbags, crumpled paper, etc.)

Activity:
- Scatter the hoops throughout the activity area.
- Divide students into groups of three at each hoop.
- Divide items equally between all hoops.
- Have students decide what vegetable each item represents.
- Students simultaneously begin collecting “ingredients” from other hoops; students can only take one ingredient at a time.
- Items must be placed, not thrown, and students cannot guard their hoop.
- After several minutes, stop play. Have groups count their items (skip this step to minimize competition), then redistribute items before starting play again.

Adapted from: www.catchinfo.org

Literature Links


Secondary: Green Power: Leaf and Flower Vegetables by Meredith Sayles Hughes, Sell What You Sow by Erica Gibson, and Agricultural History by the University of California Press, Journals Division.
Krazy Kale Salad

Makes 35 servings
2 Tbsp. of kale salad per serving

INGREDIENTS*
- 1 pkg. (16 oz.) shredded kale
- 5 oz. dried cranberries
- 3 oz. honey mustard dressing

PREPARATION
1. Add all ingredients to a large mixing bowl and mix thoroughly.
2. Have students spoon 2 Tbsp. of salad on a paper plate.
3. Serve immediately.

Nutrition information per serving: Calories 20, Carbohydrate 3g, Dietary Fiber 1g, Protein 0g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 20mg


Cool Cucumber Cuties

Makes 35 servings
1 cracker per serving

INGREDIENTS
- 8 Persian cucumbers
- 1 box (9.5 oz.) Triscuit crackers
- 1-2 Tbsp. Tajin seasoning

PREPARATION
1. Rinse, dry, and cut Persian cucumbers into ¼ slices.
2. Place 1 slice of cucumbers onto 1 cracker.
3. Sprinkle dash of Tajin seasoning on each and serve on a napkin.

Nutrition information per serving: Calories 32, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 363mg, Carbohydrate 5g, Dietary Fiber 1g, Sugar 1g, Protein 1g

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. *California Department of Public Health
Earth Day/Add More Vegetables to Your Day

- Vegetables: http://www.choosemyplate.gov/food-groups/vegetables.html
- Just Say Yes to Fruits and Veggies: http://www.jsyfruitveggies.org/

Salad Greens

- Vegetable Nutrient Database: http://www.fruitsandveggiesmorematters.org/vegetable-nutrition-database

National Gardening Month/Gardening

- SNAP-Ed Gardens: http://www.snapgardens.org
- Physical Activity in the Garden: http://www.caactivecommunities.org/resources/physical-activity-in-the-garden/
- Master Gardeners of Santa Clara County: https://mastergardeners.org/scc.html
- Gardening Resources: http://snap.nal.usda.gov/nutrition-through-seasons/gardening-resources
- American Community Garden Association: https://communitygarden.org/
**eating better on a budget**

**Go to www.ChooseMyPlate.gov for more information.**

**10 tips to help you stretch your food dollars**

**Get the most for your food budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

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1. **plan, plan, plan!**
   Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2. **get the best price**
   Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3. **compare and contrast**
   Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4. **buy in bulk**
   It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5. **buy in season**
   Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6. **convenience costs...go back to the basics**
   Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7. **easy on your wallet**
   Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

8. **cook once...eat all week!**
   Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

9. **get your creative juices flowing**
   Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10. **eating out**
    Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.


**10 consejos**

Serie de educación en nutrición

**10 consejos para ayudarte a que los dólares para la comida le rindan**

¡Haga rendir su presupuesto de comidas! Hay muchas maneras de ahorrar dinero en la comida. Los tres pasos principales son planificar antes de comprar, comprar los artículos al mejor precio y preparar comidas que hagan rendir su presupuesto.

1. **planificar, planificar, planificar**
   Antes de dirigirse al supermercado, planifique sus comidas de la semana. Incluya comidas como guisos, cazuelas o frituras, las cuales hacen rendir los productos caros en más porciones. Verifique que ingredientes tiene y haga una lista de los que necesita comprar.

2. **obtenga el mejor precio**
   Busque ofertas y cupones en el periódico local, internet o supermercados. Para lograr ahorros adicionales pregunte por tarjetas de afiliado en la tienda donde hace sus compras. Busque ofertas en carnes y productos marinos, los cuales a menudo son los productos más caros de su lista.

3. **compare y busque diferencias**
   Busque el “precio unitario” mostrado en el estante, directamente debajo del producto. Utilícelo para comparar diferentes marcas y tamaños del mismo producto y determinar cuál es el más económico.

4. **compre a granel**
   Casi siempre es más barato comprar alimentos a granel. Por ejemplo los paquetes familiares de pollo, filete o pescado, bolsas de papa grandes y vegetales congelados. Antes de comprar, recuerde verificar si tiene suficiente espacio en el congelador.

5. **compre de acuerdo con la estación**
   Comprar frutas y vegetales de temporada puede disminuir el costo y añadir productos frescos. Si no va a utilizarlas inmediatamente, compre las que necesitan tiempo para madurar.

6. **costos de conveniencia… regrese a lo básico**
   Los alimentos procesados como cenas congeladas, vegetales cortados y arroz, avena o sémola instantáneos o pre-cocidos le costarán más. Ahorre preparándolos usted misma.

7. **impacto en su bolsillo**
   Ciertos alimentos son opciones de bajo costo durante todo el año. Ensaye con los frijoles para obtener comidas baratas con proteínas. En cuanto a vegetales, compre zanahorias, verduras o papas. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.

8. **cocine todo de una vez… coma durante toda la semana**
   Preparare lotes grandes de sus recetas favoritas en su día libre (doble o triplique la receta). Congele en recipientes individuales. Utilícelos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

9. **ponga a fluir sus jugos creativos**
   Utilice las sobras en nuevas formas. Por ejemplo, pruebe el pollo sobrante frito, en una ensalada o haga ají de pollo. Recuerde, desechar alimentos es tirar el dinero.

10. **comer afuera**
    Los restaurantes pueden resultar caros. Ahorre dinero obteniendo promociones especiales, salga a almorzar en lugar de ir a cenar, o busque ofertas de “2 por 1.” Pida agua en lugar de otras bebidas, las cuales suman a la cuenta final.

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DG TipSheet No. 16
Diciembre 2011

EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.

Plug Into PA:
Energize Your Body With Physical Activity

Ways to Energize with Biking

Why Biking Works
Biking is a form of aerobic physical activity, which can help to increase your chances of living longer, decrease your risk of many serious health problems, stay or get to a healthy weight, and decrease your chances of becoming depressed. It also strengthens bones, muscles and joints, reduces arthritis and disability, improves mental health and mood, and prevents falls in older adults. Not only is biking a great way to get physical activity, it can also be used as a form of transportation and helps to reduce air pollution. It is also a lot of fun!

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day.

Tips for Getting Started
- Use your bike as a form of transportation, as well as for fun!
- Always wear a helmet and bright clothing.
- Before starting to ride, be sure your bicycle is in good working condition, check tires, brakes, chain, and other moving parts.
- Bicyclists follow the same rules of the road as drivers of cars; ride on the right side of road, moving in the same direction as motor vehicle traffic.

Additional Resources:
- California Bike Commute: http://www.californiabikecommute.com/
- California Bicycle Coalition: https://calbike.org/
- Pedestrian and Bicycle Information Center: http://www.pedbikeinfo.org/index.cfm
- Santa Clara County Healthy Trails: http://www.sccgov.org/sites/parks/Whats-Happening/Pages/Healthy-Trails.aspx
- Silicon Valley Bicycle Coalition: http://bikesiliconvalley.org/
- Bay Area Bike Share: http://www.bayareabikeshare.com/

Examples of Biking Activities
- Bike to school, work or the store
- Bike at a local park
- Bike with a group of friends

Sources:
The Harvest of the Month featured fruit is berries.

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of berries – like blackberries, blueberries, raspberries, strawberries – is a good source* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

Healthy Serving Ideas
Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie.

Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.

Add blueberries to oatmeal, lowfat yogurt, or cereal.

Shopper’s Tips
• Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
• Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.
• Select fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
• Wash berries just before serving.
• Shop for berries in season to get the best value. Low-cost produce can be found at your local farmers’ market. Or buy frozen berries year-round at the grocery store.

Let’s Get Physical!
Local farms often have “pick-your-own” berry patches. Have fun and be active by selecting and picking your own fresh fruit.

For more recipes and tips, visit:
www.CaChampionsForChange.net

Ideas saludables de preparación
Licúe bayas congeladas con plátano, leche baja en grasa y jugo de naranja 100% natural para preparar un licuado refrescante.

¡Prepare un banana split saludable! Agregue yogur de vainilla bajo en grasa sobre el plátano rebanado. Espolvoree con granola baja en grasa y sus bayas favoritas.

Consejos saludables
• Escoja arándanos azules redondeados de color azul oscuro. Refírege hasta por dos semanas.
• Escoja frambuesas frescas de color fuerte y uniforme. Refírege hasta por tres días.
• Elija zarzamoras frescas, brillosas, que no estén mojadas, sin color verde o rojo. Refírege hasta por tres días.
• Lave las bayas justo antes de servir.
• Compre bayas en temporada para obtener el mejor precio.

¡En sus marcas, listos...!
Con frecuencia las granjas locales tienen parcelas en donde puede ir a cortar bayas. Diviértase y manténgase activo cortando su fruta fresca.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net
Healthy Serving Ideas
• Add berries to your cereal for added fiber and flavor.
• Mash berries to make your own jam.
• Top pancakes with fresh blueberries or blackberries.
• Stir your favorite berries into lowfat yogurt for a tasty snack.
• Toss raspberries into a spinach salad.
• Keep a bag of mixed berries in the freezer for smoothies.

HONEY GINGERED FRUIT SALAD
Makes 6 servings. 1 cup per serving. Prep time: 30 minutes
Ingredients:
1 large mango, peeled and cubed
1 cup fresh blueberries
1 small banana, peeled and sliced
1 cup strawberries, sliced
1 cup seedless green grapes
1 cup nectarines, sliced
1 cup kiwifruit, peeled and sliced
Honey Ginger Sauce:
½ cup 100% orange juice
2 tablespoons lemon juice
1 tablespoon honey
⅛ teaspoon ground nutmeg
⅛ teaspoon ground ginger
1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

Nutrition Facts
Serving Size: ⅓ cup blueberries (74g)
Calories 42  Total Fat 0g  % Daily Value
Calories from Fat 0%
Total Fat 0g  0%
Saturated Fat 0g  0%
Cholesterol 0mg  0%
Sodium 1mg  0%
Total Carbohydrate 11g  4%
Dietary Fiber 2g  7%
Sugars 7g
Protein 1g
Vitamin A 1%  Calcium 0%
Vitamin C 12%  Iron 1%

How Much Do I Need?
• A ¼ cup of berries is about one cupped handfull.
• A ¼ cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
• Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs.

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males 2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females 2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers’ market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.

Let’s Get Physical!
Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.
• At home: Ride your bike for errands.
• At work: Invite coworkers to ride bikes during Bike-to-Work in May.
• With the family: Ride to a park after dinner to play a game of tag.

For more information, visit: www.bikeleague.org/programs/bikemonth
Ideas Saludables de Preparación

- Agregue bayas al cereal y obtendrá más fibra y sabor.
- Agregue sus bayas favoritas al yogurt bajo en grasa y tendrá un bocadillo sabroso.
- Tenga una bolsa de bayas mixtas en el congelador para preparar licuados.

¿Cuánto Necesito?
Una ½ taza de bayas equivale aproximadamente a un puñado.
Una ½ taza de bayas es una buena fuente de vitamina C y fibra.
Las bayas son ricas en fitoquímicos, que provienen de las plantas y le ayudan a mantenerse saludable.
La cantidad de fruta y verdura que necesita depende de su edad, sexo y nivel de actividad física.

¿Qué está en Temporada?
En California, las bayas están disponibles a finales de primavera y verano.
Pruebe estas otras fuentes ricas de fitoquímicos: betabel, cereza, ciruela, repollo rojo o morado, uvas rojas o moradas y granos enteros.

Recomendación Diaria de Frutas y Verduras**

<table>
<thead>
<tr>
<th>Niños, Edad de 5-12</th>
<th>Adolescentes y Adultos, Edad de 13 en adelante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombres 2½ - 5 tazas por día</td>
<td>4½ - 6½ tazas por día</td>
</tr>
<tr>
<td>Mujeres 2½ - 5 tazas por día</td>
<td>3½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

**Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

¿En sus Marcas, Listos...!
Andar en bicicleta es una manera muy buena para mantenerse activo y saludable.

- En el hogar: Haga sus mandados en bicicleta.
- Con la familia: Vaya al parque en bicicleta después de la cena para jugar a “tú la traes” o a las carreras.

La fruta de La Cosecha del Mes son las bayas

La Salud y el Éxito en el Aprendizaje van Mano a Mano
Hacer que los niños prueben alimentos nuevos puede ser difícil. Es normal que tenga que ofrecerles un alimento nuevo varias veces para que se decidan a probarlo. Sea un buen ejemplo a seguir y coma frutas y verduras cuando está con sus hijos. Use los consejos y recetas de La Cosecha del Mes para animarlos a probar alimentos nuevos.

Consejos Saludables
- Escoja arándanos azules redondeados de color azul oscuro y uniforme. Refrigeré hasta por dos semanas.
- Escoja framubesas frescas de color fuerte y uniforme. Refrigeré hasta por tres días.
- Elija zarzamoras frescas y brillosas, que no estén mojadas, sin color verde o rojo. Refrigeré hasta por tres días.
- Lave las bayas justo antes de servir.

Información Nutricional

<table>
<thead>
<tr>
<th>Porción: ½ taza de arándanos azules (74g)</th>
<th>Calorías 42 Calorías de Grasa 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Valor Diario</td>
<td></td>
</tr>
<tr>
<td>Grasas 0g</td>
<td>Grasas Saturada 0g</td>
</tr>
<tr>
<td>Grasa Trans 0g</td>
<td>Carbohidratos 11g</td>
</tr>
<tr>
<td>Colesterol 0mg</td>
<td>4%</td>
</tr>
<tr>
<td>Sodio 1mg</td>
<td>Fibra Dietética 2g</td>
</tr>
<tr>
<td>Azúcares 7g</td>
<td>7%</td>
</tr>
<tr>
<td>Vitamina A 1%</td>
<td>Calcio 0%</td>
</tr>
<tr>
<td>Vitamina C 12%</td>
<td>Hierro 1%</td>
</tr>
</tbody>
</table>

ENSALADA DE FRUTA CON MIEL Y JENGIBRE

Rinde 6 porciones. 1 taza por porción.
Tiempo de preparación: 30 minutos
Ingredientes:
1 mango grande, pelado y rebanado
1 taza de arándanos azules frescos
1 plátano pequeño, pelado
1 taza de fresas, rebanadas
1 taza de uvas verdes sin semilla
1 taza de nectarinas, rebanadas
1 taza de kiwi, pelado y rebanado

Aderezo de miel y jengibre:
⅓ taza de jugo de naranja 100% natural
2 cucharadas de jugo de limón
1 cucharada de miel*
⅛ cucharadita de nuez moscada molida
⅛ cucharadita de jengibre molido
1. En un tazón grande combine la fruta.
2. En un tazón pequeño, mezcle bien todos los ingredientes del aderezo.
3. Vierta el aderezo sobre la fruta y mezcle.

*Los niños menores de un año no deben comer miel.

Información nutricional por porción:
Calorías 124, Carbohidratos 32 g, Fibra Dietética 4 g, Proteínas 2 g, Grasa Total 0 g, Colesterol 0 mg, Sodio 4 mg

Receta cortesía de BOND of Color.

ZARZAMORA
La fruta de La Cosecha del Mes son las bayas

En sus Marcas, Listos...
Andar en bicicleta es una manera muy buena para mantenerse activo y saludable.

En el hogar:
- Haga sus mandados en bicicleta.

Con la familia:
- Vaya al parque en bicicleta después de la cena para jugar a “tú la traes” o a las carreras.

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¿Qué está en Temporada?
En California, las bayas están disponibles a finales de primavera y verano.
Pruebe estas otras fuentes ricas de fitoquímicos: betabel, cereza, ciruela, repollo rojo o morado, uvas rojas o moradas y granos enteros.
Health and Learning Success Go Hand-In-Hand

Family wellness impacts children at school and home. Research shows that children of families who eat together several times a week do better in school. Encourage students and parents to cook and eat healthy meals and snacks, and be physically active together. Harvest of the Month focuses on helping students and their families develop healthy habits.

Exploring California Berries: Taste Testing

Getting Started:
- Partner with school nutrition staff and suggest adding berries to the menu or doing lunchtime taste tests.

What You Will Need (per group):
- ¼ cup each of blueberries, blackberries, and raspberries
- Napkins and paper plates
- Printed Nutrition Facts labels for blueberries, blackberries, and raspberries*


Activity:
- Explore differences in colors, textures, shapes, smells, and tastes for each berry. Record observations in a sensory chart.
- Compare calories, vitamin C, and fiber content using the Nutrition Facts labels. Record observations.
- Report observations to class and discuss similarities and differences.
- Survey class to determine which is the favorite. Have students create a graph to show the results, then share with school nutrition staff.
- For more in-depth exploration, add frozen varieties. Discuss differences and similarities in taste and texture; research the nutrient content of frozen berries and share findings.

For more ideas, visit: www.okfarmtoschool.com/pdf/Taste-testing-new-foods.pdf

Reasons to Eat Berries

A ½ cup of most berries is:
- A good source of vitamin C, fiber, and manganese.
- Rich in phytochemicals.

For information, visit: www.nal.usda.gov/fnic/foodcomp/search

Phytochemical Champions*:
- Berries
- Grapefruit, limes, kiwifruit
- Onions, garlic, cauliflower
- Carrots, sweet potatoes, pumpkin
- Broccoli, collard greens
- Whole grains, nuts

*Champion foods are rich in phytochemicals.

Source: www.cafoodguide.ca.gov

Cooking in Class: Banana Berry Smoothie

Makes 20 servings at ¼ cup each.

Ingredients:
- 1 large banana, peeled
- 1 cup 1% lowfat or nonfat milk
- 1 cup 100% orange juice
- 2 cups unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- 20 small cups

1. Place first three ingredients in a blender container. Put lid on tightly and blend until smooth.
2. Add frozen berries and blend again.
3. Pour immediately into cups and serve.

Adapted from: Kids...Get Cookin’, Network for a Healthy California–Children’s Power Play! Campaign, 2009.

For nutrition information, visit: www.harvestofthemonth.com

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: ½ cup blueberries (74g)</th>
<th>Calories 42</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 1mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 1%</td>
<td>Calcium 0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 12%</td>
<td>Iron 1%</td>
<td></td>
</tr>
</tbody>
</table>
What are Phytochemicals?

- Phytochemicals (also known as phytonutrients) are naturally occurring compounds found in plants. Plants develop these chemicals to protect themselves but now research has found that these chemicals also have protective factors for humans.
- Foods that contain phytochemicals are also described as “functional” because they provide more than just nutrients.
- Phytochemicals function as antioxidants, promote immunity, increase communication with cells in the body, and help repair damage to DNA.
- Phytochemicals are grouped by their possible protective function and biochemical characteristics. They are classified as: carotenoids, phenolics, alkaloids, nitrogen-containing compounds, and organosulfur compounds.
- More than 2,000 phytochemicals are plant pigments and contribute to the variety of colorful fruits and vegetables. These include lycopene (red), anthocyanins (red, blue/purple), phenolics (blue/purple), lutein (green), indoles (green or white and from the crucifer family), beta carotene (orange), bioflavonoids (orange/yellow), and allacin/allium (mostly white members of the onion family).

For more information, visit:
www.pbhfoundation.org
http://www.ific.org/publications/factsheets/antioxidantfs.cfm

Botanical Facts

<table>
<thead>
<tr>
<th>Name</th>
<th>Blackberry</th>
<th>Raspberry</th>
<th>Blueberry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pronunciation</td>
<td>'blak-ber-ē'</td>
<td>'raz-ber-ē'</td>
<td>'blü-ber-ē'</td>
</tr>
<tr>
<td>Spanish name</td>
<td>zarzamora</td>
<td>frambuesa</td>
<td>arándano</td>
</tr>
<tr>
<td>Family</td>
<td>Rosaceae</td>
<td>Rosaceae</td>
<td>Ericaceae</td>
</tr>
<tr>
<td>Genus</td>
<td>Rubus</td>
<td>Rubus</td>
<td>Vaccinium</td>
</tr>
<tr>
<td>Species</td>
<td>Rubus fruticosus</td>
<td>Rubus idaeus</td>
<td>Vaccinium corymbosum</td>
</tr>
</tbody>
</table>

Blackberries and raspberries are members of the rose family. They are called aggregate fruits because each berry is a cluster of tiny fruits called drupelets. Each drupelet has a seed. Raspberries have a hollow center when picked since the receptacle remains on the cane. Blackberry drupelets remain centered around the core even after the berry is picked. When we eat a blackberry fruit, we consume the receptacle of the inflorescence (or cluster) called a torus.

Blueberries are members of the heath family, which includes azaleas, rhododendrons, and cranberries. Blueberries grow wild around the world and include more than 450 species. There are three main blueberry bush types: low bush, high bush, and rabbit-eye.

For more information, visit:
www.uga.edu/fruit/rubus.html
http://edis.ifas.ufl.edu/HS104

How Much Do I Need?

A ½ cup of berries is about one cupped handful. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily amounts – fresh, frozen, canned, dried, and 100% juice! Remind students to eat a variety of colorful fruits and vegetables throughout the day. Encourage them to set goals to help them reach their recommended daily needs.

How Do Berries Grow?

Raspberries and blackberries are perennial fruit-bearing brambles with biennial canes. The plants produce canes (“suckers”) from buds on the crown and on underground lateral stems. These canes grow during the first season and produce fruit during the summer of the second year, while new canes emerge to provide a crop for the next year. Second-year canes die shortly after fruiting. First-year canes have green stems, while second-year canes have a thin, brown bark covering them.

Blueberries are a bush-type perennial that can grow up to 12 feet tall. Harvesting is done two to five times during the season since all berries do not mature at the same time. Blueberry bushes take about two to three years to establish, with harvesting starting about the third or fourth growing season and continuing for more than 20 years.

For a chart with growing information for blueberries, blackberries, and raspberries, refer to Berries Botanical Images on www.harvestofthemonth.com.

For more information, visit:
www.uga.edu/fruit/rubus.html
http://ceventura.ucdavis.edu/Agriculture265/Blueberries.htm

Source: Landcare Notes: Biological control of blackberry with blackberry leaf rust fungus, Keith Turnbull Research Institute, State of Victoria, 1999.
School Garden: Weed Control

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

Weeds are unwanted in gardens because they compete with crops for light, moisture, nutrients, and space.

Activity:
- Research weeds found in gardens. What do they look like? How can they be managed?
- Form teams and select a garden area.
- Spend 10 minutes looking for and gathering weeds.
- Identify as a class the weeds found in garden.
- Create and implement an environmentally friendly weed control strategy.
- Observe results. Determine if plan was successful. If not, develop a new approach and test it out.

Adapted from: www.kidsgrowing.com/Dig/DigDetail.taf?ID=1906>Type=Art

For more ideas, visit: www.garden.org

The Seeds of Berry History

- Believed to be native to Asia, wild raspberries have been eaten since prehistoric times.
- Cultivation of raspberries began in England and France during the 1600s.
- The Evergreen blackberry is native to England and appeared in Oregon around the mid-1800s.
- The Northeast Native American tribes revered blueberries. The calyx forms the shape of a perfect five-pointed star; and the tribe’s elders told how the Great Spirit sent “star berries” to relieve children’s hunger during a famine.
- Colonists learned from Native Americans how to gather blueberries, dry them under the summer sun, and store them for winter.
- Native Americans, settlers, and animals all took part in bringing berries from the Northwest down to California.


Student Sleuths

1. Raspberries are an excellent source of manganese. What is manganese and what does it do for the body?
2. Berries are a leading source of antioxidants, which neutralize free radicals in our bodies. What are free radicals and why is it important to neutralize them?
3. Blackberries and raspberries are called aggregate fruits with drupelets. What is an aggregate fruit? What are drupelets?
4. Berries are used to make jellies, jams, and sauces (e.g., strawberry jam, cranberry sauce). What is the main ingredient added to the berries to make jam or sauce? How does it change the food’s nutrient profile?

For information, visit:
www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4079_ENU_HTML.htm
www.ific.org/publications/factsheets/antioxidantfs.cfm
www.uga.edu/fruit/rubus.html

Home Grown Facts

- California leads the nation in production of fresh raspberries.
- In Northern California:
  - Raspberries are harvested during May and September/October.
  - Blackberries are harvested from late July through September.
  - Blueberries are harvested in May through early August.
- In Southern California:
  - Raspberries and blackberries are harvested August through October.
  - Blueberries are harvested from mid-March through October.

Student Activity:

- Research berry varieties grown in California. Find the location of berry farms. Why do you think different berries are grown in one area versus another?
- Research berry varieties grown outside of California. Compare the distance the produce travels from outside California versus from local farms. How does this affect the environment?

For more information, visit:
www.ers.usda.gov
www.cdfa.ca.gov
www.agmrc.org

Literature Links

- Talk to your school librarian about leading an activity from the Adventurous Activities or Student Sleuths sections.
- Ask librarian to feature a book about the Harvest of the Month produce items every month.

For a list of book ideas, visit:
www.harvestofthemonth.com

Student Champions

Biking is a great way to be active and healthy. It also helps the environment by reducing carbon emissions and traffic congestion. Encourage students to get involved in National Bike Month in May.

Activity:
- Research bike lanes and trails in your area. Prepare bike maps for other students and faculty. Include flyers with bike safety rules and benefits of bike riding.
- Write a letter to your Mayor or City Council about the benefits of riding bikes and the importance of having safe sidewalks and accessible bike routes in your city.
- Develop a proposal for your school to become involved in National Bike Month. Include ways to involve parents and community members.

Adapted from: www.bikeleague.org

For more information, visit:
www.bikesbelong.org
**Adventurous Activities**

Blueberries get their blue pigment from a phytochemical called *anthocyanin*. The color of anthocyanins are affected by the level of acidity, or pH level, in a particular substance or food. Anthocyanins are red at low pH (indicating greater acidity) and are blue to purple at higher pH (more basic).

**Materials:**
- 1 pint of fresh or frozen blueberries
- ½ cup water
- ½ cup lemon juice
- ½ cup vinegar
- 1 small box of baking soda
- 3 glass jars

**Activity:**
1. Simmer blueberries in water over medium heat until water is deep blue.
2. Strain blueberry skins with a tea strainer.
3. Let solution cool. Pour into three jars.
4. Add lemon juice to first jar. Record color.
5. Add vinegar to second jar. Record color.
6. Add baking soda to third jar. Record color.
7. Discuss results. Based on what you know about anthocyanins, which substances added to the jars were acids? Which were bases?

Adapted from: [www.umaine.edu/ensf5/12/images/PDFs/natdye.pdf](http://www.umaine.edu/ensf5/12/images/PDFs/natdye.pdf)

For more ideas, visit: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

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**Cafeteria Connections**

Team up with your school nutrition staff to develop a lunch recipe that features Harvest of the Month produce items. Ask students to design ads that market the new recipe to students and teachers.

**Activity:**
- Research the health benefits of eating the featured produce.
- Conduct market research and determine:
  - Who is your audience?
  - What do you need to know about your audience to help pitch your product to them?
  - How can you get this information?
- Develop a poster or magazine ad(s) that includes nutrition information.
- Display ads in the cafeteria.

Adapted from: [www.kidsgardening.com/Dig/DigDetail.taf?ID=2115&Type=Art](http://www.kidsgardening.com/Dig/DigDetail.taf?ID=2115&Type=Art)


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**Physical Activity Corner**

Children need at least 60 minutes of physical activity daily, even 10 minutes at a time throughout the day. Do this two-minute exercise break with students to keep their minds sharp and increase cardiorespiratory endurance.

**Equipment:**
- 4 cones
- Stopwatch (or wristwatch with a second hand)

**Activity:**
- Set up four “stations” in a square shape, placing cones in the corners. Make signs to post at each station:
  1. Run in place
  2. Squat up and down
  3. Regular/modified pushups (modified = on knees)
  4. Jump up and down
- Divide students into four groups:
  - Send each group to a different cone.
  - Give them 30 seconds to complete each activity as fast as they can.
  - After 30 seconds, move clockwise to next cone by skipping, tiptoeing, taking giant steps, or running.

**Helpful Hint:**
Complement with Student Advocates activity (page 3).

For more information, visit: [www.sparkpe.org](http://www.sparkpe.org)

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**Just the Facts**

- Blueberries are the second most popular berry among Americans after strawberries.*
- The tayberry, loganberry, and boysenberry are hybrids of blackberries and raspberries.
- The boysenberry, a type of trailing blackberry, was cultivated in California by horticulturist Rudolph Boysen. Walter Knott began selling it at his roadside fruit stand in the mid-1930s.
- There are four colors of raspberries: gold, black, purple, and red.
- Cranberries are related to blueberries and grow on long vines in bogs and marshes.

*For more information, refer to the Strawberries newsletter.

For more information, visit: [www.healthylausd.net](http://www.healthylausd.net)

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**Adventurous Activities**

Blueberries get their blue pigment from a phytochemical called *anthocyanin*. The color of anthocyanins are affected by the level of acidity, or pH level, in a particular substance or food. Anthocyanins are red at low pH (indicating greater acidity) and are blue to purple at higher pH (more basic).

**Materials:**
- 1 pint of fresh or frozen blueberries
- ½ cup water
- ½ cup lemon juice
- ½ cup vinegar
- 1 small box of baking soda
- 3 glass jars

**Activity:**
1. Simmer blueberries in water over medium heat until water is deep blue.
2. Strain blueberry skins with a tea strainer.
3. Let solution cool. Pour into three jars.
4. Add lemon juice to first jar. Record color.
5. Add vinegar to second jar. Record color.
6. Add baking soda to third jar. Record color.
7. Discuss results. Based on what you know about anthocyanins, which substances added to the jars were acids? Which were bases?

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For more information, visit: [www.healthylausd.net](http://www.healthylausd.net)
Berry Good Banana Split

Serves: 1
Time: 5 Minutes

Ingredients

- 1 Small Banana
- ½ Cup Low Fat Vanilla Yogurt
- 1 Tablespoon Lowfat granola
- ½ Cup Fresh Blueberries or other fresh berries

What You’ll Need

- Measuring cups
- Knife
- Cutting board
- Measuring spoon
- Serving bowls

Directions

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition Info and More: Total Calories: 278 Total Fat: 3.4g Saturated fat: 1.3g Carbohydrates 58g Protein 8.5g Fiber: 6g Sodium: 94mg
Eating Better on a Budget
- Healthy Eating on a Budget: http://www.choosemyplate.gov/budget/index.html
- Eat Right When Money’s Tight: http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight
- Shopping and Budgeting: http://eatfresh.org/healthy-lifestyle/shopping-budgeting
- Second Harvest Food Bank: http://www.shfb.org/

Berries

Biking
- California Bike Commute: http://www.californiabikecommute.com/
- California Bicycle Coalition: https://calbike.org/
- Walk and Bike to School Day: http://www.walkbiketoschool.org/
- Pedestrian & Bicycle Information Center: http://www.pedbikeinfo.org/index.cfm
- Alliance for Biking and Walking: http://www.bikewalkalliance.org/
- Bicycle Friendly America: http://bikeleague.org/bfa
got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn’t reduce calcium or other essential nutrients.

2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 what about cream cheese?

Regular cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 can’t drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone’s benefit.

* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Go to www.ChooseMyPlate.gov for more information.
¿ha consumido lácteos hoy?

10 consejos para ayudarle a comer y beber más productos lácteos descremados o bajos en grasa

El grupo de lácteos incluye leche, yogur, queso y leche de soja enriquecida. Estos suministran calcio, vitamina D, potasio, proteína y otros nutrientes necesarios para la buena salud durante toda la vida. Elija productos con bajo contenido de grasa o descremados para reducir las calorías y las grasas saturadas. ¿Cuánto se necesita? Los niños más grandes, adolescentes y adultos necesitan 3 tazas* al día, mientras que los niños de 4 a 8 años de edad necesitan 2½ tazas y los de 2 a 3 años de edad necesitan 2 tazas.

1. elimine la grasa
   Beba leche descremada o baja en grasa (1%). Si bebe leche entera actualmente, cambie gradualmente a una versión con menos contenido de grasa. El cambio reduce las calorías pero no el contenido de calcio y otros nutrientes esenciales.

2. aumente el potasio y la vitamina D, pero reduzca el sodio
   Elija leche o yogur descremados o con bajo contenido de grasa más frecuentemente que queso. La leche y el yogur tienen más potasio y menos sodio que la mayoría de los quesos. Además, casi todas las variedades de leche y muchos tipos de yogur vienen enriquecidos con vitamina D.

3. agréguelos a sus comidas
   Use leche o yogur descremado o con contenido bajo de grasa con el cereal y la avena. Agregue yogur con bajo contenido de grasa a las ensaladas de fruta y papas horneadas en lugar de aderezos más grasos como la crema agria.

4. Elija quesos con menos grasa
   Muchos quesos tienen un alto contenido de grasas saturadas. Busque etiquetas que digan “grasa reducida” o “bajo en grasa” (“reduced fat” o “low fat”). Pruebe marcas o tipos distintos para encontrar los que más le gusten.

5. ¿y qué del queso crema?
   El queso crema regular, la crema y la mantequilla no son parte del grupo de productos lácteos. Son altos en grasas saturadas y carecen o tienen muy poco calcio.

   * ¿Qué se considera una taza en el grupo de lácteos? 1 taza de leche o yogur, 1½ onzas de queso natural, 2 onzas de queso procesado.

6. cambio de ingredientes
   Use yogur sin sabor cuando una receta de aderezo pida crema agria. Use leche evaporada descremada en lugar de crema y pruebe queso ricotta en lugar de queso crema.

7. tenga cuidado al elegir productos lácteos dulces
   Las leches con sabor, los yogures de frutas, yogures congelados y pudines pueden contener grandes cantidades adicionales de azúcar. Esos azúcares adicionales son calorías sin valor nutritivo. Usted necesita los nutrientes de los productos lácteos, no esas calorías.

8. ¿bebe café?
   De ser así, obtenga su calcio junto con su dosis de cafeína por la mañana. Prepare o pida el café con leche o el capuccino con leche descremada o baja en grasa.

9. ¿no puede beber leche?
   Si no tolera la lactosa, pruebe leche sin lactosa o beba la leche en cantidades pequeñas a la vez, o bien pruebe la leche de soja (bebida de soja). Consulte la etiqueta de datos de nutrición para asegurarse de que su leche de soja tenga aproximadamente 300 mg de calcio. El calcio presente en algunos vegetales verdes se absorbe bien pero no será suficiente comer varias tazas al día para satisfacer las necesidades de calcio.

10. cuídense y cuide a su familia
    Los padres que beben leche y comen productos lácteos les muestran a sus hijos que eso es importante. Los productos lácteos son de importancia especial para los huesos en desarrollo de los niños y los adolescentes. Incluya regularmente alimentos lácteos descremados o bajos en grasa en las comidas y los bocadillos para que todos se beneficien.

Centro para Políticas y Promoción de la Nutrición


DG TipSheet No. 5
Septiembre 2011
EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.
Plug Into PA: 
Energize Your Body With Physical Activity
*Ways to Energize with Strength Training Activities*

**Why Strength Training Activities**
Strength training activities make your muscles do more work than usual, and help to make your bones and muscles stronger.

**How Much Should I Do?**
Adults should do strengthening activities at least two days per week, and children and adolescents at least three days per week.

**Tips for Getting Started**
- Choose activities that include all of the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- If you have never done strength training before, you may need to start out using 1- or 2-pound weights (or no weights at all). It should feel somewhere between hard and very hard for you to lift the weight. If you can’t lift a weight 8 times in a row, it’s too heavy for you.
- Start by lifting 8 times, working up to two to three sets of 8-12 repetitions of each exercise.
- Make sure to breathe during strength training exercises. Don’t hold your breath.

**Examples of Strength Training Activities**
- Push-ups
- Sit-ups
- Lifting weights
- Working with resistance bands
- Heavy gardening
- Games such as tug-of-war
- Swinging on playground equipment/bars
- Calf raises
- Lunges

**Low-Cost Weights**
You don’t need to go out and buy weights for strength training exercises. Here are some low-cost ideas:
- Fill an empty plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.

**Additional Resources:**

**Sources:**
US Department of Health and Human Services. Eat Well Be Active Community Workshops. Workshop 6: Physical Activity is the Key to Living Well.
Healthy Serving Ideas
Mix peach or nectarine slices with granola and sliced almonds.†

Blend a chopped peach or nectarine and lowfat milk with a few ice cubes. Enjoy a creamy smoothie.†

Add sliced peaches or nectarines and nuts to a green salad for a healthy lunch or dinner.†

Shopper’s Tips
• Look for peaches and nectarines that have a sweet smell and feel slightly firm.
• Keep ripe peaches and nectarines in the refrigerator for up to one week.
• Put firm peaches and nectarines in a paper bag at room temperature until ripe.

Let’s Get Physical!
Parks are places with lots of ways to be active—from water sports, hiking, and biking to exploring California’s nature, history, and cultures. Visit a park with your family today!

To find a park near you, visit www.parks.ca.gov/parkindex

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of peaches or nectarines has vitamin C, vitamin A, and fiber. A ½ cup of peaches or nectarines is about half of one medium peach or nectarine. Vitamin C helps your body heal cuts and wounds. Vitamin A helps keep good vision, fight infection, and keep your skin healthy. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation.

†Photography courtesy of the California Tree Fruit Agreement.
Ideas saludables de preparación
Mezcle rebanadas de durazno o nectarina con granola y almendras rebanadas†.

Licúe durazno o nectarina y leche descremada con unos cubitos de hielo para un sabroso y cremoso licuado†.

Agregue durazno o nectarina y nueces a una ensalada verde para tener un almuerzo o una cena saludable†.

Consejos saludables
- Escoja duraznos y nectarinas que tengan un aroma dulce y se sientan ligeramente firmes.
- Guarde los duraznos y nectarinas maduros en el refrigerador hasta por una semana.
- Guarde los duraznos y nectarinas duros en una bolsa de papel a temperatura ambiente hasta que maduren.

¡En sus marcas, listos...!
Los parques ofrecen muchas oportunidades para mantenerse activo.
¡Visite un parque con su familia hoy mismo!

Para encontrar un parque cerca de usted, visite:
www.parks.ca.gov/parkindex
(Sitio web sólo disponible en inglés).

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día.
Un buen consejo a seguir es:
- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite:
www.CampeonesDelCambio.net

† Fotos cortesía de California Tree Fruit Agreement.
The Harvest of the Month featured fruit is *peaches*

**Healthy Serving Ideas**
- Blend fresh or frozen peaches with lowfat milk, 100% orange juice, and ice.
- Combine peaches, lowfat yogurt, and granola for a healthy snack.
- Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.
- Take your child to a farmers’ market to find California grown peaches — in-season fruits and vegetables cost less and taste better.

**GOOD MORNING COBBLER**

Makes 4 servings. 1 cup each.
Total time: 10 minutes

**Ingredients:**
- 2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches*, drained)
- 1 (15-ounce) can pear halves*, drained and sliced
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon cinnamon
- ¾ cup lowfat granola with raisins

*Canned fruit packed in 100% fruit juice.

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

**Nutrition information per serving:**
- Calorries 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

Adapted from: *Kids…Get Cookin’!, Network for a Healthy California, 2009.*

**How Much Do I Need?**
- A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach.
- A ¼ cup of peaches has vitamin C, vitamin A, and fiber.
- Fiber helps you feel full and keep your blood sugar level normal. Fiber also helps you maintain a healthy weight. Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups you and your family need. All forms count toward your daily amount – fresh, frozen, canned, dried, and 100% juice. Eating a variety of colorful fruits and vegetables every day will help you get the nutrients you need to be healthy.

**Recommended Daily Amount of Fruits and Vegetables***

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td><strong>Females</strong></td>
</tr>
<tr>
<td>2½ - 5 cups per day</td>
<td>2½ - 5 cups per day</td>
</tr>
<tr>
<td>4½ - 6½ cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**Let's Get Physical!**
- Visit one of California’s almost 300 state parks. Or visit a regional or local park. These are family-friendly and usually free or low cost to the public.
- Parks provide many ways to be active — from water sports, hiking, and biking to exploring California’s nature, history, and cultures.
- To find a park near you, visit: [www.parks.ca.gov/parkindex/](http://www.parks.ca.gov/parkindex/)

**Produce Tips**
- Choose peaches that have a sweet smell and give slightly to gentle pressure.
- Look for fruits with a bright yellow background (not red).
- Place firm peaches in a brown paper bag. Store at room temperature until ripe.
- Store ripe peaches in a plastic bag in the refrigerator for up to five days.

**Did You Know?**
Nectarines are a type of fuzzless peach with a smooth skin.
La fruta de La Cosecha del Mes son los duraznos

La Salud y el Éxito en el Aprendizaje van Mano a Mano
Disfrute de la abundancia de frutas y verduras frescas y de los cientos de parques locales y estatales de California. Ayude a su hijo a comer una variedad de frutas y verduras de distintos colores y a mantenerse activo diariamente. Así aprenderá y se concentrará mejor en la escuela. Use La Cosecha del Mes para ayudar a su familia a comer comida saludable y mantenerse más activa.

Consejos Saludables
- Escoja duraznos con aroma dulce y que cedan un poco al presionarlos ligeramente.
- Busque frutas con fondo de color amarillo (no rojo).
- Madure los duraznos en una bolsa de papel. Almacénelos a temperatura ambiente hasta que maduren.
- Guarde los duraznos maduros en una bolsa de plástico en el refrigerador hasta por cinco días.

Idas Saludables de Preparación
- Lícule duraznos con leche baja en grasa y hielo para un sabroso licuado.
- Combine duraznos, yogur bajo en grasa y granola para preparar un bocadillo saludable.
- Lleve a su hijo al mercado sobre ruedas para que escoja duraznos. ¡Las frutas y verduras en temporada saben mejor!

POSTRE CRUJIENTE DE FRUTA
Rinde 4 porciones. 1 taza por porción. Tiempo de preparación: 10 minutos

Ingredientes:
2 duraznos medianos, rebanados* 1 lata (15 onzas) de duraznos rebanados*, escurrídos 1 lata (15 onzas) de peras en mitades*, escurridas y rebanadas ¼ cucharadita de extracto de almendra o de vainilla ¼ cucharadita de canela ¼ taza de granola baja en grasa con pasas

*Fruta enlatada en jugo 100% natural.
2. Espolvoree la granola por encima. Cubra el tazón con envoltura de plástico. Haga un pequeño agujero para que salga el vapor.
3. Cocine en el horno de microondas a potencia alta durante 5 minutos. Deje enfriar durante 2 minutos.
4. Reparta en 4 tazones y sirva calentito.

Nutrition Facts/Datos de Nutrición
Servings Size/Tamaño por Porción: ½ cup peaches, sliced/ ½ taza de duraznos, rebanado (77g)
Calories/Calorías 30 Calories from Fat/Calorías de Grasa 0
% Daily Value/% Valor Diario
0% 0%
Saturated Fat/Grasa Saturada 0g 0g
Trans Fat/Grasa Trans 0g 0g
0% 0%
Total Carbohydrate/Carbohidratos 7g 2%
Dietary Fiber/Fibra Dietética 1g 5%
Sugars/Azúcares 7g 0%
Protein/Proteínas 1g 0%
Vitamin A/Vitamina A 5% 0%
Vitamin C/Vitamina C 9% 0%
Calcium/Calcio 1% 0%
Iron/Hierro 1% 0%

¿Cuánto Necesito?
- Una ½ taza de durazno rebanado equivale a un durazno mediano.
- Una ½ taza de durazno tiene vitamina C, vitamina A y fibra.
- La fibra le ayuda a sentirse satisfecho y a mantener normal el nivel de azúcar en la sangre.
La cantidad de frutas y verduras que necesita depende de su edad, sexo y nivel de actividad física. Consulte la tabla siguiente para saber cuántas tazas necesitan usted y su familia. Todas las formas de fruta y verdura cuentan para su necesidad diaria — frescas, congeladas, enlatadas, secas y en jugo 100% natural. Comer una variedad de frutas y verduras de diferentes colores todos los días le ayudará a obtener los nutrientes que necesita para mantenerse saludable.

Recomendación Diaria de Frutas y Verduras**

<table>
<thead>
<tr>
<th>Niños, de 5 a 12 años</th>
<th>Adolescentes y adultos, de 13 años en adelante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombres</td>
<td></td>
</tr>
<tr>
<td>2½ - 5 tazas por día</td>
<td>4½ - 6 tazas por día</td>
</tr>
<tr>
<td>Mujeres</td>
<td></td>
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<tr>
<td>2½ - 5 tazas por día</td>
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</tbody>
</table>

**Si es activo, coma el número más alto de tazas por día. Visit www.choosemyplate.gov para aprender más.^

¿Sabía que?
Las nectarinas son un tipo de durazno de piel lisa.

Health and Learning Success Go Hand-In-Hand

California’s geography offers a bounty of fresh produce and recreational areas. From stone fruits and salad greens to state and local parks, there is no shortage of healthy foods to eat and outdoor activities to do in California. Studies show that healthy eating and physical activity are correlated with improved academic achievement. Use Harvest of the Month to allow students to experience California-grown fruit and vegetables with their senses. Teach students to live a healthy, active lifestyle and support academic content standards to link the classroom, cafeteria, home, and community.

Exploring California Peaches: Taste Testing

What You Will Need (per group of 8 students):
- Four ripe peaches and four ripe nectarines (two each of yellow and white varieties)*
- Paring knife and cutting board
- Paper towels
*Choose peaches and nectarines that are fragrant and firm to slightly soft when pressed.

Optional: Sample other stone fruits (cherries, plums, apricots, etc.) with peaches.

Activity:
- Distribute yellow peaches and nectarines to each student group.
- Observe the look, feel, and smell of each; record observations.
- Cut open the second yellow fruit; observe the taste and sound and record observations.
- Repeat with white peaches and nectarines.
- Discuss similarities and differences among the four varieties.
- Record students’ favorite variety; share results with school nutrition staff.

For more ideas, reference:

Cooking in Class: Peach Smoothies

Makes 35 tastes at ¼ cup each

Ingredients:
- 6 fresh peaches, pitted and sliced
- 6 fresh nectarines, pitted and sliced
- 4½ cups plain nonfat yogurt (or milk)
- 4½ cups 100% orange juice
- 3 tablespoons honey
- Blender container
- Small paper cups

1. Blend all ingredients together with ice. (May need to do in 2 to 3 batches.)
2. Serve cold in cups.

Nutrition information per serving:
- Calories 62, Carbohydrate 13 g, Dietary Fiber 1 g,
- Protein 3 g, Total Fat 0 g, Saturated Fat 0.5 g,
- Cholesterol 1 mg, Sodium 26 mg
- % Daily Value: 2% 1% 1%

Adapted from: Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Peaches

A ½ cup of sliced peaches (about half of a medium peach) provides:
- A source of vitamin A and vitamin C.
- A source of fiber*.
*Learn about fiber on page 2.

Champion Sources of Fiber*:
- Avocados
- Beans
- Blackberries
- Broccoli
- Papayas
- Raspberries
- Sweet potatoes
- Whole wheat cereals and breads
- Winter squash

*Champion sources provide a good or excellent source of fiber (at least 10% Daily Value).

For more information, visit: www.nal.usda.gov/fnic/foodcomp/search/ (NDB No.: 09236)
What is Fiber?

- Fiber is a complex carbohydrate found only in plant foods like fruits, vegetables, grains, nuts, and seeds.
- Dietary fiber is important for lasting health benefits. It helps you feel full, helps keep your blood sugar level normal, helps to avoid constipation, and can help individuals maintain a healthy weight.
- Currently Americans consume only about half the amount of recommended fiber daily.
- Eating foods that are rich in fiber – like fruits, vegetables, dry beans, and whole grains – will help you meet your daily needs for fiber.
- The 2010 Dietary Guidelines for Americans recommend 14 to 31 grams of fiber per 1,000 calories each day, depending on age and gender. To find out how much you need, visit www.mypyramid.gov.

For more information, visit:
- www.teamnutrition.usda.gov
- www.eatright.org/Public/content.aspx?id=6796&terms=fiber

How Much Do I Need?

A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach. The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your students need. All forms count toward the daily amount – fresh, frozen, canned, dried, and 100% juice. Have students make a list of their favorite fruits and vegetables and how they like to eat them. Encourage students to share their lists with their families.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Adapted from: Tall and Tasty Fruit Trees, Meredith Sayles Hughes, 2000.

Botanical Facts

**Pronunciation:** pêch
**Spanish name:** durazno
**Family:** Rosaceae
**Genus:** Prunus
**Species:** P. persica

The peach comes from a deciduous fruit-bearing tree of the rose family and is native to China. Its botanical name, Prunus persica, resulted from the original belief that peaches were native to Persia (Iran)*. Commercially, peaches and nectarines are treated as different fruits but they belong to the same species. The nectarine is a type of peach with a smooth, fuzzless skin.

Peaches are classified as a stone fruit, meaning that they possess a single large seed or stone surrounded by juicy flesh. Other common stone fruits include cherries, plums, and apricots. There are two major peach cultivars — clingstone and freestone — based on how the flesh sticks to the stone (or pit). Commercially, nearly all clingstone varieties are processed (pit removed), then canned, preserved, juiced, or used in other food products (e.g., baby food). Freestone peaches are primarily sold as fresh.

*Refer to A Slice of Peach History (page 3) for more information.

For more information, visit:
- www.agmrc.org/commodities__products/fruits/peach_profile.cfm

How Do Peaches Grow?

Peach trees are warm-weather deciduous trees that grow 15 to 25 feet high. Susceptible to drought and frost, peach trees grow best inland and in warmer, tropical to subtropical climates. Most commercial trees are grafted cultivars, bearing fruit after about three to five years. Healthy trees reach peak production when about 10 years old and can live up to 20 years.

Unlike most fruit trees, the flowers of peach trees are produced in early spring before the leaves. Pruning is necessary during the spring to ensure quality fruit production. This technique of thinning increases the size and improves the taste of the fruit. Commercial growers use a machine to brush the peach skin after harvesting to remove most of the natural fuzz.

<table>
<thead>
<tr>
<th>Soil</th>
<th>Deep, well-drained, sandy loam</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exposure</strong></td>
<td>Full sun</td>
</tr>
<tr>
<td><strong>Irrigation</strong></td>
<td>Constant water supply, increased slightly before harvest</td>
</tr>
<tr>
<td><strong>Planting</strong></td>
<td>Bareroot trees planted in winter; pruning in spring</td>
</tr>
<tr>
<td><strong>Harvest Season</strong></td>
<td>June through September; peaks in July and August</td>
</tr>
<tr>
<td><strong>Harvesting</strong></td>
<td>Hand-picked when fruit is mature and firm; three to four times in three-day intervals</td>
</tr>
<tr>
<td><strong>Storage</strong></td>
<td>Refrigerated immediately to 35 F (slows ripening); then processed (clingstone) or shipped to market (freestone)</td>
</tr>
</tbody>
</table>

Adapted from: Tall and Tasty Fruit Trees, Meredith Sayles Hughes, 2000.
Home Grown Facts
- The United States is the world’s leading grower of peaches. California also leads the country in peach and nectarine production – growing more than 84% of the nation’s peaches and 95% of the nation’s nectarines*.
- California is the nation’s sole producer of clingstone peaches*.
- Peaches and nectarines rank in California’s top 20 commodity exports (#17)*.
- Fresno County is the leading producer of the State’s peach and nectarine crops.
- Other top peach-producing counties include Tulare, Stanislaus, Sutter, and Yuba. Tulare, Kings, and Kern counties are also leading growers of nectarines.

*2008 Data
For more information, visit:
http://usda.mannlib.cornell.edu/

School Garden: Garden Sweep
If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

Gardens often contain many insects and can sometimes be damaged or destroyed by hungry pests. There are also helpful insects, though, that will eat the harmful kind. Do a sweep of your school garden and see what types of insects are helping or harming it.

What You Will Need:
- Quart-size (or larger) resealable plastic bags (one bag per team)
- Sweep nets (one or two per team)
- Cotton gloves
- Magnifying glasses
- Insect identification chart or field guide

Activity:
- Divide students into teams of five.
- Assign each team with a large area to sweep.
- Spend 15 to 30 minutes capturing insects using nets and transferring to the resealable bag*.
- Examine insects using the magnifying glasses.
- Use the chart or field guide to identify insects.
- Discuss student findings and observations as a class.
  Sample discussion topics include:
  - Insects that inhibit or damage the garden
  - Insects that help the garden
  - Seasonal insects

*Only students wearing gloves should transfer insects to bags to prevent insect bites or stings.

Adapted from: www.kidsgardening.com
For more ideas, reference:
www.lifelab.org

A Slice of Peach History
- The peach tree originated in western China about 4,000 years ago.
- Alexander the Great introduced the peach to Greek and Roman society.
- From the Mediterranean and North Africa, the peach traveled north during the Middle Ages with the Moors to the Iberian Peninsula.
- Spanish and Portuguese explorers brought peaches to the Americas in the 1500s.
- Spanish missionaries in California planted the first peach trees in the mid-18th century.
- Russian immigrants brought peach seeds to San Francisco in the early 1800s and planted them near Fort Ross.
- Gold miners began California’s commercial peach production in 1849 after demand for peaches could not be fulfilled by eastern supply.

For more information, reference:
Tall and Tasty: Fruit Trees, Meredith Sayles Hughes, 2000.

Student Sleuths
1 Name the two different forms of fiber. Describe the different ways in which each form acts in the digestive system. List food sources of each.
2 The store sells the following peach items: fresh peaches, frozen peach slices, dried peaches, canned peaches, peach fruit leather, and peach-flavored iced tea. You want to buy a peach item that will provide you with the most nutrients to help you reach your fruit and vegetable goals. Complete the following steps to determine which peach item will provide you with the most nutrients.
   a Make a chart showing each of the peach items, nutrient values, and the approximate cost per serving.
   b Which peach serving provides the most nutrients? The least?
   c Which peach item will provide you with the most nutrients for the least cost?
3 Using a California map, identify the top 10 counties where clingstone peaches are grown. What geographic characteristics do these counties have in common? Hypothesize why these characteristics are ideal for clingstone peach production. Repeat for freestone peaches. Compare the lists. What are some geographical and climate differences between these areas? What determines if a county’s geography is better for growing clingstone peaches versus freestones?

For information, visit:
www.cdfa.ca.gov
**Just the Facts**

- Genetically, nectarines differ from peaches by a single recessive gene — the one that makes peaches fuzzy.
- Members of the rose family, peaches are related to the almond.
- Peaches rank among the top 10 most commonly eaten fruits and vegetables by California children.
- The peach is the state flower of Delaware and state fruit of South Carolina. Georgia is nicknamed *The Peach State*.
- In World War I, peach pits were used as filters in gas masks.

For more information, visit: www.cfaitc.org/factsheets/pdf/ClingPeaches.pdf

**Adventurous Activities**

**History Exploration:**
The peach has a rich history in ancient China and Japan, as well as Roman and Greek mythology. Research the peach’s role in Asian folklore and cultural traditions. What does the peach symbolize and what is its significance? Write a short paper describing the peach’s significance in Asian culture and compare it to its significance in Roman and Greek mythology.

For more ideas, visit: www.harvestofthemonth.com

**Student Champions**

Local parks often need the support of community members to provide a safe and clean environment for recreation. Clean up litter, plant trees, or volunteer at a local park to instill pride and community ownership. Encourage students to get involved — it may help them become more active, both physically and as leaders in their community.

**Getting Started:**

- Choose a local neighborhood park. Contact the local city or county parks department.
- Work with department officials to make a list of improvement projects to enhance the park.
- Prioritize the list and select a project.
- Organize and promote a neighborhood event to complete the project.
- Talk to neighbors about ways to keep the park safe and clean. Or, make a flyer with tips and distribute to community members.
- Write and submit an article to a local paper about the activities.

For more information, visit: www.parks.ca.gov

**Literature Links**

- **Elementary:** *Growing Seasons* by Elsie Splear, *James and the Giant Peach* by Roald Dahl, and *Peach Boy: A Japanese Legend* by Gail Sakurai.
- **Secondary:** *Epitaph for a Peach* by David Masumoto, *Family Trees: The Peach Culture of the Piedmont* by Mike Corbin and *Tall and Tasty: Fruit Trees* by Meredith Sayles Hughes.

For more ideas, visit: www.cfaitc.org/books

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**Cafeteria Connections**

School meals can be a source of many fiber-rich foods*. Invite school nutrition staff to your classroom to help students identify fiber-rich foods on the menus (lunch, breakfast, snacks). The school nutrition staff can also talk about the health benefits of fiber. Students can develop a list of their favorite fiber-rich foods they would like to see on the school menus. Encourage students to share lists with school nutrition staff and to create posters promoting fiber-rich foods for display in the cafeteria.

**Helpful Hint:**

Schools can order a variety of fiber-rich foods through USDA commodity food programs. Visit www.fns.usda.gov/fdd/foods/foods_available.htm to learn more.

*For these purposes, “fiber-rich foods” includes foods that provide at least 5% Daily Value.

**Physical Activity Corner**

- Divide class into two groups and mark a boundary between groups with rope or chalk.
- Use cones to make a circle (6 paces across) near the outside edge of each territory; this is the “peach.”
- Inside each circle place a “stone” (use a peach pit that has been washed or a beanbag).
- On a signal by teacher, any or all of each group may leave their territory and try to capture the other group’s stone and bring it back to their territory without being tagged. If student is tagged, he/she freezes and waits for a teammate to high-five to unfreeze.
- Students should only enter the “peach” if trying to capture the stone.

**Helpful Hint:**

For safety, avoid fast running.


For more information, visit: www.cfaitc.org/books

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This material was produced by the California Department of Public Health’s *Network for a Healthy California* with funding from USDA SNAP, known in California as *CalFresh* (formerly Food Stamps). These institutions are equal opportunity providers and employers. *CalFresh* provides assistance to low-income households and can help buy nutritious foods for better health. For *CalFresh* information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net. © 2011
Peach Crumble

Serves: 12
Time: 30 Minutes

Ingredients
• Non-stick cooking spray
• 4 (15 ounces) cans juice packed peach slices drained
• 2 Tablespoon Cornstarch
• 1 Teaspoon Vanilla
• 1 ¼ Teaspoon Ground Cinnamon
• ½ Old fashioned oats
• ¼ Cup Flour
• 2 ½ Tablespoon Butter

What You’ll Need
• Can opener
• Measuring spoon
• 9-inch deep dish pie pan
• Small bowl
• Spoon
• Large bowl
• Fork

Directions
1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

Nutrition Info and More: Serving size: ½ Cup Piece Total Calories: 139 Total Fat: 3g Saturated fat: 2g Carbohydrates 28g Protein 2g Fiber: 3g Sodium: 25mg

Got Your Dairy Today?

- Dairy Group: http://www.choosemyplate.gov/food-groups/dairy.html
- Low-Fat Dairy: http://www.eatwellbewell.org/parents/healthy-habits/low-fat-dairy

Peaches


Strength Training

General Audience


Older Adults

- Go4Life (Older Adults): http://go4life.nia.nih.gov/
What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1. **Drink Water**
   Drink water instead of sugary drinks when you’re thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.

2. **How Much Water Is Enough?**
   Let your thirst be your guide. Water is an important nutrient for the body, but everyone’s needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3. **A Thrifty Option**
   Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. **Manage Your Calories**
   Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5. **Kid-Friendly Drink Zone**
   Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

   *100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6. **Don’t Forget Your Dairy**
   When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7. **Enjoy Your Beverage**
   When water just won’t do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. **Water On the Go**
   Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. **Check the Facts**
   Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10. **Compare What You Drink**
    Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

   **Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Go to www.ChooseMyPlate.gov for more information.
seleccione sus bebidas saludablemente

**10 consejos** para empezar

**Lo que bebes es tan importante como lo que comes.** Muchas bebidas contienen azúcar y ofrecen pocos o casi ningún nutriente, mientras que otras contienen nutrientes pero mucha grasa y también muchas calorías. Aquí presentamos algunos consejos para ayudarte a seleccionar mejor tus bebidas.

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1. **bebe agua**
   
   Cuando tengas sed, bebe agua en vez de bebidas azucaradas. Las gaseosas o refrescos, bebidas energéticas y otras bebidas azucaradas contienen mucha azúcar, estas bebidas contienen más calorías de las que necesitas. Para mantener un peso saludable bebe agua u otras bebidas sin o con pocas calorías.

2. **cuánta agua es suficiente?**
   
   Deja que tu sed te guíe. El agua es un nutriente importante para el cuerpo, pero cada uno tiene necesidades diferentes. Muchos de nosotros adquirimos agua suficiente de los alimentos y las bebidas que consumimos. Un cuerpo saludable puede balancear los requerimientos de agua. Bebe abundante agua si eres muy activo, si vives o trabajas en condiciones calurosas, o si eres de la tercera edad.

3. **una opción barata**
   
   El agua es usualmente barata. Puedes ahorrar dinero tomando agua potable de la casa o cuando vas a comer fuera.

4. **maneje sus calorías**
   
   Beba agua con las comidas y entre las comidas. Los adultos y los niños beben cerca de 400 calorías por día, beber agua podría ayudarte a manejar tus calorías.

5. **zona de bebidas para niños**
   
   Haz que el agua, la leche sin o baja en grasa, o los jugos 100% de frutas sean una opción fácil en casa. Prepara y ten listos en el refrigerador botellas de agua o bebidas saludables para cuando salgas de casa, guárdalos en las mochilas o las loncheras de los niños. Dependiendo de la edad, los niños pueden beber de ½ a 1 taza de jugo* 100% de frutas o vegetales al día y los adultos pueden beber hasta una taza.

   *Jugo 100% es parte del grupo de las frutas y vegetales. Los jugos deben constituir la mitad o menos de la recomendación para el grupo de frutas y vegetales.

6. **no olvides tu leche**
   
   Cuando tomes leche u otras bebidas alternativas, selecciona leche sin o baja en grasa, o leche de soya fortificada. Cada tipo de leche ofrece la misma cantidad de nutrientes como calcio, vitamina D, y potasio, pero el número de calorías varía. Los niños mayores, adolescentes y adultos necesitan 3 tazas de leche por día, los niños de 4 a 8 años de edad 2½ tazas y los niños de 2 a 3 años 2 tazas.

7. **disfruta tu bebida**
   
   Cuando no desees agua, disfruta tu bebida favorita pero en pocas cantidades. Recuerda chequear el número de porciones en la etiqueta de la lata, botella o vaso para mantener las calorías que necesitas. Seleccional envases pequeños en vez de los grandes.

8. **agua para el camino**
   
   El agua es siempre conveniente. Llena una botella reusable limpia con agua y ponla en tu bolsa para cuando estés sediento. Las botellas reusables también protegen el medio ambiente.

9. **chequea la información de la etiqueta**
   
   La etiqueta contiene información nutricional sobre la cantidad total de azúcares, grasas y calorías, úsalas para escoger mejor tus bebidas.

10. **compara los nutrientes de tus bebidas**
    
    Food-A-Pedia, es una opción disponible online en ChooseMyPlate.gov/SuperTracker, para ayudarte a comparar las calorías, azúcares y grasas de tus bebidas favoritas. (Food-a-pedia y SuperTracker están disponibles sólo en inglés.)

   **La leche es parte del grupo de los lácteos. Una taza = 1 taza de leche o yogur, 1½ onza de queso natural, o 2 onzas de queso procesado.**

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Plug Into PA:
Energize Your Body With Physical Activity
Ways to Energize with Visiting Parks

Why Visiting Parks Works
Visiting parks is a great way to enjoy nature and be physically active. Health benefits of physical activity include a decreased risk of heart disease, type 2 diabetes, high blood pressure, high cholesterol and stroke. Physical activity can also help you get to and keep a healthy body weight, reduce depression, and help you live longer.

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity every day, and strength training activities at least 2 days a week. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day, and strength training activities at least 3 days per week.

Tips for Getting Started
• Register for the Santa Clara County Healthy Trails Challenge.
• Visit parks with friends or family members.
• Stay hydrated by drinking water before, during and after your activities.
• Come ready for the outdoors with items such as sunscreen, hats, sunglasses, bug spray, and a first aid kit.

Examples of Activities to Do While Visiting Parks
• Hike, walk, jog, or bike
• Skate, skateboard or rollerblade along a paved trail
• Play sports
• Set up exercise circuit stations (i.e. lunges, sit-ups, jumping jacks, etc)

Additional Resources:
• Santa Clara County Parks: http://www.sccgov.org/sites/parks/Pages/Welcome-to-Santa-Clara-County-Parks.aspx
• Santa Clara County Healthy Trails: http://www.sccgov.org/sites/parks/Whats-Happening/Pages/Healthy-Trails.aspx

Sources:
Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of bell peppers (green, yellow, and red) is an excellent source* of vitamin C. A ½ cup of chopped peppers is about one small pepper. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. A ½ cup of red bell peppers is also a good source** of vitamin B₆. This vitamin helps your body build healthy blood cells.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas
Mix in bell pepper slices to your morning eggs for a healthy start to your day.

Add sautéed bell pepper slices to chicken dishes.

Eat sliced bell peppers for an afternoon snack.

Shopper’s Tips
• Look for bell peppers that have thick, shiny, smooth skin and a fresh green stem. Pick peppers with a solid color – red, yellow/orange, or green.
• Put bell peppers in a plastic bag. Keep in the refrigerator for up to five days.
• Green bell peppers may last longer than red or yellow ones.

Let’s Get Physical!
Do you know how intense your physical activity needs to be? Try to raise your heart rate for at least 30 minutes a day on most days of the week. You should be able to talk while you move, but you should be breathing hard enough so that you cannot sing.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

La verdura de La Cosecha del Mes es el pimiento

La salud y la nutrición van mano a mano
Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de pimiento es una fuente excelente de vitamina C. Una ½ taza de pimiento picado equivale aproximadamente a un pimiento pequeño. La vitamina C ayuda al cuerpo a sanar heridas y cortadas y ayuda a reducir el riesgo de contraer infecciones. Una ½ taza de pimientos rojos es también una fuente buena** de vitamina B6. Esta vitamina ayuda al cuerpo a producir glóbulos rojos saludables.

* Las fuentes excelentes aportan al menos 20% del valor diario.
** Las fuentes buenas aportan 10-19% del valor diario.

Ideas saludables de preparación
Agregue rebanadas de pimiento a los huevos del desayuno.

Agregue pimiento salteado a los platillos de pollo.

Agregue pimiento picado a su salsa para pasta favorita.

Consejos saludables
• Busque pimientos con piel firme y lisa y tallo verde y fresco.
• Guarde los pimientos en una bolsa de plástico en el refrigerador hasta por cinco días.
• Los pimientos verdes pueden durar más que los rojos o amarillos.

¡En sus marcas, listos…!
¿Sabe qué tan intensa debe ser su actividad física? Trate de hacer un esfuerzo que haga que su corazón lata más rápido por lo menos 30 minutos 5 días a la semana.

¿Cuánto necesito?
La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir:
• ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net

MiPlato
ChooseMyPlate.gov
Adaptado del USDA
Healthy Serving Ideas
• Slice raw sweet peppers and serve with lowfat dip for a snack.
• Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
• Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
• Add chopped sweet peppers to salads or stir into soups and pasta sauces.
• Try a new pepper variety each week.

VEGETABLE QUESADILLAS

Makes 4 servings. 1 quesadilla each. Cook time: 15 minutes

Ingredients:
nonstick cooking spray
½ cup chopped green bell pepper
½ cup frozen corn, thawed
½ cup sliced green onion
½ cup chopped tomato
2 tablespoons chopped cilantro
4 (6-inch) flour tortillas
½ cup shredded lowfat cheese
1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:
Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g,
Protein 7 g, Total Fat 3 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg
Adapted from: Healthy Latino Recipes Made With Love,
Network for a Healthy California, 2008.
For more recipes, visit:
www.cachampionsforchange.net

How Much Do I Need?
• A ½ cup of chopped peppers is about one small pepper.
• A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
• A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

Recommended Daily Amounts of Fruits and Vegetables*

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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
California grown peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B₆: avocados, bananas, and potatoes.

Let’s Get Physical!
• At home: Do sit-ups and push-ups during TV commercials.
• At work: Go for a one-mile walk (about 25 minutes) during lunch.
• With the family: Visit a local or state park and go for a hike.

To find a park in your area, visit: www.parks.ca.gov

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.

Harvest of the Month
Network for a Healthy California

The Harvest of the Month featured vegetable is **peppers**

Health and Learning Success Go Hand-in-Hand
Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use Harvest of the Month to learn how to eat more fruits and vegetables and be more active.

Produce Tips
• Look for firm peppers that have thick, shiny, smooth skin and green stems.
• Choose sweet peppers with a solid color—green, yellow-orange, or red.
• Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
• Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.
• Helpful Hint: Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

How Much do I Need?

Males:
- 2½ - 5 cups per day

Females:
- 2½ - 5 cups per day

What's in Season?
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La Cosecha del Mes.

Los chiles y pimientos son los vegetales de La Cosecha del Mes.

La Salud y el Éxito en el Aprendizaje Van Mano a Mano
Comiendo frutas y vegetales y estando físicamente activo son maneras sencillas de hacer que su familia esté más saludable. Los hábitos saludables pueden ayudar a los estudiantes a concentrarse y a desempeñarse mejor en la escuela. Use La Cosecha del Mes para aprender cómo comer más frutas y vegetales y ser más activos.

Consejos Saludables
• Busque pimientos que tengan una piel gruesa, lisa, con brillo y con tallos verdes.
• Almacene chiles o pimientos enteros en una bolsa sellada en el refrigerador hasta por una semana.
• Para chiles o pimientos cortados, envuélvalos en envoltura plástica y guárdelo en el refrigerador hasta por tres días.
• Recuerde: Use guantes de hule cuando esté cortando chiles, y nunca se toque ni se talle los ojos.

¿En Sus Marcas, Listos…!?
• En el hogar: Haga abdominales y lagartijas durante los comerciales de televisión.
• En el trabajo: Camine una milla (alrededor de 25 minutos) durante la hora del almuerzo.
• Con la familia: Visite un parque local o estatal y vaya en una caminata.

Para encontrar un parque en su área, visite:*

www.parks.ca.gov

Ideas Saludables de Preparación
• Rebane pimientos crudos y sirva con una salsa baja en grasa para comer como bocadillo.
• Ponga pimientos cortados en tiras – rojos, verdes y amarillos – encima de sus pizzas hechas en casa. ¡O use chiles para darles un sabor picoso!
• Agregue pimientos picados a ensaladas o añádalos a sopas y salsas para pasta.

QUESADILLAS DE VEGETALES
Rinde 4 porciones.
1 quesadilla por porción.
Cocimiento: 15 minutos
Ingredientes:
aceite en aerosol para cocinar
½ taza de pimiento verde picado
½ taza de granos de elote, descongelado
½ taza de cebolla verde en rebanadas
½ taza de tomate picado
2 cucharaditas de cilantro picado
4 tortillas de harina (de 6 pulgadas)
½ taza de queso bajo en calorías, rallado

1. Rocíe un sartén mediano con el aceite en aerosol para cocinar. Cocine el pimiento verde y los granos de elote hasta que estén tiernos, alrededor de 5 minutos.
2. Agregue las cebollas verdes y el tomate y cocínelos durante varios minutos hasta que se calienten. Ahora incorpore el cilantro.
3. Caliente las tortillas en un sartén grande a fuego alto. Coloque cantidades iguales de queso y vegetales en cada una. Dóbelas por la mitad y continúe cocinándolas hasta que el queso se derrita. Sirvalas caliente.

Información nutricional por porción:
Calorías 155, Carbohidratos 21 g, Fibra 5 g, Proteínas 7 g, Grasa 3 g
Adaptación: Recetas Latinas Saludables Hechas con Amor, Red para una California Saludable, 2008.
Para más recetas, visite: www.campeonesdelcambio.net

¿Cuánto Necesito?
• Una ½ taza de pimiento picado es alrededor de un pimiento pequeño.
• Una ½ taza de pimiento picados (de color verde, amarillo y rojo) es una fuente excelente de Vitamina C.
• Una ½ taza de pimiento rojo también es una buena fuente de Vitamina B6, lo cual ayuda a su cuerpo en la formación de células sanguíneas saludables.

La cantidad de frutas y vegetales que requiere depender de su edad, sexo y nivel de actividad física. Escoja todo tipo de frutas y vegetales – frescos, congelados, enlatados, secos, y en jugo 100% natural. ¡Todos cuentan hacia su recomendación diaria!

Recomendación Diaria de Frutas y Vegetales*

<table>
<thead>
<tr>
<th>Niños, Edad de 5-12</th>
<th>Adolescentes y Adultos, Edad de 13 en adelante</th>
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*Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

¿Qué Está en Temporada?
Los chiles y pimientos que se cosechan en California están en su punto durante el verano. Generalmente se encuentran disponibles entre mayo y noviembre. Lo cosechado en California está más fresco y cuesta menos que lo que viene de otros estados o países.

Pruebe otras buenas fuentes de Vitamina B6: aguacates, plátanos y papas.

* Los sitios Web sólo disponibles en inglés.

Health and Learning Success Go Hand-In-Hand

Research has long supported a positive correlation between students’ healthy eating habits and performance in the classroom. To some, eating the recommended daily amounts of fruits and vegetables can seem challenging. Remind students that all forms of fruits and vegetables count—fresh, frozen, canned, dried, and even 100% juice. Encourage students and parents to eat a nutritious breakfast and pack healthy snacks and lunches, or to enroll in the school’s meal programs. Harvest of the Month can help empower your students to eat their recommended daily amounts—and improve learning!

Exploring California Peppers: Taste Testing

Getting Started:
- Contact school nutrition staff about getting bell peppers for taste testing. Or, harvest peppers from your school garden, a local farm, or farmers’ market.*

What You Will Need (per group):
- 3 bell peppers (1 each of green, yellow/orange, red)
- Paring knives and cutting boards
- Printed botanical image and Nutrition Facts labels for peppers**

Activity:
- Make predictions if green, yellow, and red peppers will smell and taste different.
- Explore the look, feel, and smell of each bell pepper. Record observations.
- Cut open peppers. Record observations of color, smell, and texture of the interior.
- Draw cross-section diagram and compare to printed botanical image. Label parts.
- Taste each bell pepper and record observations.
- Discuss predictions and observations. Take a vote of students’ favorite variety.
- Compare and contrast the nutrients using the Nutrition Facts labels. Refer to Students Sleuths #1 on page 3 for questions.
- Complete follow-up exercise in Adventurous Activities (page 4).

*Visit www.localharvest.org for locations.
**Download from the Educators’ Corner of www.harvestofthemonth.com.


Nutrition Facts
Serving Size: ½ cup chopped sweet green pepper (74g)
Calories 15
Calories from Fat 1%
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 2mg 0%
Total Carbohydrate 3g 1%
Dietary Fiber 1g 5%
Sugars 2g %
Protein 1g %
Vitamin A 5%  Calcium 1%
Vitamin C 99%  Iron 1%

Cooking in Class: Pico de Gallo
Ingredients:
Makes 36 tastes at ¼ cup each
- 3 pounds ripe tomatoes, chopped
- 4½ cups chopped onion
- 1 cup chopped fresh cilantro
- 3 small jalapeño peppers, seeds removed, chopped
- 6 tablespoons lime juice
- 6 cloves garlic, minced
- ¾ teaspoon salt
- Baked tortilla chips
- Small cups

1. Combine all ingredients (except chips) in a medium bowl.
2. Spoon into cups. Serve with chips.

Adapted from: Healthy Latino Recipes, Network for a Healthy California, 2008.

For more recipes, visit: www.cachampionsforchange.net.

Reasons to Eat Peppers
- A ½ cup of hot peppers (red and green) is an excellent source of vitamin C. It is also a good source of vitamin A, vitamin K, and vitamin B6.
- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is an excellent source of vitamin A and vitamin C and a good source of vitamin B6.

Champion sources of vitamin B6:*
- Avocados
- Peppers
- Bananas
- Potatoes

*Provide a good or excellent source of vitamin B6.
What is Vitamin B₆?

- Vitamin B₆ (pyridoxine) is one of eight B vitamins: thiamin (B₁), riboflavin (B₂), niacin (B₃), pantothenic acid (B₅), biotin (B₇), folate (B₉), and cobalamin (B₁₂).
- These water-soluble vitamins are essential for growth, development, and a variety of other bodily functions. They play a major role in the activity of enzymes (proteins) that regulate chemical reactions in the body, such as turning food into energy.
- Vitamin B₆ helps the body break down or metabolize protein, aids in the formation of red blood cells, and helps maintain normal brain function. It also plays a role in synthesizing antibodies in the immune system.
- A diet that includes whole grain products, fruits, and vegetables is sufficient to provide the body with the B vitamins it needs. (NOTE: Freezing causes a decline in the amount of vitamin B₆ in foods.)

For more information, visit:

How Much Do I Need?

A ½ cup of chopped peppers is about one small pepper. The number of cups of fruits and vegetables you need depends on your age, gender, and physical activity level. (Students need at least 60 minutes of physical activity!) All forms of fruits and vegetables count—fresh, frozen, canned, and dried! Look at the chart below to find out how much your students need.

Recommended Daily Amounts of Fruits and Vegetables*

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*If you are active, eat the higher number of cups per day.
Visit www.choosemyplate.gov to learn more.

How Do Peppers Grow?

Peppers are warm-season crops, sensitive to freezing, and do not grow well in cold, wet soil. It is best to germinate seeds indoors in late winter and then transplant to the garden in late spring. In California, peppers are harvested from late April in the southern desert regions through November in the Central Valley region. Sweet peppers were almost always harvested when green (immature), but more recently, are harvested when red and yellow. Hot peppers are harvested at any stage, depending on variety, use, and intended flavor. Usually, redness is a sign of ripeness, not hotness.

For a chart with information about how to plant and grow peppers, refer to Peppers Botanical Images (in the Educators’ Corner) on www.harvestofthemonth.com.

For more information, visit:

Botanical Facts

Pronunciation: pēp‘ər
Spanish name: pimentos/pimentones
Family: Solanaceae
Genus: Capsicum
Species: Capsicum annuum

The pepper plant is a member of the Solanaceae or “nightshade” family, which also includes tomatoes and potatoes.* Peppers are botanically a fruit of Capsicum plants. However, in the culinary world, people recognize peppers as a vegetable. Nearly 2,000 varieties of peppers are cultivated worldwide. They are commonly grouped into two categories: hot (chili) and sweet peppers.

Hot peppers are named for their fiery, hot taste. They contain capsaicinoids, natural substances that feel hot in the mouth. Capsaicin, the primary capsaicinoid, is a flavorless, odorless substance that acts on pain receptors in the mouth and throat. Hot peppers can be picked at any stage, but are hottest when fully ripe. They ripen into yellow, orange, purple, red, and even brown. Each variety differs in flavor and heat intensity depending on the number of capsaicinoids in the pepper.**

Sweet peppers were not widely grown until after World War II. Today, there are more than 200 varieties. When left to ripen, green peppers mature into red, yellow (or orange), and purple peppers with various levels of sweetness.

Sweet Peppers

- Bells (Red, Early, Golden, Shamrock, California Wonder, Keystone Resistant Giant, Yolo Wonder), Banana, Cubanelle, Pimento

Hot Peppers

- Hungarian Wax, Cayenne, Jalapeño, Serrano, Anaheim (California Green Chile), Ancho, Cherry, Poblano, Habañero, Chile de Árbol

*For information about “nightshade” family, refer to Tomatoes newsletter. Or, refer to Peppers Adventurous Activities on www.harvestofthemonth.com.

**Do Student Sleuths #3 on page 3 to learn more about capsaicinoids.

For more information, visit:
www.urbanext.uiuc.edu/veggies/peppers1.html#8
http://aggie-horticulture.tamu.edu/extension/easygardening/pepper/pepper.html

Source: Cool as a Cucumber, Hot as a Pepper, Meredith Sayles Hughes, Lerner Books, 1999.
School Garden: Pepper Plants

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

As an annual plant, peppers require year-round work. Here is a monthly tasks calendar for growing peppers.

- **January-March:** Plant seeds indoors in container gardens; prepare rows in outdoor garden.
- **April:** Transplant seedlings to garden rows and fertilize; protect under covers if weather drops below 50°F.
- **May:** Fertilize at bloom set.
- **June:** Fertilize at fruit set, post stakes in garden beds.
- **July-September:** Harvest peppers.
- **October:** Replace covers over plants; continue harvest.
- **November:** Remove covers, add compost, till row beds.
- **December:** Expose to weather and add more compost.

**Helpful Hints:**

- Instead of growing from seed, buy plants about 4-6 inches tall and plant in late spring or early summer.
- If you plan to grow “fall” peppers, plant them 12-16 weeks before the first expected frost.

For more ideas, visit: www.csgn.org

### Student Sleuths

**1** Compare the Nutrition Facts labels for sweet and hot peppers, both red and green varieties. What nutrients are the same for all peppers? What nutrients are different? Which variety has the most vitamin A? List the excellent sources for both sweet red and green peppers. Why does the nutrient content of a sweet pepper increase as it ripens (becomes red)?

**2** What is vitamin $B_6$? What role does it play in the body’s functions? What happens if you are deficient in vitamin $B_6$? What happens if you have too much vitamin $B_6$? Make a list of foods that are excellent (>20%) or good (10-19%) sources of vitamin $B_6$.

**3** What are capsaicinoids? What part of the pepper contains capsaicin? Why are some peppers hotter than others? How is the “hotness” level measured? What unit is used to measure the amount of capsaicin or “heat” in peppers? What is the best way to get relief after eating a very hot pepper: drink water or milk? Why?

For information, visit:
www.fruitsandveggiesmatter.gov
www.nal.usda.gov/fnic/foodcomp/search/

### Student Champions

Encourage students to visit a local retail store to learn more about the produce section and to share ideas for how the store can help support healthy eating in the community. Distribute copies of the *Harvest of the Month* Fact Sheet to store managers. Share copies of community newsletters for managers to distribute to customers.*

**Get Connected:**

- Visit local grocery stores and go to produce section.
- Circle sweet varieties. Underline hot varieties.
- What is the average cost for sweet peppers? For hot peppers?
- Are the peppers grown in California?
- Does the store offer brochures or recipe cards with serving ideas for peppers?
- Talk to produce manager and share your findings.
- Tell manager about your school’s participation in *Harvest of the Month.* (Show Fact Sheet and community newsletters.) Share three ideas you have for how they can promote peppers during summer.

*Download from the Educators’ Corner of www.harvestofthemonth.com.*

### Home Grown Facts

- **California** is the nation’s leading grower of bell peppers and ranks second in production of hot peppers.
- Four main growing regions in California harvest peppers from April through November: southern desert valleys (Imperial and Riverside), the southern coast (San Diego, Orange, and Ventura), the central coast (San Luis Obispo, Monterey, San Benito, and Santa Clara), and the Central Valley (Kern, Tulare, Fresno, Merced, Stanislaus, Sacramento, and San Joaquin).
- There is five times more acreage in California for production of sweet peppers (about 28,000 acres) than for hot peppers (about 5,500 acres).

#### 2007 Data

**Activity:**

Research one of the four main growing regions. Describe the geography (land, soil, climate) and why it is a good region for growing peppers. What other crops are grown in these regions?

For more information, visit:
www.cdfa.ca.gov
http://anrcatalog.udavis.edu/pdf/7217.pdf

### Cafeteria Connections

Work with your school nutrition staff to feature peppers.

- Dry hot peppers by stringing them on a “ristra.” Display in the cafeteria.
- Conduct a taste test of raw and cooked bell peppers. Offer samples in the lunch line or salad bar.
- Print menu slicks and feature peppers in the monthly school menu. Highlight every time it is in a school meal.

For tips on drying and roasting peppers, visit:
www.urbanext.uiuc.edu/vegges/peppers1.html#8
Physical Activity Corner
California summers are perfect for going outdoors to be active. Students need at least 60 minutes of physical activity every day. With warmer temperatures, it becomes more important for students to stay hydrated when active.

Activity:
- What does water do in the body?
- Why is water essential to our bodies?
- What is dehydration? What are the symptoms?
- How can we get enough water daily?
- Why do you need more water when active?
- Based on your weight, how many ounces of water do you need?
- When active, how many more ounces do you need?

Remind students to drink water before, during, and after physical activity.

For information, visit:
www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/water.htm

Adventurous Activities
Botanical Investigation
What You Will Need (per group):
- 1 each bell pepper, eggplant, and tomato
- Printed botanical image of peppers*
- Microscope or magnifying glass

*Download from the Educators’ Corner of www.harvestofthemonth.com.

Activity:
- Cut each vegetable in half.
- Draw a cross-section diagram for each and label the parts. (Use botanical image for assistance.)
- Compare and contrast the differences.
- Use microscope to compare the flesh and seeds.
- Share findings as a class and discuss how the seeds differ from other plants that are not a part of the nightshade family (e.g., green beans and squash).

Adapted from: www.healthylausd.net

Just the Facts
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much. Hot peppers contain even more—357% more vitamin C than one orange.
- As bell peppers mature (become red), their taste becomes sweeter and milder.
- The amount of heat in a hot pepper depends on the variety, soil, climate, and other conditions. Within a variety, larger peppers are usually milder because the proportion of white membrane to their size is smaller.

Activity:
Study the Nutrition Facts labels for sweet and hot peppers (red and green varieties).*
- How much higher in beta carotene are sweet red peppers over green ones? What is the difference for red and green hot peppers?

*Download from the Educators’ Corner of www.harvestofthemonth.com.

For more information, visit:
www.fruitsandveggiesmatter.gov/month/

A Slice of Pepper History
- About 9,000 years ago, the wild pepper plant originated near Bolivia and Peru. It was later cultivated for its fruits by the Olmecs, Toltecs, and Aztecs.
- The seeds rapidly spread throughout Central America by wind and movement of settlers.
- Columbus discovered peppers in the West Indies and mistook them for spices. He brought them to Europe where they spread throughout Europe, Africa, and Asia.
- The Pueblo Indians of the American Southwest acquired a wild chili pepper called chilepín through trade with native Mexicans.
- Juan de Oñate (founder of New Mexico) and Spanish explorers are credited with bringing peppers to the U.S. in 1583.

For more information, visit:
http://aggie-horticulture.tamu.edu/PLANTanswers/publications/vegetabletravelers/pepper.html
www.hort.purdue.edu/newcrop/proceedings1993/v2-132.html

Literature Links
- Invite your school librarian to help with your school garden. Ask for a list of sources for summer gardening activities.
- Ask librarian to have a reading session about peppers and other nightshade crops in the school garden.
- Help coordinate a class alliteration contest on peppers. Winners can receive special library passes or books.

Activities & Resources Galore
Visit the Educators’ Corner online for more resources:
- Cooking in Class (recipe analyses, cooking tips)
- Reasons to Eat (Nutrition Glossary)
- How Does It Grow (botanical images, growing tips)
- Student Sleuths (Answer Key)
- Adventurous Activities
- Literature Links (book lists)
- Links to California Content Standards (all grades)


This material was produced by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3683. For important nutrition information, visit www.cachampionsforchange.net. © 2011
BBQ Turkey in Pepper in Shells

Serves: 6
Time: 35 Minutes

Ingredients
- ¾ Pound Lean ground turkey
- 1 Large Onion peeled and chopped
- 1 Medium green bell pepper seeded and chopped
- 1 (14 ½ ounce) can diced tomatoes no salt added
- 1 ½ Cup Low sodium canned black beans drained and rinsed
- ½ Cup Barbecue sauce prepared
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Liquid Smoke
- 3 Bell Peppers (any color)

Directions
1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
6. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Nutrition Info and More: Serving size: ½ Piece Total Calories: 209 Total Fat: 4g Saturated fat: 1g Carbohydrates 28g Protein 17g Fiber: 7g Sodium: 404mg
Make Better Beverage Choices
- Rethink Your Drink – Resources:
  http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx

Peppers
- Discover Foods – Bell Peppers: http://eatfresh.org/discover-foods/sweet-bell-peppers

Visit Parks
- Santa Clara County Parks: http://www.sccgov.org/sites/parks/Pages/Welcome-to-Santa-Clara-County-Parks.aspx
- Healthy Trails: http://www.sccgov.org/sites/parks/Whats-Happening/Pages/Healthy-Trails.aspx
- Healthy Parks Healthy People Bay Area: http://instituteatgoldengate.org/regional

Weight-bearing and muscle building gardening activities include:
- Lifting and carrying heavy items, such as watering cans, bags of leaves or grass clippings
- Shoveling or digging
- Pruning
**focus on fruits**

**10 tips to help you eat more fruits**

**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1. **keep visible reminders**
   - Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2. **think about taste**
   - Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3. **think about variety**
   - Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4. **don’t forget the fiber**
   - Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5. **be a good role model**
   - Set a good example for children by eating fruit every day with meals or as snacks.

6. **include fruit at breakfast**
   - At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

7. **try fruit at lunch**
   - At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8. **experiment with fruit at dinner, too**
   - At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9. **snack on fruits**
   - Dried fruits make great snacks. They are easy to carry and store well.

10. **keep fruits safe**
    - Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

Go to www.ChooseMyPlate.gov for more information.
**Enfoquese en las frutas**

**10 consejos** para ayudarlo a comer más frutas

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**El consumo de frutas brinda beneficios de salud.** Las personas que comen más frutas y vegetales como parte de una dieta saludable integral tienen menos riesgos de presentar algunas enfermedades crónicas. Las frutas proveen nutrientes importantes para la salud, como el potasio, la fibra, la vitamina C y el ácido fólico. La mayoría de las frutas son naturalmente bajas en grasa, sodio y calorías. Ninguna de ellas contiene colesterol. Todas las frutas o los jugos de fruta 100% naturales forman parte del grupo de frutas. Las frutas pueden ser frescas, enlatadas, congeladas o secas, y pueden consumirse enteras, cortadas o en puré.

---

**1. Manténgalas a la vista**

Tenga un tazón de frutas enteras sobre la mesa, el mostrador de la cocina o en el refrigerador.

**2. Piense en el sabor**

Compre frutas frescas de temporada cuando sean menos costosas y estén maduras. Agregue frutas para endulzar una receta.

**3. Piense en la variedad**

Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas para tener siempre cantidades disponibles a mano.

**4. No olvide la fibra**

Elija principalmente frutas enteras o cortadas en lugar de jugos, por los beneficios que la fibra le ofrece.

**5. Dé el buen ejemplo**

Dé buen ejemplo a los niños al consumir frutas todos los días con las comidas o como bocadillos.

**6. Incluya frutas en el desayuno**

En el desayuno, agregue bananas, duraznos o fresas a su cereal; agregue arándanos a sus panqueques; tome jugo de naranja o toronja 100% natural. O bien, pruebe fruta mezclada con yogur descremado o bajo en grasa.

**7. Coma frutas con el almuerzo**

Para el almuerzo, llévese una mandarina, banana o uvas, o elija frutas de un bar de ensaladas. Las frutas en contenedores individuales, como duraznos o puré de manzana, son fáciles y prácticas.

**8. Pruebe frutas en la cena también**

En la cena, agregue trocitos de piña a la ensalada de repollo, o incluya pedazos de naranja, arándanos secos o uvas en una ensalada mixta.

**9. Coma frutas como bocadillos**

Las frutas secas son excelentes bocadillos. Son fáciles de llevar y se conservan bien.

**10. Lave bien las frutas**

Lave las frutas antes de prepararlas o comerlas. Frote las frutas bajo agua corriente limpia para quitarles la suciedad y los microorganismos de la superficie. Después de enjuagarlas, séquelas con una toalla de cocina limpia.

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DG TipSheet No. 3

Septiembre 2011

EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.
Plug Into PA: Energize Your Body With Physical Activity
Ways to Energize with Swimming

Why Swimming Works
Swimming burns more calories per hour and has a lower risk of injury than most other aerobic activities. It has also been show to improve heart health and lead to greater strength and flexibility. Because swimming is low-impact, it is an ideal activity for people recovering from an injury or those with disabilities.

How Much Should I Do?
Adults need at least 30 minutes of moderate to vigorous physical activity, such as swimming, every day. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day.

Tips for Getting Started
• Visit a pool at a local YMCA or parks and recreation center.
• If you don’t know how to swim, consider taking lessons at a local pool.
• Swim with a friend or family member.
• Try different strokes, such as freestyle, backstroke, breaststroke, and butterfly.
• If you’re swimming outdoors, don’t forget to wear sunscreen!

Examples of Swimming Activities
• Swimming Laps
• Water Aerobics
• Diving
• Water Polo

Additional Resources:
• Let’s Move Outside – What to do: http://www.letsmove.gov/what-do
• Find a Local YMCA: http://www.ymcasv.org/association/html/find_map.html

Sources:
Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of melon – like cantaloupe, casaba, or honeydew – is an excellent source* of vitamin C. This vitamin helps your body heal cuts and wounds and helps lower your risk of infection. Melons are also a good source** of carotenoids. These are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

The Harvest of the Month featured fruit is **melons**

Healthy Serving Ideas
Try a bowl of sliced honeydew and cantaloupe for a cool and colorful snack.

Make melon kabobs with cubed cantaloupe, honeydew, and watermelon. You can also add in berries for extra color!

Blend seedless watermelon and freeze in ice cube trays. Add frozen watermelon cubes to sparkling water for a refreshing drink.

Shopper’s Tips
• Look for cantaloupes with a sweet smell. They should feel slightly soft near the stem end.
• Look for honeydew and watermelons that feel heavy for their size and sound hollow when tapped.
• Keep whole melons on the counter and eat within a few days.
• Put cut melons in a sealed container and keep in the refrigerator for up to three days.

Let’s Get Physical!
Do your workout in the morning while it is still cool outside. A brisk walk or bike ride is a great way to start your day.

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

†Photography courtesy of the National Watermelon Promotion Board.
La fruta de La Cosecha del Mes son el melón y la sandía

Ideas Saludables de Preparación
Prepare un tazón de melón honeydew y cantalupo cortados en cubitos y tendrá un bocadillo sabroso y colorido.

Consejos Saludables
- Escoja melones cantalupo con un aroma dulce. Éstos deben ceder al aplicarles ligera presión cerca de donde estaba pegado el tallo.
- Escoja melones honeydew y sandías que se sientan pesados para su tamaño y se escuchen huecos al golpetearlos.
- Guarde los melones enteros a temperatura ambiente y cómalos después de dos días.

¡En sus Marcas, Listos...!
Gánele al calor y haga ejercicio por la mañana mientras está fresco afuera.

¿Cuánto Necesito?
La cantidad de fruta y verdura que necesita depende de su edad, sexo y la cantidad de actividad física que practica cada día.

¡Coma una variedad de fruta y verdura de diferentes colores en todas sus comidas y bocadillos durante el día para alcanzar el total de su necesidad diaria!

Recomendación Diaria de Frutas y Verduras*

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*Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

Para más consejos y recetas, visite:
www.campeonesdelcambio.net
www.watermelon.org
(Sitio web sólo disponible en inglés.)

† Fotos cortesía de National Watermelon Promotion Board.
California farmers’ markets offer a colorful variety of fresh fruits and vegetables at low prices. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. *Harvest of the Month* can help your family learn how to eat healthy and be physically active every day.

**Produce Tips**
- Choose cantaloupes with a sweet, fragrant smell and soft dent on stem. They should feel heavy for their size.
- Select honeydews, casabas, and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured, or cracked rinds.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
- Refrigerate cut melons in sealed container. Use within three days.

**Healthy Serving Ideas**
- Slice and eat melons as a snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Blend lowfat yogurt, chopped melon, frozen strawberries, and a banana. Pour into cups and serve.

**WATERMELON SALSA**
Makes 8 servings. ½ cup per serving. Prep time: 15 minutes

**Ingredients:**
- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

**Nutrition information per serving:**
Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Cholesterol 0 mg, Sodium 0 mg. Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

**How Much Do I Need?**
- A ½ cup of cantaloupe, casaba, or honeydew melon provides an excellent source* of vitamin C.
- A ½ cup of cantaloupe also provides an excellent source* of vitamin A.
- Melons are a good source* of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.
- Other good sources of carotenoids are apricots, carrots, kale, peas, pink grapefruit, pumpkin, spinach, and tomatoes.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Find out how much each person in your family needs. Then, make a plan to add a variety of colorful fruits and vegetables to meals and snacks to help your family reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

**Recommended Daily Amount of Fruits and Vegetables**

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<th>Kids, Ages 5-12</th>
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<td><strong>Males</strong></td>
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<tr>
<td>2½ - 5 cups per day</td>
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<td>2½ - 5 cups per day</td>
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</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

For more ideas, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

**Nutrition Facts**
Serving Size: ½ cup cantaloupe, cubed (80g)

<table>
<thead>
<tr>
<th></th>
<th>Calories 27</th>
<th>Calories from Fat 0 % Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
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<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>13mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>3%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>54%</td>
<td>Calcium 1%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>49%</td>
<td>Iron 1%</td>
</tr>
</tbody>
</table>

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**For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2011.**
La fruta de La Cosecha del Mes son el melón y la sandía

Ideas Saludables de Preparación

- Rebane y coma melón y sandía como un bocadillo refrescante o como acompañamiento en las comidas.
- Sirva melón rebanado o cortado en trocitos con yogurt bajo en grasa o queso cottage.
- Congele trocitos de melón y sandía y cómaselos como bocadillos fríos en días calurosos.
- Licúe yogur bajo en grasa con melón, fresas congeladas y un plátano. Sirva y disfrute.

SALSA DE SANDÍA

Rinde 8 porciones. ½ taza por porción. Tiempo de preparación: 15 minutos

Ingredientes:
- 3 tazas de sandía sin semillas, picada
- ½ cebolla mediana, picada
- ½ pimiento rojo, picado
- 1 cucharada de chile jalepeño sin semilla, picado
- 2 cucharadas de cítrico fresco, picado
- 2 cucharadas de jugo de limón verde
- 1 cucharadita de aceite vegetal

1. En un tazón mediano, mezcle todos los ingredientes.
2. Sirva inmediatamente o cubra y refrigeré hasta por 1 hora para permitir que se mezclen los sabores.

Información Nutricional por Porción:
- Calorías 27
- Calorías de Grasa 0
- % del Valor Diario
  - Grasas 0g 0%
  - Grasa Saturada 0g 0%
  - Colesterol 0mg 0%
  - Sodio 13mg 1%
  - Carbohidratos 7g 2%
  - Fibra Dietética 1g 3%
  - Azúcares 6g
  - Proteínas 1g
  - Vitamina A 54%
  - Calcio 1%
  - Vitamina C 49%
  - Hierro 1%

¿Cuánto Necesito?

- Una ½ taza de melón cantalupo, casaba o verde (honeydew) es una fuente excelente† de vitamina C.
- Una ½ taza de melón cantalupo es también una fuente excelente† de vitamina A.
- El melón y la sandía son una fuente buena† de carotenoides, que son antioxidantes que pueden disminuir su riesgo de contraer algunas enfermedades.
- Otras fuentes buenas de carotenoides son los chabacanos, zanahorias, col rizada, chícharos, toronja, calabaza, espinaca y tomates.

La cantidad de frutas y verduras que necesita cada persona depende de su edad, sexo y nivel de actividad física. Descubra cuánto necesita cada persona de su familia. Después, agregue una variedad de frutas y verduras de varios colores a las comidas y bocadillos. Esto le ayudará a su familia a alcanzar sus metas.

†Las fuentes excelentes aportan al menos el 20% del Valor Diario (DV). Las fuentes buenas aportan 10-19% DV.

Recomendación Diaria de Frutas y Verduras*

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Para más ideas, visite: www.campeonesdelcambio.net
Health and Learning Success Go Hand-In-Hand
Research has shown that school-based interventions can improve health and academic performance, particularly among low-income children. Use Harvest of the Month to teach students about California’s bounty of fruits and vegetables and how to practice healthy eating and activity patterns. Harvest of the Month links with core curricula and connects the classroom, cafeteria, home, and community.

Exploring California Melons: Taste Testing

What You Will Need (per group of 8 students):
- Three or more different varieties of melons (e.g., cantaloupe, honeydew, casaba, watermelon)
- Knife and cutting board
- Small plates or bowls
- Paper and pencils
- Printed Nutrition Facts labels* for all varieties


Activity:* 
- Divide class into groups; distribute one melon variety to each group.
- Observe the external look, feel, and smell of melon; record observations.
- Cut open fruit and note color and smell of inside; record observations.
- Scoop out seeds and cube fruit; place on serving plate at head table.
- Sample each variety; record taste differences and similarities among melons and discuss as a class.
- Review Nutrition Facts labels; discuss similarities and differences in nutrients among varieties.
- Share observations with class; make a graph showing the classroom favorite.

Helpful Hint: Conduct taste testing in conjunction with Adventurous Activities (page 4).

For more ideas, reference:
Botany on Your Plate, University of California Botanical Garden, The Regents of the University of California, 2005.

Cooking in Class: Marvelous Melons
Makes 36 tastes at 1 piece of melon each

Ingredients: 
- 1 pound each of cantaloupe, honeydew, and watermelon
- 1 teaspoon chili seasoning or powder (optional)
- Lime juice (optional)
- Small plates and napkins

1. Wash, peel, and cut melons into small cubes.
2. Combine melons in a large bowl.
3. Optional: Sprinkle chili seasoning and/or lime juice over fruit and gently toss until well mixed.
4. Serve ¼ cup of melons on each plate.

Nutrition information per serving:
- Calories 6
- Carbohydrate 2 g
- Dietary Fiber 0 g
- Total Fat 0 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 3 mg

For more ideas, visit: www.cachampionsforchange.net

Reasons to Eat Melons
- A ½ cup of cantaloupe is an excellent source of vitamin C and vitamin A.
- A ½ cup of casaba or honeydew is an excellent source of vitamin C.
- A ½ cup of watermelon is a good source of vitamin C.
- Melons provide a rich source of carotenoids*, such as lycopene (watermelon) and beta-carotene (cantaloupe).

Champion Sources of Vitamin A*:
- Apricots
- Cantaloupe
- Carrots
- Kale
- Peas
- Pink grapefruit
- Pumpkin
- Spinach
- Tomatoes
- Watermelon

*Champion sources provide a good or excellent source of vitamin A (at least 10% Daily Value).

For more information, visit: www.nal.usda.gov/fnic/foodcomp/search/ (NDB No.: 09181, 09183, 09184, 09326)
**What Are Carotenoids?**
- Carotenoids are yellow, orange, and red pigments synthesized by plants.
- The most common carotenoids are alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein, zeaxanthin, and lycopene.
- Alpha-carotene, beta-carotene, and beta-cryptoxanthin are called provitamin A carotenoids because they are made into retinol in the body and then converted into vitamin A.
- Lycopene, lutein, and zeaxanthin do not have any provitamin A activity but provide many other important health benefits.
- Studies have found that carotenoids function like antioxidants by protecting the body from free radicals and may help protect the body from some diseases.

For more information, visit:
- [http://lpi.oregonstate.edu/infocenter/phytochemicals/carotenoids/](http://lpi.oregonstate.edu/infocenter/phytochemicals/carotenoids/)

**How Do Melons Grow?**
Melons are a warm-weather annual plant sensitive to cold temperatures at any stage of growth. In fact, seeded melons germinate best under hotter temperatures, up to 95°F, and can tolerate temperatures in excess of 100°F. Melons grow best when planted on raised beds spaced every 12 inches, in rows spaced four to six feet apart. Due to their large size, melons are normally hand-harvested when ripe at the “full-slip” stage, when the fruit easily separates from the vine with slight pressure.

**Soil**
- Loam or clay-loam; well-drained

**Optimal Temperature**
- 85 to 95°F

**Exposure**
- Full sun

**Irrigation**
- Minimal; keep tops of bed dry to minimize fruit contact with moist soil

**Reproduction**
- Bee pollination

**Days to Harvest**
- 75 to 100

For more information, visit:

**Botanical Facts**
- **Pronunciation:** mĕl’on
- **Spanish name:** melón
- **Family:** Cucurbitaceae
- **Genus:** Cucumis
- **Species:** C. melo

Melons are vine-like herb plants of the Cucurbit family that bear an accessory fruit known as a false berry. The fruit is actually called muskmelon because of its odor when ripe, but over the years this has been shortened to melon.

The watermelon also belongs to the Cucurbit family, but is classified in the genus Citrullus. Therefore, it is only loosely considered a type of melon. There are numerous melon cultivars, but commercially the most common are the cantaloupe (Cantalupensis and Reticulatus Groups) and honeydew (Inodorus Group).

<table>
<thead>
<tr>
<th>Major Melon Cultivar Group</th>
<th>Characteristics</th>
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<tbody>
<tr>
<td>Cantalupensis</td>
<td>Rough and warty skin; grown only in Europe and South Africa</td>
<td>European cantaloupe</td>
</tr>
<tr>
<td>Inodorus</td>
<td>Smooth rind, subtle and sweet flavor</td>
<td>Honeydew, Crenshaw, casaba, winter melon, American melon, Oriental sweet melon</td>
</tr>
<tr>
<td>Reticulatus</td>
<td>Netted skin with musky odor</td>
<td>Netted melon, North American cantaloupe</td>
</tr>
</tbody>
</table>

For more information, visit:
- [www.hort.purdue.edu](http://www.hort.purdue.edu)
- [www.fruitsandveggiesmatter.gov/month/melon.html](http://www.fruitsandveggiesmatter.gov/month/melon.html)

**How Much Do I Need?**
A ½ cup of melons is about one cupped handful. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Encourage students to find out how many cups of fruits and vegetables they need to eat every day and to track what they eat on a worksheet*. Remind students that all forms count toward their daily amount – fresh, frozen, canned, and dried.


**Recommended Daily Amount of Fruits and Vegetables***

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*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**Image adapted from:**
- Download botanical image from [www.harvestofthemonth.com](http://www.harvestofthemonth.com).
Just the Facts

- On average, it takes about 10 to 15 bee visits for proper pollination to grow melons.
- By weight, the watermelon is the most common melon consumed in America, followed by the cantaloupe and honeydew.
- There are many varieties of the “western shipping type” cantaloupe, but since consumers cannot differentiate between them, they are marketed under the general name as “cantaloupe.”
- There are four main varieties of watermelon: allsweet, ice-box, seedless, and yellow flesh.

Sources:
www.fruitsandveggiesmatter.gov/month/watermelon.html

Student Sleuths

1. Study the Nutrition Facts labels for cantaloupe, casaba, and honeydew melons. Make a list of nutrients found in each variety and write a brief sentence about the health benefits each provides to the body. Compare and contrast the nutrients for each melon. Refer to the Nutrition Facts label for watermelon. How does it compare to other melon varieties?

2. What role do carotenoids play in the body? List some of their health benefits. Identify at least three fruits or vegetables that you like and that contain at least one carotenoid.

3. Melons are members of the gourd family. Make a list of other produce items that belong to this family. Is the melon a fruit or vegetable? Write a persuasive argument for your statement.

For information, visit: www.plants.usda.gov
www.nal.usda.gov/fnic/foodcomp/search/

A Slice of Melon History

- Melons were first cultivated in Persia and northern Africa nearly 4,000 years ago, and later by ancient Greeks and Romans.
- Introduced to western and northern Europe during the Middle Ages, melons were harvested by the Spaniards and later the French and British.
- Christopher Columbus brought the first melon seeds to North America on his second expedition, while watermelons arrived with African slaves.
- In 1683, the melon was introduced to California by Spanish missionaries who cultivated them.
- Melons and watermelons were grown almost exclusively in home gardens until the first half of the 20th century, when more disease- and wilt-resistant cultivars were developed by the USDA.

For more information, visit: www.fruitsandveggiesmatter.gov/month/melon.html

School Garden: Bug Hunt

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

What You Will Need:
- Light-colored cloth sheet
- Magnified bug boxes or hand lenses

Activity:
- Take sheet and place under plant bush or shrub.
- Shake plant gently and carefully remove sheet.
- Use magnified bug boxes to observe bugs found on sheet; record observations.
- Grades K-6: Draw and label the basic insect parts (e.g., head, thorax, abdomen).
- Grades 7-12: Identify and classify insects; conduct population surveys; and/or study predator-prey relations in insect world.
- Repeat with different plant. Compare types of bugs found.
- Describe the role bugs play in a garden.

Adapted from: www.lifelab.org
For information, visit: www.csgn.org/page.php?id=22

Home Grown Facts

- California leads the nation in both cantaloupe and honeydew production — producing nearly two-thirds of the nation’s crop — and ranks second in watermelon production*.
- In California, melons go to market beginning in May with a continuous supply through October, peaking in July and August.
- The cantaloupe is the predominant variety grown — accounting for more than half of all California grown melons.
- Fresno County is the leading producer of cantaloupes.
- The major growing regions for melons include the Central Valley (Fresno, Kings, Merced, Stanislaus, San Joaquin, and Kern counties) and the southern desert valley (Imperial and Riverside counties).

*2008 Data
For more information, visit: http://anrcatalog.ucdavis.edu/pdf/7218.pdf
www.cdfa.ca.gov
Adventurous Activities

Melon Math:
- Estimate the weight of each melon variety; measure weight and record.
- Estimate the circumference, surface area, and volume of each variety; measure and record.
- Compare weight and size measurements for each variety. Determine if there is a correlation between weight and size. Why or why not?
- Determine the edible portion of each melon variety and weigh, if possible.
- Compare the ratio of fruit to rind for each melon variety.
- Estimate and record number of seeds in each variety. Determine which variety has the most number of seeds.

Helpful Hint: Coordinate activity with Taste Testing (page 1).

For more ideas, visit: www.harvestofthemonth.com

Physical Activity Corner

- Have students sit on the floor in a circle. Designate one student as the “fruit” to sit in the center of the circle.
- Give all students a melon name: Cantaloupe, Casaba, Honeydew, Watermelon.
- When “fruit” calls out a melon name, all students of that melon exchange places and the “fruit” tries to sit in an empty spot. The student left without a spot becomes the “fruit.”
- When “Fruit Salad” is called by “fruit,” everyone must find a new place in the circle.

Helpful Hints:
- Have students sit on towels, jackets, or carpet squares.
- Change the locomotor movement frequently (e.g., crawl, belly crawl, creep, crab walk, bear walk).
- For safety, avoid fast movements like running and leaping.

Source: Physical Activity Specialist, Northcoast Region, Network for a Healthy California, 2011.

For more ideas, visit: www.afterschoolpa.com

Cafeteria Connections

Work with school nutrition staff to host a “Melon Contest,” celebrating the many varieties of melons.

- Find as many different varieties as possible at local grocery store or farmers’ market*. 
- Set-up display of melon varieties in cafeteria.
- Decide on contest (e.g., name the varieties; identify the flesh color; estimate the number of seeds in each melon; estimate the circumference of each melon; estimate weight).
- Feature melon varieties on menu throughout month to promote contest. Also, feature students’ favorite variety from Taste Testing (page 1) as a “menu special” on a designated day.

*Refer to Botanical Facts (page 2) for different melon varieties.


Student Champions

Support local growers and California agriculture by promoting farmers’ markets.

- Introduce yourself to the local growers and ask if you can help promote sales.
- Make a schedule of farmers’ markets in your area. If none are nearby, find out how to get one in your neighborhood.
- Develop a promotional flyer inviting students, friends, and families to visit local farmers’ markets.
- Distribute flyers on school campus and in local neighborhoods.
- Increase attendance by hosting a contest or arranging a neighborhood walk to and from the market.

For information, visit: www.localharvest.org

Literature Links

- **Elementary:** Anansi and the Talking Melon by Eric Kimmel, Melvin’s Melons by Sherry Vaughn, A Seed Grows by Pamela Hickman and Heather Collins, Watermelon Day by Kathi Appelt, and We Love Fruit! by Fay Robinson.

- **Secondary:** Genetically Modified Food by Nigel Hawkes and Melons for the Passionate Grower by Amy Goldman.

For more ideas, visit: www.cfaintc.org/books
Cold Melon Soup

Serves: 8
Time: 15 Minutes

Ingredients
- 1 ½ Cup Cantaloupe cut in ½ cubes
- 1 ½ Cup Honeydew cut in ½ cubes
- 1 ½ Cup Cantaloupe cut in ½ coarsely chopped
- 1 ½ Cup Honeydew cut in ½ coarsely chopped
- 2 Cup Fresh Orange Juice
- 3 Tablespoon Honey
- 2 Cup Sparkling Water
- 2 Tablespoon Fresh Lime Juice
- 1 Cup Low-fat vanilla yogurt
- Fresh Mint Leaves

What You’ll Need
- Cutting board
- Sharp knife
- Measuring spoon
- Large bowl
- Blender
- Spoon

Directions
1. In a large bowl: add the cubed cantaloupe and honeydew.
2. In a blender: add coarsely chopped cantaloupe, 1 cup of orange juice, lime juice, honey and blend (only takes a few seconds).
3. Pour the blended mixture over the coarsely chopped melons in the large bowl.
4. In the same blender: add coarsely chopped honeydew and remaining 1 cup of orange juice and blend. (The melon is blended in two batches so that the blender doesn’t overflow.)
5. Pour the blended mixture into the large bowl.
6. Stir in sparkling water, cover and refrigerate until ready to serve.
7. To serve, pour into chilled bowls and garnish with a spoonful of yogurt and a few mint leaves.

Nutrition Info and More: Serving size: 1 ½ Total Calories: 120 Total Fat: 0.5g Carbohydrates 28g Fiber: 1g Sodium: 45mg

For CalFresh information, call 1-877-847-3663.
Focus on Fruit

- Fruits Group: http://www.choosemyplate.gov/food-groups/fruits.html
- Local Harvest: http://www.localharvest.org
- Just Say Yes to Fruits and Veggies: http://www.jsyfruitveggies.org/

Melons

- Melon: http://eatfresh.org/discover-foods/melon
- Cantaloupe: http://www.fruitsandveggiesmorematters.org/cantaloupe-nutrition-selection-storage
- Honeydew Melon: http://www.fruitsandveggiesmorematters.org/honeydew
- Watermelon: http://www.fruitsandveggiesmorematters.org/watermelon
- Cantaloupe: http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/cantaloupe
- Watermelon: http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/watermelon

Swimming

be food safe

10 tips
Nutrition Education Series

10 tips to reduce the risk of foodborne illness

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1. wash hands with soap and water
   Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2. sanitize surfaces
   Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3. clean sweep refrigerated foods once a week
   At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4. keep appliances clean
   Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5. rinse produce
   Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6. separate foods when shopping
   Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7. separate foods when preparing and serving
   Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8. use a food thermometer when cooking
   A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9. cook food to safe internal temperatures
   One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10. keep foods at safe temperatures
    Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

USDA is an equal opportunity provider and employer.
10 consejos para reducir el riesgo de enfermedades por contaminación de alimentos

Una parte crítica de la alimentación saludable es mantener la sanidad de los alimentos. Las personas en sus propias casas pueden reducir la posibilidad de contaminar los alimentos siguiendo buenas prácticas al manipular los alimentos. Hay cuatro principios básicos de sanidad alimentaria para reducir el riesgo de contraer enfermedades por contaminación de los alimentos: lavar, separar, cocinar y refrigerar. Estos cuatro principios son la base de “Fight Bac!”®, una campaña Nacional para promover sanidad alimentaria para los consumidores y para educarlos en cómo manipular y preparar los alimentos.

**LAVAR**

1. **lávese las manos con jabón y agua**
   Moje sus manos con agua limpia y aplique el jabón. Use agua caliente si hubiera. Frote sus manos para esparcir el jabón por 20 segundos y asegúrese de limpiar todas las partes de la mano. Enjuague las manos y séquelas usando una toalla de papel limpia. Si es posible use la toalla de papel para cerrar el caño (pluma) de agua.

2. **sanitize las superficies**
   Las superficies deben ser lavadas con agua jabonosa caliente. Para sanitizar las superficies, puede usarse una solución de 1 cuchara de cloro para blanquear sin olor por 1 galón de agua.

3. **limpie la refrigeradora una vez por semana**
   Por lo menos una vez por semana, descarte los alimentos de la refrigeradora que no van a ser utilizados. Las comidas recalentadas deben ser descartadas después de 4 días; pollo o carnes de res crudas después de 1 o 2 días.

4. **mantenga los utensilios limpios**
   Limpie fuera y dentro de los utensilios. Ponga atención a las uniones y asas o mangos donde pudiera ocurrir contaminación cruzada con las manos.

5. **enjuague los productos frescos**
   Enjuague los vegetales y frutas frescas en agua corriente antes de comerlos, cortarlos o cocinarlos. Incluso si planea pelar o cortar antes de comerlos, es muy importante que los enjuague bien para prevenir el transpaso de microbios de la parte externa a la interna de los productos.

**SEPARAR**

6. **separe los productos al comprar**
   Separe las carnes de pescado, res y aves crudas en bolsas de plástico. En el refrigerador, guarde éstos productos debajo de los productos listos para comer.

7. **separe los productos cuando los prepare o los sirva**
   Siempre use una tabla de cortar limpia para los productos frescos y otra para las carnes de pescado, mariscos, res y aves. Nunca ponga alimentos cocidos en el mismo plato o tabla de cortar donde previamente puso carne cruda.

**COCINAR Y REFRIGERAR**

8. **cuisine les alimentos hasta lograr temperaturas internas seguras**
   Una forma efectiva de prevenir enfermedades por contaminación de los alimentos es chequear la temperatura interna de las carnes de pescado, res, aves, y platos preparados con huevo. Cocine las carnes crudas de res, cerdo, camaro y otros a una temperatura interna mínima de 145 °F. Para seguridad y calidad, espere 3 minutos antes de cortar o comer las carnes. Cocine todas las carnes molidas de res, cerdo, camaro u otros a una temperatura interna de 160 °F. Cocine todas las carnes de aves, incluyendo carne molida de pavo y pollo, a una temperatura interna de 165 °F (www.isitdoneyet.gov).

9. **mantenga los alimentos preparados a temperaturas seguras**
   Mantenga los alimentos a 40 °F o por debajo. Mantenga los alimentos calientes a 140 °F o por encima. Los alimentos no son seguros para comer si éstos han estado en el rango peligroso de 40-140 °F por más de 2 horas (1 hora si la temperatura estuvo por encima de los 90 °F).

Visite www.fsis.usda.gov para información de sanidad alimentaria.
Plug Into PA: 
Energize Your Body With 
Physical Activity

Ways to Energize with Sports

Why Sports Work

Sports are a great way to have fun while being physically active. They can help to increase your chances of living longer, build stronger muscles and bones, reduce depression, and decrease the risk of developing serious health problems such as heart disease, type 2 diabetes, and high blood pressure.

How Much Should I Do?

Adults need at least 30 minutes of moderate to vigorous physical activity every day, and strength training activities at least 2 days a week. Children and teens need at least 60 minutes of moderate to vigorous physical activity every day, and strength training activities at least 3 days per week.

Tips for Getting Started

- Play your favorite sports with friends and family members.
- Play at a local park, YMCA, or parks and recreation center.
- Take lessons or have a friend or family member teach you how to play a new sport.
- Join a sports team.

Examples of Sports Activities

- Baseball
- Basketball
- Cheerleading
- Cross country/track and field
- Football
- Golf (pull cart or carry clubs)
- Gymnastics
- Hockey
- Martial Arts
- Soccer
- Softball
- Swimming/diving
- Tennis
- Volleyball
- Water Polo
- Wrestling/boxing

Additional Resources:

- Santa Clara County Parks: http://www.sccgov.org/sites/parks/Pages/Welcome-to-Santa-Clara-County-Parks.aspx
- Find a Local YMCA: http://www.ymcasv.org/association/html/find_map.html

Sources:

Healthy Serving Ideas
Add lots of tomatoes to sandwiches for a healthy punch to your lunch.

Sauté chopped red tomatoes with okra pods and sliced onions for a Southern-style side dish.

Cherry tomatoes are a tasty addition to grilled kabobs. Be careful to give the juices inside the tomatoes enough time to cool off before taking a bite.

Shopper's Tips
- Look for plump tomatoes with smooth skin, an even color, and a sweet smell. They should feel slightly firm.
- Keep ripe tomatoes at room temperature and away from direct sunlight for up to five days.
- Put firm tomatoes in a paper bag until ripe.
- Put cut or cooked tomatoes in the refrigerator for up to two days.

Let's Get Physical!
You don’t need to complete all 30 minutes of recommended daily physical activity at once. Try a brisk 10-minute walk in the morning, take the stairs throughout the day, and go for a walk after dinner. By the end of the day, you may have met your activity goals!

How Much Do I Need?
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
- Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net
La salud y la nutrición van mano a mano

Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de rebanadas de tomate es una fuente buena* de vitamina C y vitamina A. Una ½ taza de rebanadas de tomate equivale aproximadamente a un tomate pequeño. El tomate también tiene mucho licopeno. El licopeno es un antioxidante excelente que puede ayudar a reducir el riesgo de padecer algunos tipos de cáncer, fomenta la salud del corazón y ayuda a mantener el sistema inmunológico saludable.

* Las fuentes buenas aportan 10-19% del valor diario.

Consejos saludables

- Busque tomates redondeados con la piel lisa, color uniforme y aroma dulce.
- Guarde los tomates a temperatura ambiente, donde no les dé directamente la luz del sol, hasta por 5 días.
- El tomate duro puede madurarse dentro de una bolsa de papel.
- Ponga los tomates cortados o cocinados en el refrigerador hasta por 2 días.

¡En sus marcas, listos...!

No necesita hacer los 30 minutos seguidos de su actividad física recomendada. Camine durante 10 minutos por la mañana, use las escaleras y camine después de cenar. Al final del día, ¡habrá cumplido con su meta de actividad física!

¿Cuánto necesito?

La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:

- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!

Para más consejos y recetas, visite: www.CampeonesDelCambio.net

Harvest of the Month

The Harvest of the Month featured vegetable is tomatoes

Network for a Healthy California

Healthy Serving Ideas
- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Toss sliced red, yellow, and green tomatoes with your family’s favorite lowfat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

HUEVOS RANCHEROS WITH FRESH SALSA

Makes 4 servings. 1 tortilla per serving.
Cook time: 30 minutes

Ingredients:
4 (6-inch) corn tortillas
½ tablespoon vegetable oil
1 ½ cups egg substitute
2 tablespoons shredded cheese
2 cups fresh salsa
⅛ teaspoon ground black pepper

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

Nutrition Facts
Serving Size: ½ cup tomatoes, sliced (90g)
Calories 16  Calories from Fat 0
% Daily Value
Total Fat 0g  0%
Saturated Fat 0g  0%
Trans Fat 0g  0%
Cholesterol 0mg  0%
Sodium 4mg  0%
Total Carbohydrate 4g  1%
Dietary Fiber 1g  4%
Sugars 2g  
Protein 1g  
Vitamin A 15%  
Calcium 1%
Vitamin C 19%  
Iron 1%

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
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<tbody>
<tr>
<td>Males 2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females 2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

How Much Do I Need?
- A ½ cup of sliced tomatoes is about one small tomato.
- A ½ cup of sliced tomatoes is a good source of vitamin C and vitamin A.
- Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.

The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Make meal plans to help your family get the right amount of fruits and vegetables every day.

Produce Tips
- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

Nutrition information per serving:
Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

Let’s Get Physical!
- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit: www.cawalktoschool.com

Ideas Saludables de Preparación

- Use tomates crudos para hacer salsa o como base para sopas.
- Prepare una receta nueva con tomates. Pídale a su hijo/a que le ayude a elegir la receta, a comprar los ingredientes y a prepararla.
- Compre tomates enlatados, puré de tomate y salsa de tomate bajos en sodio cuando no haya tomates frescos.

**HUEVOS RANCHEROS CON PICO DE GALLO**
Rinde 4 porciones. 1 tortilla por porción.
Tiempo de preparación: 30 minutos

**Ingredientes:**
- 4 tortillas de maíz (de 6 pulgadas)
- ½ cucharada de aceite vegetal en aerosol para cocinar
- 1½ tazas de sustituto de huevo
- 2 chucharradas de queso rallado
- 2 tazas de Pico de Gallo
- ½ cucharatda de pimienta molida

1. Caliente el horno a 450°F.
2. Unte ligeramente con aceite las tortillas por ambos lados y póngalas en una charola para horno. Hornéalas de 5 a 10 minutos, hasta que las orillas de las tortillas estén crujientes. Retírelas y déjelas a un lado.
3. Rocíe un sartén grande con aceite en aerosol para cocinar.
4. Cocine el sustituto de huevo a fuego medio de 2 a 3 minutos hasta que el huevo esté bien cocido.
5. Ponga cantidades iguales de huevo en cada tortilla y espolvoree con ½ cucharatada de queso.
6. Cocine en la parrilla del horno en "Broil" unos 2 minutos, hasta que el queso se derrita. Con una cuchara, ponga ½ taza de Pico de Gallo sobre cada tortilla y espolvoree con pimienta molida. Sirva caliente.

**Información Nutricional por porción:**
- Calorías: 146
- Carbohidratos: 16 g
- Fibra Dietética: 3 g
- Proteínas: 1g
- Azúcares: 2g
- Grasa Trans: 0 g
- Sodio: 255 mg
- Vitamina A: 15%
- Vitamina C: 19%
- Calcio: 1%
- Hierro: 1%

¿Cuánto Necesito?

- Una ½ taza de tomates rebanados equivale aproximadamente a un tomate pequeño.
- Una ½ taza de tomates rebanados es una fuente buena de vitamina C y vitamina A.
- Los tomates son una fuente muy buena de lycopene. El lycopene es un poderoso antioxidante que puede ayudar a disminuir el riesgo de contraer algunos tipos de cáncer.

La cantidad de frutas y verduras que necesita diariamente depende de su edad, sexo y nivel de actividad física. Planee las comidas de modo que ayuden a su familia a obtener la cantidad necesaria de frutas y verduras todos los días.

**Recomendación Diaria de Frutas y Verduras**

<table>
<thead>
<tr>
<th>Niños, Edad de 5-12</th>
<th>Adolescentes y Adultos, Edad de 13 en adelante</th>
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<tr>
<td>2½ - 5 tazas por día</td>
<td>3½ - 5 tazas por día</td>
</tr>
</tbody>
</table>

**Si es activo, coma el número más alto de tazas por día.**


**Consejos Saludables**

- Busque tomates que estén firmes y cedan con una ligera presión.
- Guarde los tomates maduros a temperatura ambiente, lejos de la luz directa del sol. Úselos a los pocos días.

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†Sitio web sólo disponible en inglés.
Health and Learning Success Go Hand-In-Hand

The classroom is an ideal place to teach students about the importance of eating healthy and being physically active. Studies show a relationship between good nutrition and improved behavioral performance, particularly among those with poor nutritional status. Harvest of the Month connects with core curricula and links the classroom, cafeteria, home, and community.

Exploring California Tomatoes: Taste Testing

What You Will Need:
- Variety of tomatoes*
- One tomato of each variety per every four students
- Cutting board and knife for each student group
- Dry erase board and markers

*See Botanical Facts on page 2 for varieties. Harvest from your school garden.

Activity:
- Label five columns on board: smell, sound, look, texture, taste.
- Label rows according to tomato varieties.
- Guide students to observe, smell, feel, and taste tomatoes.
- Note students’ observations on board.
- Discuss similarities and differences among varieties.
- Graph each student’s favorite variety on board to determine overall class favorite.

Follow-up Activity:
Complete the School Garden activity on page 4.

For more ideas, visit:
www.fns.usda.gov/tn/

Nutrition Facts
Serving Size: ½ cup tomatoes, sliced (90g)
Calories 16
Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 4mg 0%
Total Carbohydrate 4g 1%
Dietary Fiber 1g 4%
Sugars 2g 4%
Protein 1g 0%

Nutrition information per serving*:
Calories 17, Carbohydrate 4g, Dietary Fiber 1g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 52mg

*Information for Pico de Gallo only; does not include tortilla chips.


For more ideas, visit:
www.fruitsandveggiesmatter.gov/month/tomato.html

Cooking in Class: Pico de Gallo

Makes 36 tastes at ¼ cup each

Ingredients:
- 3 pounds tomatoes, chopped
- 4½ cups chopped onion
- 1 cup chopped fresh cilantro
- 9 jalapeño peppers, seeds removed and chopped
- 6 cloves garlic, finely chopped
- 6 tablespoons lime juice
- ½ teaspoon salt
- Small paper cups
- Baked tortilla chips

1. Combine all ingredients in a large bowl.
2. Serve in small cups with baked tortilla chips.

Reasons to Eat Tomatoes
A ½ cup of sliced tomato is:
- A good source of vitamin C and vitamin A.
- A source of vitamin K and potassium.
- Rich in lycopene*, which is a type of phytonutrient called a carotenoid.

Champion Sources of Lycopene*:
- Pink grapefruit
- Salsa
- Tomatoes
- Tomato products
- Watermelon

*Champion foods are a great source of lycopene.

For more information, visit:
www.eatright.org/Public/content.aspx?id=3542&terms=lycopene
www.nal.usda.gov/fnic/foodcomp/search
(NDB No: 11529)
What is Lycopene?
- Lycopene is an antioxidant pigment found in tomatoes, watermelon, and pink grapefruit that gives foods their reddish color.
- Lycopene is a carotenoid, which is an antioxidant that may decrease the risk of certain cancers and heart disease and also help to keep the immune system healthy.
- Lycopene cannot be produced in the body so it can only be obtained by eating lycopene-rich foods.
- Cooked tomato products, sauces, and juices contain higher amounts of lycopene than raw tomatoes due to greater concentration (i.e., it takes many cups of raw tomatoes to make one cup of tomato sauce, and thus the lycopene concentration is greater).

For more information, visit: www.eatright.org/Public/content.aspx?id=3542&terms=lycopene

How Much Do I Need?
A ½ cup of sliced tomatoes is about one small tomato. This is about the same as one cupped handful. The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level. Download a MyPyramid food tracking worksheet* from USDA’s Team Nutrition. Have students write down their daily goals and track their food choices. At the end of each week, review worksheets as a class and have students assess if they met their goals and where they need improvement.

For more information, visit: www.choosemyplate.gov

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Just the Facts
- There are more than 4,000 varieties of tomatoes ranging in size, shape, and color.
- Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared it a vegetable.*
- According to USDA, Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.

*See A Slice of Tomato History on page 3 for more information.

Source: www.cfaitc.org

Botanical Facts
Pronunciation: te-ma-tó
Spanish name: tomate
Family: Solanaceae
Genus: Solanum
Species: S. lycopersicum

The tomato is a berry of the nightshade family, which includes potatoes, eggplants, and peppers. The word “tomato” is derived from the Nahuatl (Aztec language) word, tomatl, meaning “something round and plump.” Over the years, the tomato has endured many names including “love apple,” “golden apple,” “apple of paradise,” and even “devil apple” by those who believed the tomato to be poisonous.

Varieties are commonly divided into these categories, based mostly on shape, use, and size (small to large):
- **Cherry**: sweet tomatoes, usually eaten whole in salads
- **Plum**: pear-shaped, more meaty, ideal for tomato products, also called Italian or Roma
- **Slicing**: round or globe-shaped, used mainly for commerce and processed products
- **Beefsteak**: round, juicy, used mainly for sandwiches

Other varieties include heirlooms, green, orange, and yellow tomatoes. Yellow and orange tomatoes tend to be sweeter than red and green varieties; only red tomatoes, which contain a red pigment, contain lycopene.

For more information, visit: www.plants.usda.gov

Student Sleuths
1. Lycopene is an antioxidant that was only recently discovered. Why is it important to our diet? Can the body make its own lycopene?
2. List three nutrients found in tomatoes. Name some of the health benefits of these nutrients. Describe the impact of processing, if any, on each nutrient.
3. How do botanists define fruits? Vegetables? Explain why the tomato is sometimes called a vegetable instead of a fruit.
4. Tomatoes are eaten by people throughout the world. Identify at least five different cultures and research how tomatoes are used in their traditional meals.
5. California grows what percentage of the nation’s tomatoes for processing? List five processed tomato products available in most grocery stores.
6. Using a California map, color in the top three tomato-producing counties. In what months does peak harvesting take place in these counties?
7. How are processing tomatoes harvested differently than fresh market tomatoes? Why do processing tomatoes have thicker skins?

For more information, visit: www.californiatomatoes.org

www.cfaitc.org/factsheets/pdf/ProcessingTomato.pdf
**How Do Tomatoes Grow?**

The tomato is a warm-weather perennial plant, sensitive to frost at any stage of growth. In California, fresh-market tomatoes are grown using one of two methods: bush or pole. In the Central Valley, 100 percent of all tomatoes are grown using bushes, while most Southern California coastal counties practice the pole method.

<table>
<thead>
<tr>
<th>Bush-Harvesting</th>
<th>Pole-Harvesting</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Temperature</strong></td>
<td><strong>Same as bush</strong></td>
</tr>
<tr>
<td>70-80 F (High: 100 F; Chilling: 50 F)</td>
<td></td>
</tr>
<tr>
<td><strong>Soil</strong></td>
<td><strong>Same as bush</strong></td>
</tr>
<tr>
<td>Clay and loam (produce most plentiful crops); in wet areas, sandy soils</td>
<td></td>
</tr>
<tr>
<td><strong>Vines</strong></td>
<td><strong>&quot;Indeterminate,&quot; long, climbing; supported by stakes</strong></td>
</tr>
<tr>
<td>&quot;Determinate,&quot; short; bushes without support</td>
<td></td>
</tr>
<tr>
<td><strong>Planting</strong></td>
<td><strong>Hand-harvested as vine-ripe for 70 to 120 days or longer; picked 1-3 times per week</strong></td>
</tr>
<tr>
<td>Seeds planted on raised beds, single row, 18” apart</td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td><strong>Same as bush</strong></td>
</tr>
<tr>
<td>Develop from flower ovaries (like berries); either bilocular or multilocular</td>
<td></td>
</tr>
<tr>
<td><strong>Harvesting</strong></td>
<td></td>
</tr>
<tr>
<td>Hand-harvested at mature green fruit stage about 80 to 110 days after planting; picked total 1-2 times</td>
<td></td>
</tr>
<tr>
<td><strong>Common varieties</strong></td>
<td></td>
</tr>
<tr>
<td>Shady Lady, Sunbrite, Roma, QualiT 21, Merced, Sonnet</td>
<td>Bingo, Merced, Tango, Celebrity</td>
</tr>
</tbody>
</table>

For more information, visit: http://anrcatalog.ucdavis.edu/pdf/8017.pdf

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**Cafeteria Connections**

- Ask school nutrition staff to offer different salsas when serving tacos, taco salad, or burritos; also suggest including salsa in the baked potato and garden bar.
- Conduct a survey during the lunch hour asking students about their favorite ways to eat tomatoes.
- Select a team of Student Advocates (page 4) to help identify local tomato growers or distributors who can sell tomatoes to the school/district. Share list with school nutrition staff.


**A Slice of Tomato History**

- The first tomatoes can be traced back to the Andes in Peru, where they grew wild as cherry-sized berries. As early as 700 A.D., the Incas and Aztecs began cultivating tomato plants.
- Mexico’s Aztecs and Mayans gave the tomato its name, first “xitomatle,” then “tomatle” or “tomati.”
- In the mid-1500s, Spanish conquistadors carried tomato seeds back to Europe, where they were embraced in Italy, Spain, and Portugal.
- In 17th and 18th century England, tomatoes were believed to be poisonous. (Eating the stems and leaves may cause illness and should be avoided.)
- Thomas Jefferson was one of the first Americans to grow tomatoes at his Virginia home as early as 1781. By 1812, tomatoes were gaining in popularity among Louisiana Creoles who used them in jambalayas and gumboas and Maine cooks who added them to seafood dishes.
- In the 1893 U.S. Supreme Court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.
- George Washington Carver believed tomatoes had “medicinal virtues.” After World War I, he issued “115 Ways to Prepare It [Tomatoes] For the Table” thus marking the introduction of the tomato into popular culture.

For more information, reference:
www.cfaitc.org/factsheets/pdf/ProcessingTomato.pdf
http://aggie-horticulture.tamu.edu

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Adapted from: Hot as a Pepper, Cool as a Cucumber, Meredith Sayles Hughes, 1999.
To download reproducible botanical images, visit the Educators’ Corner at www.harvestofthemonth.com.
Physical Activity Corner
To achieve optimal learning in the classroom, studies show that students need to activate their minds and bodies. Here is a quick (5-10 minute) activity that you can do with your students to help energize their bodies.

Have students pretend they are on a trip to the farm and move their bodies to each prompt (spend 30 seconds to one minute on each activity).

1. Climb the apple tree.
2. Walk through the tall corn fields.
3. Squat down and pick up the pumpkins and load them in the truck.
4. Pull carrots from the ground.
5. Reach for oranges on the tree.
6. Bend down and pick up tomatoes to put in your basket.
7. Push the wheelbarrow of hay.
8. Run to open the gate for the cows.
9. Swim like a fish in the pond.
10. Dig holes to plant potatoes.

For more information, visit:
www.cde.ca.gov/ci/pe/cf/

Home Grown Facts
- California is the nation’s tomato capital. Ninety-five percent of processing tomatoes and about 75 percent of all tomatoes are grown in California.
- Tomatoes are grown throughout the state, but about 90 percent of California grown tomatoes are harvested in nine counties.
- The largest fresh-market tomato producing counties are: Fresno, Merced, San Joaquin, San Diego, Kern, Stanislaus, Kings, Tulare, and Sacramento.

For more information, visit:
www.cfaitc.org
www.cdfa.ca.gov

School Garden: Tomatoes Galore
If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

- Select a colorful variety of tomatoes from the school garden, farmers’ market, or supermarket.*
- Download the botanical image (page 3) and CFAITC’s Tomato Life Cycle image.** Discuss the growing process for tomato plants. Have students identify parts of the plant and tomato.
- Have students look up the nutrition information for each variety. (Hint: search www.nal.usda.gov/fnic/foodcomp/search/.)
- Compare the different nutrients in each variety. Discuss why different varieties (and different colored tomatoes) have different nutrients.

*Suggested varieties: roma, heirloom, cherry tomatoes, better boy tomatoes, beefsteak tomatoes, etc.


Student Champions
- Visit local grocery stores. Find out if the store buys/sells fresh tomatoes that are grown by local farmers (or in California), out-of-state, or abroad?
- If the store does not purchase tomatoes from local growers, find out why not.
- Propose options for stores to consider purchasing tomatoes from local or regional growers.
- Ask stores for tomato plant donations for school garden or classroom.

Literature Links

For more ideas, visit:

Adventurous Activities
Many factors affect agricultural production. Techniques like selective breeding, genetic engineering, and more efficient farming practices have allowed growers to produce crops that are more plentiful, safer for the environment, more nutritious, and better tasting. Research how tomato production has evolved with advancing technology.

Tomato and Garlic Omelet

Serves: 1
Time: 40 Minutes

**Ingredients**
- ½ Slice Whole Wheat Bread
- ½ Teaspoon Olive Oil
- 1 Clove Garlic finely chopped
- Non-stick cooking spray
- ¾ Cup Egg Substitute
- 2 Tablespoon Part-skim Mozzarella cheese grated
- 1 Large Tomato chopped
- 1 Teaspoon dried basil

**What You’ll Need**
- Measuring Spoon
- Measuring Cup
- Cutting board
- Knife
- Small bowl
- Baking sheet
- Spatula
- Medium Pan
- Large spoon

**Directions**
1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve

**Nutrition Info and More:** Serving size: 1 Total Calories: 235 Total Fat: 7g Saturated Fat: 2g Carbohydrates 18g Protein 5g Sodium 506mg
Be Food Safe
- Partnership for Food Safety Education - Fight Bac!: [http://www.fightbac.org](http://www.fightbac.org)

Tomatoes

Sports