



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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The Importance of Fruits and Vegetables

When it comes to fruit and vegetables, more matters! It's recommended that children get 5 or more servings daily. While juice can offer the same nutrients, whole fruits and vegetables, whether fresh or frozen, are the best option to get all the nutrient-rich fiber they offer. An added bonus is that your child will feel full for a longer period of time.

Fruits and vegetables come in a rainbow of colors. Each color offers a unique set of nutrients, making it important to get a little of each color every day to maximize the nutritional benefits. Red fruits and vegetables like raspberries, tomatoes and watermelon are rich in antioxidants. Most orange and yellow fruits and vegetables provide beta-carotene, a nutrient that converts to vitamin A which supports healthy bones, skin and teeth, and improved vision. Next are greens, which promote healthy eyes, bones and teeth. Greens are rich in vitamin C and E, which lower the risk for chronic illnesses. Blue and purple fruits and vegetables have powerful antioxidant properties. White fruits and vegetables, like pears, apples, cauliflower and cucumbers, are high in fiber and packed with antioxidants.

Imagine how bright and appealing your plate will be with all the colors you can choose!

Your school's cafeteria offers a variety of fresh fruits and vegetables daily. This allows your child the option to choose his or her favorite with their lunch.



Chef Basil's Wellness Wednesday

Pineapple Salsa is Chef Basil's featured recipe. Did you know pineapple is good for soothing colds and coughs? Pineapples are packed with Vitamin C and all the flu fighting goodness you'd expect to get from oranges, except pineapples have something EXTRA special! Bromelain, an enzyme which is found in pineapples, is excellent for digestion.



RECIPE Pineapple Salsa

- 2 1/2 Cups pineapple tidbits
- 2 1/2 Cups favorite salsa
- 2 tsp of cumin
- 1 tsp lime juice
- 2 tsp of chopped fresh cilantro

Mix ingredients in a bowl and stir until blended and refrigerate until ready serve. Serve with corn chips, pita chips, or as topping for grilled chicken or fish.



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about grains and grain products.

Word List

APPLE, BANANA, BROCCOLI, CARROT,
CAULIFLOWER, CELERY, CHERRIES, GRAPES, KIWI,
MANGO, ORANGE, PEACH, PEAR, PLUM, POTATO,
STRAWBERRIES, TOMATO, WATERMELON

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|---|---|---|---|---|---|---|---|---|---|
| W | G | R | A | P | E | S | R | K | P |
| F | A | P | C | T | T | T | E | I | L |
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| P | X | O | E | R | T | A | O | I | M |
| C | O | K | G | R | O | W | L | L | S |
| M | H | T | N | A | M | B | F | O | B |
| A | P | E | A | C | A | E | I | C | A |
| N | P | I | R | T | T | R | L | C | N |
| G | E | P | O | R | O | R | U | O | A |
| O | A | X | L | A | I | I | A | R | N |
| F | C | Y | R | E | L | E | C | B | A |
| K | H | Y | X | P | O | S | S | O | N |

Words may be vertical, horizontal, diagonal or backwards and upside down.

FRUIT AND VEGGIE FUN FACTS

Farmers in Japan have started growing cube shaped watermelons by growing them in glass boxes where they assume the shape of the box. Originally this was done to make the melons easier to stack and store, but the novelty of the cubic watermelon can fetch double the price of a normal one.

Vegetables have many healing qualities and benefits, they can help to cure many ailments or at least significantly reduce the effects. Vegetables are an essential part of any diet, no matter what your age.

Japanese Yubari cantaloupes are the most expensive fruit in the world; two melons once sold at auction for \$23,500.

Tomatoes are a fruit, not a vegetable. Tomatoes are the most popular fruits in the world!

Frozen vegetables are just as beneficial to your health as fresh vegetables.

Eating an apple is a more reliable method of staying awake than consuming a cup of coffee. The natural sugar in an apple is more potent than the caffeine in coffee.

Apples float in water because they are 25% air.





Wellness Wednesday Action Sheet **FRUITS AND VEGETABLES**

Wellness Wednesday has quickly become a popular, anticipated monthly event for students, teachers and school administrators. Here are some suggestions that will help you effectively advertise your event and easily help to maximize your success.

The Scoop is an important part of Wellness Wednesday. It should go home to parents and be available on the school's website. It lets parents know that the event was hosted by The Nutrition Group, gives them an easy recipe that they can make with their child and provides useful nutritional information. Also, when children show parents their "I Tried Something New Today" sticker, having *The Scoop* to refer to helps parents recognize the value of the program and gives them the opportunity to reinforce the nutrition message with their child.

- Start with the regular Wellness Wednesday table display and decorations. Your Wellness Wednesday display and serving table should also include fresh fruits and veggies, along with recipe items such as pineapple tidbits, salsa, tomatoes, cilantro, limes and the spice cumin.
- Give each student that tries the new recipe an "I Tried Something New Today" sticker (web store item #16-05).
- Be sure to have copies of the word search from *The Scoop* for students to take.
- Give away Calvin the Calf bookmarks (web store item #10-03).
- Do a short morning announcement on the day of the event. You or the school secretary can read this or a similar script on the morning of the program:

"Good Morning! Today in our cafeteria it's Chef Basil's Wellness Wednesday! How many ways can you think of to get 5 servings of fruits and vegetables every day? Chef Basil can help, visit our Wellness Wednesday table today and try our pineapple salsa. Join Chef Basil, you might discover your new favorite flavor and get a sticker!"

Key Nutritional Messages:

- Eat 5 or more servings of fruits and vegetables daily.
- Vary your fruit and vegetables choices to get a variety of nutrients.
- Add fruit and vegetables to all meals.
- When drinking juice make sure its 100% juice.
- You can take a fruit and vegetable with your lunch to help you get to your 5 servings.