



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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Why Protein...

Whether you are an Olympic athlete or an elementary school student, proteins provide your body with the building blocks to grow and stay strong. They also maintain and replace body tissue, such as muscles, bones, blood, and body organs. Growing children need protein to become strong, support their immune system, and develop properly.

There are a variety of protein rich foods to help you assure your child is getting enough. Traditional meat items are usually well accepted, but peanuts, seeds, lentils, beans, legumes, eggs, fish and seafood are good sources, too. Cheese, yogurt, and milk also contain some protein.

Protein snacks are the perfect way to fill up, and give us longer-lasting energy than the usual, carb-heavy options. With so many different options of protein available, these daily servings are easy to fill! Most children are easily pleased with scrambled eggs, macaroni and cheese, or a peanut butter and jelly sandwich.

Lean, low-fat and healthy are the best protein choices. Your school's cafeteria offers a lean, low fat and healthy protein daily. Through the Wellness Wednesday program, we are introducing unique protein foods to help encourage your child to try new foods!



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Chef Basil's Wellness Wednesday

Mediterranean Chickpea Salad is Chef Basil's featured recipe. Chickpeas, or Garbanzo beans, are one of the world's healthiest foods! Garbanzos can boost your energy because of their high iron content. Chickpeas are naturally low in fat, high in dietary fiber and rich in vitamins and minerals.



RECIPE

Mediterranean Chickpea Salad

- 4 Cups canned chickpeas, drained
- 1/4 Cup cucumbers, diced
- 1/4 Cup chopped fresh spinach
- 1 tsp garlic powder
- 2 tsp oregano dried
- 1 1/2 Tbsp lemon juice
- 1/2 Cup olive oil

Place beans, cucumber and spinach in a large bowl and gently mix. In a separate bowl whisk together garlic, oregano, lemon juice and oil until mixed. Pour over bean mixture and gently toss. Refrigerate until ready.

This recipe can also be used to make hummus. Combine all ingredients in the food processor or blender and blend until smooth, add a little water to get the consistency needed.

For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about proteins and protein products.

Word List

MEAT, CHEESE, EGGS, PROTEIN, BEANS,
MILK, VEGETABLES, SEAFOOD, NUTS, SEEDS,
POULTRY, PEAS, SOYBEANS, FISH, LENTILS,
SHELLFISH, BEEF, CHICKEN, PEANUT BUTTER

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

PROTEIN FUN FACTS

The protein in eggs is the highest quality protein found in any food.

Grab a yogurt for breakfast or snack. It's a good source of protein when you're on the go.

Protein is in each of the trillions of cells in the human body. There could be no life without protein. The only other substance more plentiful in the body is water. Approximately 18-20% of the body is protein by weight.

At least 10,000 proteins make you what you are and keep you that way.

Nearly all vegetables including green, yellow, and starchy ones contain some protein.

The older, larger, and more mature a bean grows, the more protein it has.

Proteins grow, maintain, and replace the tissues in our bodies. Therefore our muscles, organs, and immune systems are mostly made of protein.





Wellness Wednesday Action Sheet **PROTEIN**

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 eggs; scrambled, fried, hardboiled. A can of tuna, nuts and seeds. Dry beans such as kidney, chick peas or pinto. Peanut butter or sunflower butter. Cheese cubed, string and sliced. Take a lunch tray and have chicken nuggets, chicken patties, grilled chicken, sausage, hamburger.
- 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 Chef Basil bookmarks (web store item #10-002).
- 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 is Wellness Wednesday in our cafeteria and we are offering a great treat to try that will help you build strong muscles. It is full of protein for your muscles and every part of your body. We need muscles to walk, talk and smile. Stop by the Wellness Wednesday table, learn about protein and try a new treat sure to make you smile!"

Key Nutritional Messages:

- Choose lean protein
- Protein helps build strong muscles
- Eggs, nuts, seeds, fish, seafood and beans are also a good source of protein
- Peanuts, sunflower seeds and nut butters are great sources of protein