



**Growing together to achieve
optimum health throughout the year:**
An Educator's Guide



September

National Play-Doh Day
September 16th

Talk Like a Pirate Day
September 19th

National Good Neighbor Day
September 28th



Read

- *Ten Apples on Top*
Dr. Seuss
- *Why Should I Eat Well?*
Claire Llewellyn
- *Eating the Alphabet: Fruits and Vegetables from A to Z*
Lois Ehlert
- *Apple Fractions*
Jerry Pallotta

Grow

Soil to Seed to Plate

Healthy soil grows healthful food
which feeds healthy bodies.



Harvest the **READY** produce

Prepare outdoor garden site and be
sure it is **SET** for future planting

Plan indoor starts and begin to
GROW fall projects

THIS MONTH

Most people would agree that overconsumption of calories and physical inactivity are major factors prohibiting optimum health. This month start off the school year with **new goals** to maintain a healthy body weight with healthy eating choices and increased physical activity. The USDA's MyPlate icon is a great place to start in a classroom. This visual helps reinforce the **ingredients** for a healthy plate—focus on **fruits and vegetables**, try something new, and **happy eating**.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Eat



homemade applesauce

Serves 15

Ingredients

- 15 medium apples
- 6 tbsp of honey
- 2 tsp of cinnamon
- water

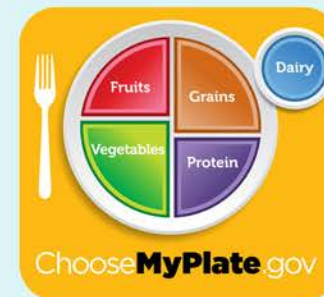
Directions:

Core, peel, and chop apples.
Boil in 1/2 inch of water
until apples are tender. Add
honey and stir. Sprinkle
with cinnamon and eat.

Learn

Take time to discuss the importance of a healthy plate and what this looks like using the MyPlate icon. Have students make their own MyPlate example out of a small paper plate. Then try some of the following activities.

- 1) Pass out a collection of food images and have students sort the images to match the appropriate food groups on the plate.
- 2) Using the school lunch menu, go through the lunch choices and see if it makes a balanced plate. Do the same with the breakfast choices.



- 3) Plan a balanced meal.
- 4) Make a class graph.
- 5) Gather a selection of foods and have students build a plate to enjoy as a snack.

September 2013

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

September 2014

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

September 2015

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

Did You Know?

There are 7,500 apple variations in the world; 2,500 are grown in the U.S but only 100 of them are available for commercial distribution. The average apple contains around 130 calories.

HEALTHY YOUTH PROGRAM



October

National Name Your Car Day
October 2nd

National Tag Day
October 8th

National Nut Day
October 22nd



Read

- *What Happens to a Hamburger?*
Paul Showers
- *It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History*
James Solheim
- *Pumpkin Pumpkin*
Jeanne Titherington

Learn more nutrients please

Read the book, *What Happens to a Hamburger?* By Paul Showers.

This book illustrates the digestive process and how our bodies turn food into fuel.



= **make your
ENERGY**
nutrient rich

Remember however, not all food is created equal and the old adage is true, *You are what you eat.*

THIS MONTH

Our bodies need **nutrient rich foods** to function at an **optimum level**. Look to eat food rich with **micronutrients** (vitamins and minerals) and avoid foods that are highly processed. These nutrient-poor foods such as cookies, candies, chips, crackers, soft drinks, and sugar coated cereals as well as many others are typically high in sugar, hydrogenated fat, or sodium; a lot of calories with almost no nutrients!

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Eat

pumpkin no bake energy bites

- 16 finely chopped dates
- 1/4 cup pumpkin puree
- 1/4 cup honey (pure natural)
- 1 tbsp flax seeds or chia seeds
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- pinch Salt
- 1 cup dry uncooked oats
- 1 cup toasted coconut flakes
- 1 cup toasted pumpkin seeds



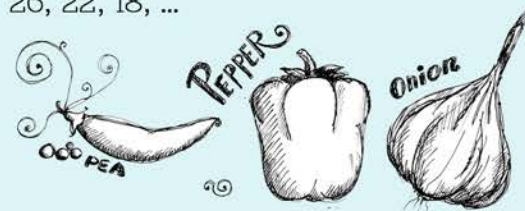
- 1) Combine first 8 ingredients in a food processor until smooth and mixed.
- 2) In a large bowl, mix oats, coconut and pumpkin seeds, then add the remaining ingredients.
- 3) Cover and place in refrigerator for an hour.
- 4) Using a spoon or cookie scoop, shape mixture into small energy balls of about 1 inch in diameter

*Makes 2 dozen bites

Move slap-tap math

Partners face each other while the teacher selects a starting number. Begin with right hand and alternate touching partner's right hand, left hand, right foot, left foot and continue that pattern. Each time they "slap", they add, subtract, or multiply a set number.

Example: If starting at 30, subtracting, and the set number is 4, the following numbers would be 26, 22, 18, ...



| October 2013 | | | | | | |
|--------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| October 2014 | | | | | | |
|--------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| October 2015 | | | | | | |
|--------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Did You Know?

The largest "official" pumpkin ever grown weighed 1,810 lb 8 oz • Pumpkins have been grown in North America for 5000 years • Pumpkins are a good source of Vitamin A, Vitamin B, potassium, protein, & iron.

HEALTHY YOUTH PROGRAM





November

Clean Your Refrigerator Day
November 15th

Take a Hike Day
November 17th

World Hello Day
November 21st



Read

- *Stone Soup*
Marcia Brown
- *Oliver's Vegetables*
Vivian French
- *Oliver's Fruit Salad*
Vivian French
- *Little Pea*
Amy Krouse

Learn

how to store your produce & keep it fresh

Counter-Fridge

ripen on counter then refrigerate

Avocados
Nectarines
Peaches
Kiwi

Pears
Plums

Cool, Dry Place

Acorn Squash
Butternut Squash
Sweet Potatoes
Spaghetti Squash

Pumpkins
Onions
Potatoes
Winter Squash

Countertop

Bananas
Apples (over 7 days)
Mangoes
Oranges
Papayas
Peppers
Persimmons
Pineapple
Plantains
Pomegranates

Tomatoes
Basil
Cucumbers
Eggplant
Garlic
Ginger
Grapefruit
Lemons
Limes
Watermelon

• Separate fruits & vegetables - ethylene can build up in the fridge, causing spoilage. **All of the foods listed in Red are high ethylene producers and should be kept away from other fresh produce to slow down ripening and spoilage.**

• When storing herbs & asparagus, snip off the ends, store upright in a glass of water (like flowers in a vase) and cover with a plastic bag.

Refrigerator

Figs
Honeydew
Apples (less than 7 days)

Apricots
Cantaloupe

unwashed - spread in one layer
Strawberries
Raspberries

Blackberries
Blueberries

unwashed in a plastic bag
Green Onions
Lettuce
Peas
Radishes

Broccoli
Carrots
Cauliflower
Corn

stored in a paper bag
Mushrooms

Okra

Lima Beans
Leafy Vegetables
Leeks
Brussels Sprouts
Summer Squash
Yellow Squash
Zucchini
Herbs (not Basil)
Celery

Artichokes
Asparagus
Beets
Plums
Spinach
Sprouts
Grapes
Cabbage
Cherries

THIS MONTH

This month is all about family. As you enjoy and spend time with your school and home families, practice making healthy choices. Participate in physical activities with friends and family. Try planning a nutritious meal together and examine the criteria for choosing a healthy snack.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Eat

stone soup

- 1 large, very clean stone
- 4 cups of water
- 3 large peeled carrots
- 3 peeled potatoes
- 2 onions
- 1 can tomatoes
- 1 can corn
- 1 can peas
- 5 tsp of beef bouillon
- dash of salt



- 1) Add the stone
- 2) Cut up the carrots, potatoes, onions & celery
- 3) Boil these ingredients until soft
- 4) Add tomatoes, corn, peas, & bouillon
- 5) Add salt and boil 10 minutes
- 6) Remove the stone
- 7) Serve and enjoy

Move

turn your kids into enthusiastic hikers

- Bring plenty of snacks
- Let your child help plan the hike
- Travel at the child's pace
- Bring friends - activities are more fun when enjoyed with friends
- Play games along the way - twenty questions, scavenger hunts, and singing songs are always a hit!
- Try geocaching



Create

snack collage

Work together as a class to create a healthy snack vs unhealthy snack collage. Collect a variety of images for students to sort. Display the poster for future learning and reminders.

November 2013

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

November 2014

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

November 2015

| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Did You Know?

Did you know that Albert Einstein co-invented a refrigerator? He and his former student Leo Szilard received a patent for it in 1930. Coolants used at the time could be toxic, and Einstein got the idea for a simple, absorption refrigerator when he read about a sleeping family killed by leaking refrigerator coolant.

HEALTHY YOUTH PROGRAM



December

Eat a Red Apple Day
December 1st

Oatmeal Muffin Day
December 19th

National Games Day
December 20th



Eat

homemade pancake mix

Making your own pancake mix can save you time and money. This recipe makes enough pancake mix for 24 servings. Use some now and store some for later.

Pancake mix:

- 5 cups whole wheat flour
- 5 cups unbleached flour
- 2 1/2 cups instant non-fat dry milk
- 1/2 cup sugar
- 1/4 cup baking powder
- 2 tbsp salt

Combine all ingredients and store in an airtight container for up to six months. This makes about 13 cups or approximately six batches of pancakes.

To make pancakes:

- 2 cups pancake mix
- 1 cup water
- 1 egg
- 2 tbsp oil



- 1) Whisk ingredients together in a large bowl.
- 2) Ladle batter onto electric griddle heated to about 350 degrees or into frying pan over medium heat.
- 3) When bubbles form around edges, flip pancake and cook for approximately three more minutes.
- 4) Serve with Easy Peasy Berry Syrup, peanut butter or plain yogurt.

Read

• *Pancakes, Pancakes!*
Eric Carle

• *Wheat*
Elaine Landau

• *The Gingerbread Man Loose in the School*
Laura Murray

| December 2013 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| December 2014 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| December 2015 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Did You Know?

December used to be the tenth month of the Roman year, and it gets its name from the word "decem" which means ten.

THIS MONTH

Celebrating with food is part of many family and school traditions. As we move into a month of celebrations, remember to **eat in moderation and make healthy choices**. Have fun with the food you eat by trying something new and adjusting recipes to reduce fat, sugar, and calories while also increasing nutrients.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Move the 12 days of fitness

Using the familiar carol, The Twelve Days of Christmas, make up a class song about the 12 Days of Fitness. Create your own ideas or use the following:

On the *first* day of fitness my teacher gave to me a fantastic muscular pose.
 Second day..... 2 Mountain Climbers
 Third day..... 3 Push Ups
 Fourth day..... 4 Curl Ups
 Fifth day..... 5 Jumping Jacks
 Sixth day..... 6 Cross Country Skiers
 Seventh day..... 7 Heal Raises
 Eighth day..... 8 Downhill Skiers
 Ninth day..... 9 Jogs in Place
 Tenth day..... 10 Tuck Jumps
 Eleventh day..... 11 Squats
 Twelfth day..... A 12 Second Plank

Learn



but its just
a cupcake

There is nothing wrong with an occasional treat, but highly processed foods such as cupcakes have become the

standard offering for many classroom celebrations. Cupcakes, cookies, chips, and sugary drinks are high in fat, high in sugar, and low in nutrients. A few unhealthy snacks at a classroom party can easily exceed 500 calories, which significantly impacts a student's calorie intake with no nutrient benefit.

Make a positive impact in your classroom by encouraging healthy celebrations. Your class will benefit in the following ways:

- 1) Healthy kids learn better
- 2) A consistent message is expressed
- 3) Creates excitement about nutrition
- 4) Promotes a healthy school environment

HEALTHY YOUTH PROGRAM





January

Dress Up Your Pet Day
January 14th

National Popcorn Day
January 19th

Opposite Day
January 25th

Learn

calculating calories

Where do calories come from and how do they give us energy?

Calories in food and drink come from carbohydrates, protein, and fat. Explore how food labels are organized – serving size, macronutrients, micronutrients, ingredients, etc.

Try the following activity to help students interpret information found on food labels:
1 gram of carbohydrate contains 4 calories
1 gram of protein contains 4 calories
1 gram of fat contains 9 calories.

Using a variety of food labels, cover the total calories section and have students figure out how many total calories by using the above information. For example, total calories would equal (4 x grams carbohydrate) + (4 x grams protein) + (9 x grams fat).

Read

- *The Popcorn Book*
Tomie dePaula
- *The Busy Body Book: A kids Guide to Fitness*
Lizzy Rockwell
- *Momma's Kitchen*
Jerdine Nolen

| January 2014 | | | | | | |
|--------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| January 2015 | | | | | | |
|--------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

THIS MONTH

It's a new year and a traditional time for resolutions. Take time this month to consider how to integrate movement breaks into the classroom and encourage our students to develop healthy, active lifestyles. Did you know that beyond the physical benefits of moving, evidence is growing that physical activity improves young people's perceptual skills, intelligence quotient, verbal and mathematical test scores, developmental level and academic readiness?

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Eat

apple pie popcorn

- 1/2 cup dry popcorn kernels
- 2 tbsp melted butter
- 1/4 cup honey
- 1/2 tsp vanilla
- 1/2 tsp cinnamon
- 1 cup chopped dried apples
- 1/2 cup chopped walnut pieces
- 1/4 tsp salt
- 1 tbsp ground flaxseed



- 1) Pop dried corn kernels in an air popper according to manufacturer's recommendations and place in a large bowl.
- 2) On the stovetop, stir the butter, honey, vanilla, and cinnamon over medium heat for 2-3 minutes until mixture is completely melted and simmering. Remember to stir constantly to avoid burning.
- 3) Pour the melted butter mixture over popcorn evenly and stir.
- 4) Add dried chopped apples and walnuts. Mix in evenly.
- 5) Sprinkle salt and ground flax seed, and stir again.

Move

exercise jam

On an index card, have students write a physical activity like jump, hop, dance, twist, etc. that they can perform while at or beside their desks. For younger students, the class can brainstorm while the teacher writes the description on the cards. The teacher pulls a couple activities from the collection for an afternoon exercise jam. Have the student's card that was drawn lead the group.



Did You Know?

Get outdoor and burn some serious calories while you increase your muscle definition. If you hike with a backpack and carry between 10 and 20 pounds, the average person will increase their calories burned by up to 28%. The extra load pushes your body to work harder and burn more.





February



Oregon's Birthday
February 14th

Do a Grouch a Favor Day
February 16th

Love Your Pet Day
February 20th



Read

- *Hear Your Heart*
Paul Showers
- *Pump It Up! The Secrets of the Heart and Blood*
Melissa Stewart
- *The Magic School Bus: Inside the Human Body*
Joanna Cole

THIS MONTH

Grab a tennis ball and squeeze it tightly; that's how hard the beating heart works to pump blood. Imagine having to do that 100,000 time each day. Since the average heart beats 2.5 billion times in a lifetime, you can see why it has to be strong and healthy. Certainly, **healthy eating and exercise** along with not smoking are vital for a healthy heart.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Create



Create an exercise game to keep your heart healthy. Start by selecting 9 different exercises and illustrating them on a 3 by 3 game board. A large piece of poster board works best. Then throw a bean bag onto the board to see what exercise to do. Do each exercise for 30 seconds or draw a card to determine the number of repetitions. Your creative class will shortly be making up their own rules. The only rule that counts in this activity is -- have fun exercising!

Eat mixed-up trail mix

Try this heart healthy snack

Be creative! Add your favorite dried fruits and nuts to make this recipe your own creation.

Ingredients:

- 1 cup almonds
- 1 cup walnuts
- 1 cup dried apricots, chopped
- 1 cup dried cranberries
- 1 cup chocolate chips



Directions:

Mix all ingredients together and store in airtight container. Enjoy!

Move

100th day of school

Celebrate the 100th day of school with 10 reps of 10 different exercises.



- 1 ~ Tuck Jumps
- 2 ~ Mountain Climbers
- 3 ~ Push Ups
- 4 ~ Curl Ups
- 5 ~ Jumping Jacks
- 6 ~ Hop on right foot
- 7 ~ Hop on left foot
- 8 ~ High knees
- 9 ~ Squats
- 10 ~ Pick your favorite sports move

| February 2014 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | | |

| February 2015 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

| February 2016 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | | | | | | |

Did You Know?

The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a 70-year span. • Laughing is great for the heart. It can increase blood flow for up to 45 minutes after the laugh attack. So keep laughing!

HEALTHY YOUTH PROGRAM





March

Dr. Seuss' Birthday
March 2nd

National Goof-off Day
March 22nd




National Spinach Day
March 26th

Read

- *Green Eggs and Ham*
Dr. Seuss
- *Who Grew My Soup?*
Tom Darbyshire
- *Tops and Bottoms*
Janet Stevens
- *The Vegetables We Eat*
Gail Gibbons

Learn track your snack

What level of nutrition are you getting from your snacks? Keeping track of your snacks throughout the week can help you be more aware of the types of food you are putting into your body. At the end of the week a student and/or their family can use this data to evaluate eating habits and make short term goals. The data can also be used to monitor progress towards a goal.

| | Sunday | Monday | Tuesday |
|---------|---|---|---|
| Morning | Yogurt | Cheese Stick | Almonds |
| | Strawberries | Crackers | |
| |  |  |  |
| | | | |

*printable chart available on our website
<http://lpi.oregonstate.edu/healthyyouth/curriculum>

THIS MONTH

Spring arrives this month, and with it comes National Nutrition Month. Now is a great time to consider taking up the challenge of making your day more nutritious. Examine your eating habits to identify a nutritional goal. This might include the need for more **fruits** and **vegetables** at breakfast or changing some of the snacks you eat throughout the day.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Create Mr. Tomato Head



What you'll need:

- Small tomato
- Lime
- Onion
- Cilantro
- Black Beans
- Green Onion
- Chili Pepper
- Cream Cheese
- Yellow bell pepper

How to make it:

Use cream cheese to glue on a pair of canned black beans or onion eyes, a chili-pepper nose, and an onion smile. Create a hat with the lime and a bit of cilantro hair. Finally, add a couple of green onion feet, *mix him up, and he's ready to Salsa.*

Grow

Create a little green in your window with fun indoor vegetables. Try growing a sweet potato vine or a celery sprout. Both will grow quickly and produce a really cool plant.

If you have some adventurous tasters in your class, try the young leaves and stems. By the end of the school year they will transplant easily into an outdoor garden.



| March 2014 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| March 2015 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| March 2016 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Did You Know?

Did you know that in comparison to other vegetables, leafy vegetables, such as spinach, contain more vitamins and minerals with fewer calories. Spinach is a great source of vitamin C, vitamin A, and minerals, especially iron.





April

Look Up at the Sky Day
April 14th

National Zucchini Bread Day
April 25th

Great Poetry Reading Day

Look Up at the Sky Day

April 14th

National Zucchini Bread Day

April 25th

Great Poetry Reading Day

April 28th



Read

- *Never Take a Pig to Lunch and other Poems About the Fun of Eating*
Nadine Bernard Westcott
- *Pizza and Other Stinky Poems*
Amanda Haley
- *UnBEElieveables: Honeybee Poems and Paintings*
Douglas Florian

Eat

zucchini muffins

This recipe is a great source of calcium and protein for a satisfying snack.

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup oil
- 1/2 cup applesauce
- 1/2 cup plain non-fat yogurt
- 3 eggs
- 1/3 cup sugar
- 1/4 cup milk
- 2 tsp vanilla
- 2 cups grated zucchini
- 1/2 cup finely chopped dried apricots

- 1) Preheat oven to 375 degrees
- 2) Mix together flours, baking powder, baking soda, cinnamon, and salt.
- 3) Set aside.
- 4) In a large bowl, whisk together olive oil, applesauce, yogurt, eggs, sugar, milk, & vanilla.
- 5) Add the flour mixture and stir to combine. Fold in zucchini and apricots.
- 6) Add liners to muffin pan(optional) and fill muffin tins about 3/4 of the way full.
- 7) Bake 20-25 minutes or until brown around the edges.
- 8) Cool for 10 minutes in muffin pan before removing to a wire rack to cool completely.

| April 2014 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| April 2015 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| April 2016 | | | | | | |
|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

THIS MONTH

The month of April brings us Earth Day and National Poetry Month. Use these two common classroom experiences to continue to integrate nutrition. What better way to celebrate our earth than through the planting of new starts and by nurturing some home grown produce. Also try the poetry activities described below.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Move

poetry
in
motion

Poetry is filled with rhythm and language that leads to movement. Have your class create a dance or a set of movements to go with one of your favorite poems.

Create

get inspired by poetry

After reading a few food related poems have students create their own poem with a message of healthy eating.

Grow

Transplanting to your outdoor garden is coming soon! Soil and air temperature are important factors for planting. Have students collect temperature data for several days to determine if the conditions are ready for your new crops.



- At 40 Degrees you are ready for transplanting onions, kale, lettuce, and spinach
- At 50 Degrees you are ready for seeding carrots, beets, cilantro and greens
- At 60 Degrees you are ready for beans and corn
- At 70 Degrees you are ready for tomatoes, squash, melons and peppers

Did You Know?

- The first fruit eaten on the moon was the peach
- The flavor of a zucchini is best when it is less than 6 inches long



May

National Dance Like a Chicken Day
May 14th

Bike to Work Day
May 17th

National Physical Fitness
and Sports Month

Children's Book Week
May 13-19



Read

award winners

- *Strega Nona*
Tomie dePaola
- *Creepy Carrots*
Aaron Reynolds

Learn

mystery tasting party

- Gather a set of unusual fruits and vegetables and see if the class can identify the mystery food through a set of clues.
- First clue, let students taste the food
- Second clue, share its important nutrition qualities
- Third clue, share where it is grown
- Fourth clue, describe or show what it looks like
- Reveal the name of the mystery food and have the class explain what they now know about the food item.



THIS MONTH

During National Physical Fitness and Sports Month, take some time to evaluate how you are doing on your personal activity and why it is important to get some moderate to vigorous activity daily. Regular physical activity increases your chances of living a longer, healthier life by reducing your risk for high blood pressure, heart disease, and some types of cancer. Since May is also *Walk + Bike Challenge Month*, this is a great time to consider how to do more walking and biking.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Create

Create a presentation about fruits and vegetables. In the presentation, each child tries to persuade another person to eat a particular fruit or vegetable by providing facts about its origin and its nutritional value.

grapes are a good source
of dietary fiber
and provide vitamin C



Grow

celebrate your hard work

Harvest what you can before the school year is out. Check on your carrots, leaf lettuce, peas, radishes, and spinach. Enjoy a class made salad, learn about the different plant parts, and celebrate a year's worth of hard work and fun in the garden.

Move

move & match

Add a little extra movement to a routine class activity. Try this active way to practice vocabulary words or math problems.

Create a set of vocabulary cards, and definitions. On index cards write down key vocabulary words and matching definitions on a separate card. Pass out the cards to your students, some will get a vocabulary word and some will get definitions.

Students will move around the classroom by *hopping, walking on tiptoes, crab walking, etc.*, to find their match. Try with math expressions and story problems.

| May 2014 | | | | | | |
|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| May 2015 | | | | | | |
|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| May 2016 | | | | | | |
|----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Did You Know?

- In any given year, no month ever begins or ends on the same day of the week as May does.
- May Day marks the midpoint between spring and summer.



A person is performing a handstand on a sandy beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow. The person's legs are raised high, silhouetted against the bright light. The ocean is visible in the background, and the sand in the foreground is rippled. In the distance, another person can be seen walking along the shoreline.

June

World Juggling Day
June 14th

Eat Your Vegetables Day
June 17th

Camera Day
June 29th

Read

- *Farmer's Market*
Marcie R Rendon & Cheryl Walsh Bellville
- *These Bees Count*
Alison Formento
- *The Reason for a Flower*
Ruth Heller

Eat berry coconut popsicles

Coconut milk gives these popsicles a unique tropical and creamy flavor.

Serves 5 - Ingredients:

- 1 cup raspberries (fresh or frozen)
- 1 cup blueberries (fresh or frozen)
- 1 14-ounce can light coconut milk
- 2 cups water
- 1 cup apple juice (or any other 100% juice you have on hand)
- 1/4 cup agave syrup

Directions

- 1) Blend ingredients together in a food processor or blender.
- 2) Pour into popsicle molds and freeze for at least 3 hours.

THIS MONTH

The school year is coming to a close. As you celebrate all of the learning gains your class made this year, celebrate in a way that continues to send a message of healthy eating and exercise. You might even have fresh fruits and vegetables ready to try from your local farmer's market. Local farms and garden projects are a great way to incorporate our theme of "Soil to Seed to Plate," where healthy soil grows healthful food, which feeds healthy bodies.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Learn

Soil to Seed to Plate

Take time this month to learn about your local farmer's markets. Have your class create a town map to illustrate the proximity of local farms and markets to your school and neighborhood. If possible set up a field trip to learn more about what is happening with food in your local area.



Create

fruit infused water

Hopefully, a lot of eating and tasting has taken place in your classroom this year and students have developed healthier eating habits.

As the weather starts to warm up again, remind students of the importance of drinking a lot of water instead of sugary drinks. A healthy way to add a little kick to your water is by simply adding a little fruit.

Try adding raspberries, kiwi, lemon, or green apples. Stay hydrated and enjoy!

| June 2014 | | | | | | |
|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

| June 2015 | | | | | | |
|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| June 2016 | | | | | | |
|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

Did You Know?

According to the National Academy of Sciences, close to 75% of flowering plants on the planet rely to some degree on pollinators to set seed or fruit.



July & August

Cheer Up the Lonely Day
July 11th

Sneak Some Zucchini Onto
Your Neighbor's Porch Night
August 8th

National Trail Mix Day
August 31st



Create

It is almost time to get ready and start a new school year. Start the year off right with good communication to families about healthy snacks at school and healthy classroom celebrations. To prepare for open house or back to school night, design a "Welcome Snack to School" bulletin board with pictures of healthy snacks, recipe handouts, and food suggestions for classroom celebrations.



A few easy items parents can provide for birthday parties and celebrations include:

Fresh fruit served in fun cupcake wrappers or on a stick as a kabob

- Yogurt on the side makes a fun dip
- Popcorn • Smoothies • Yogurt Parfaits
- Veggies & Hummus • Build your own trail mix with a variety of nuts and dried fruit

THIS MONTH

Summertime, and the living is easy! Summer brings an abundance of fresh, tasty and nutritious foods like berries, tomatoes, sweet bell peppers, mellons and squash. Summer also provides an opportunity to *try new foods* including heirloom vegetables and the abundance of fresh, low cost, whole foods in your local grocery store. Enjoy more fruits and vegetables, whole grains, lean proteins, and low fat dairy as you enjoy the change of pace summer brings.

<http://lpi.oregonstate.edu/healthyyouth/curriculum>

Grow

Check your garden on a regular basis to ensure proper watering and care. Pick and pull when ready. Enjoy the Harvest!

Read

- *Gregory, the Terrible Eater*
Mitchell Sharmat
- *The Little Plant Doctor: A Story About George Washington Carver*
Jean Marzollo
- *The Monster Health Book: A Guide to Eating Healthy, Being Active and Feeling Great for Monsters and Kids!*
Edward Miller
- *Good Enough to Eat*
Lizzy Rockwell
- *Burp! The Most Interesting Book You'll Ever Read About Eating*
Diane Swanson

Move

Swimming is a great way for kids to be active in the summer, but you can make it even more challenging with games. Throw pennies in the pool and have the kids compete to see who can fill up the "treasure chest" the fastest. Or, see who can keep a balloon or a ball in the air the longest; the person who drops it has to do two laps.

Eat

Red White and Blue Fruit Salad

Add the following ingredients and toss together. The quantities are up to you and your personal tastes and mood.

Quartered strawberries
Pineapple chunks
Blueberries
Then top with banana slices & raspberries.

Enjoy this patriotic and yummy fruit salad.

| July 2014 | | | | | | | July 2015 | | | | | | | July 2016 | | | | | | |
|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | | | 27 | 28 | 29 | 30 | 31 | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 |



| August 2014 | | | | | | | August 2015 | | | | | | | August 2016 | | | | | | |
|-------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 | | | | | | 1 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 29 | 30 | 31 | | | | |
| | | | | | | | 31 | | | | | | | | | | | | | |

[illegible]

Included Books

- *Ten Apples on Top*
Dr. Seuss
- *Why Should I Eat Well?*
Claire Llewellyn
- *Eating the Alphabet: Fruits and Vegetables from A to Z*
Lois Ehlert
- *Apple Fractions*
Jerry Pallotta
- *What Happens to a Hamburger?*
Paul Showers
- *It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History*
James Solheim
- *Pumpkin Pumpkin*
Jeanne Titherington
- *Stone Soup*
Marcia Brown
- *Oliver's Vegetables*
Vivian French
- *Oliver's Fruit Salad*
Vivian French
- *Little Pea*
Amy Krouse
- *Pancakes, Pancakes!*
Eric Carle
- *Wheat*
Elaine Landau
- *The Popcorn Book*
Tomie dePaola
- *The Gingerbread Man Loose in the School*
Laura Murray
- *The Busy Body Book: A Kids Guide to Fitness*
Lizzy Rockwell
- *Momma's Kitchen*
Jerdine Nolen
- *Hear Your Heart*
Paul Showers
- *Pump It Up! The Secrets of the Heart and Blood*
Melissa Stewart
- *The Magic School Bus: Inside the Human Body*
Joanna Cole
- *Green Eggs and Ham*
Dr Seuss
- *Tops and Bottoms*
Janet Stevens
- *Who Grew My Soup?*
Tom Darbyshire
- *The Vegetables We Eat*
Gail Gibbons
- *Never Take a Pig to Lunch and Other Poems about the Fun of Eating*
Nadine Bernard Westcott
- *Pizza and Other Stinky Poems*
Amanda Haley
- *UnBEElievables: Honeybee Poems and Paintings*
Douglas Florian
- *Strega Nona*
Tomie dePaola
- *Farmer's Market*
Douglas Florian
- *These Bees Count*
Alison Formento
- *The Reason for a Flower*
Ruth Heller
- *Gregory, the Terrible Eater*
Mitchell Sharmat
- *The Little Plant Doctor: A Story About George Washington Carver*
Jean Marzollo
- *The Monster Health Book: A Guide to Eating Healthy, Being Active and Feeling Great for Monsters and Kids!*
Edward Miller
- *Good Enough to Eat*
Lizzy Rockwell
- *Burp! The Most Interesting Book You'll Ever Read About Eating*
Diane Swanson
- *The Vegetables We Eat*
Gail Gibbons

Other Recommendations

- *How Many Seeds in a Pumpkin?*
Margaret McNamara
- *It's Summer!*
Linda Glaser
- *Isabella's Garden*
Glenda Millard
- *A Fruit is a Suitcase for Seeds*
Jean Richards
- *From Seed to Plant*
Gail Gibbons
- *Little Apple Goat*
Caroline Jayne Church
- *Growing Vegetable Soup*
Lois Ehlert
- *Mice and Beans*
Pam Muñoz Ryan

Linus Pauling Institute Healthy Youth Program

The Healthy Youth Program (HYP) was started in the spring of 2009 in response to the childhood obesity epidemic and the declining emphasis on nutrition and physical education in our schools. It provides hands-on activity programs to educate youth and their families about the importance of healthful eating, physical activity, and the role of dietary supplements. The HYP gardening programs are designed to teach youth and their families how a healthy diet and active lifestyle are linked to a sustainable environment.

All the HYP programs are youth and family-centered and strength-based: They focus on the strengths of the participating youth and families, meet the families where they are, and are tailored to the individual needs of the participating youth and families to ensure sustainable and long-term success.



Additional Lessons and Resources for Your Classroom:

[Http://lpi.oregonstate.edu/healthyyouth/curriculum](http://lpi.oregonstate.edu/healthyyouth/curriculum)

Heart Smart

1) Teacher discusses the heart as appropriate for age group:

- Where is it located? *Left side of the chest*
- What size is it? *Size of a fist*
- What is it's function? *To deliver blood to the body*
- What makes the heart stronger? *Jumping, swimming, jogging, etc (Students can act out the activities)*
- What makes the heart weaker? *Inactivity, smoking, unhealthy diet*

2) The teacher then calls out a habit that strengthens or weakens the heart.

3) If the habit strengthens the heart, students should respond by jumping for 15 seconds (or other as teacher decides).

4) If the habit weakens the heart, students should respond by falling down or squatting for 5 seconds.

- Riding a bike - *jump*
- Eating 4 pepperoni pizzas - *fall*
- Walking your dog - *jump*
- Smoking cigarettes - *fall*
- Watching TV - *fall*
- Dancing with your friends - *jump*
- Skating - *jump*
- Never eating fruits/vegetables - *fall*
- Riding a scooter - *jump*
- Shooting baskets - *jump*
- Playing PlayStation - *fall*
- Eating fast food - *fall*
- Raking the leaves - *jump*
- Washing the car - *jump*
- Taking the stairs - *jump*
- Taking the elevator - *fall*
- Swimming - *jump*
- Eating potato chips and Twinkies - *fall*

*Variation: To involve students more, have them write down healthy habits or brainstorm them as a class.

Poetry

As part of your poetry unit or during the month of April try the following Cinquian Poem.

Line 1: One word (a noun) naming the subject

Line 2: Two words (adjectives) describing the subject

Line 3: Three words (verbs) describing the subjects actions

Line 4: Four words giving the writer's opinion of the subject

Line 5: One word (noun) giving another name for the subject

Example

_____ *apple* _____
_____ *round* _____ *smooth* _____
_____ *drinking* _____ *eating* _____ *rotting* _____
_____ *a* _____ *very* _____ *tasty* _____ *treat* _____
_____ *fruit* _____

By _____

Nutrition + Math

A few quick ideas...

1) *Measure with apples*: Apples make a great unit of measure. Estimate the length of a table or desk and then line them up to check and see! Try measuring big and little things. It is important for children to see how anything can be used to measure. This prepares them for learning how to measure with standard units. Invite your students to estimate "how many" before measuring. You will be helping them learn how to approximate linear measurements.

2) *Use pumpkin seeds for counting to connect numbers to quantities*: Groups of seeds can also be used to count in quantities of 5 or 10 and make comparisons. After a little math fun, use the seeds and a hallowed out pumpkin to grow a new classroom plant.

3) *Use food to set the stage for classroom problem solving*: A third grade classroom recently worked on the following class problem:

For our party we are going to have apple slices. If an apple slicer can cut an apple into 8 sections and each student will eat 5 sections. How many apples will we need to feed our class?

4) *Gather survey data around food*: For example, record favorite fruits or vegetables and then have students graph and make comparison statements about the results.

5) *Sort, classify, count and compare*: Our unique food cards give students opportunities to explore these skills.

More information about these lessons as well as printable worksheets and tools can be found at:

[Http://ipi.oregonstate.edu/healthyyouth/curriculum](http://ipi.oregonstate.edu/healthyyouth/curriculum)

**The following teachers at
Elk Meadow Elementary in Bend, Oregon
made contributions to the content and lessons:**

| | |
|----------------------|------------------|
| Steve Miller, MAT | Wes Pyne, MA |
| Leslie Carrol, M.Ed. | Grant Mattox, MS |
| Tori Eisenbeis, MAT | |

Creative Director:

Sharon Miller
Owner/Designer
Forever Family Designs

Project Advisor:

Simone Frei, MA, MPH
Manager, Healthy Youth Program
Linus Pauling Institute

**Thank you to the students of Elk Meadow Elementary
for providing the artwork for this publication.**

**Special Thanks to Joahn Facey
for her generous donations
making this project possible.**

HEALTHY YOUTH PROGRAM

Oregon State
UNIVERSITY

**POWERED
by ORANGES
LPI**

LINUS PAULING INSTITUTE

Fitness & Nutrition!