

The Daily Scoop, December

Daily School Announcements to Encourage *Eating Lean and Green*



Welcome to the December issue of *The Daily Scoop* - good nutrition news for your students. *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *Bike to School Day*. Thank you for making nutrition education a priority for your students.

Harvests of the Month: Apples (natural sugar) & Leafy Greens (calcium), alternates available*

Cool Bean of the Month w/ Cultural Connection: Garbanzo Bean, Hanukkah & Middle East

WINTER Environmental Connection: Eating locally grown food

Each announcement begins with, “Here’s your Daily Scoop of good nutrition news!”

Each announcement ends with, “Remember, health is a gift we give ourselves.”

DECEMBER, FIRST WEEK

First Monday. Get the week off to a healthy start by eating foods *in season*, like crisp and juicy apples, with healthy and natural sugar, for energy and strength. Do you know what famous American said, “*An apple a day keeps the doctor away?*” Hint: First name is Benjamin.



Tuesday* Our fruit *Harvest of the Month* for December is a juicy apple. Juicy fruit like apples give you extra energy so you can run faster, jump higher, and play your very best game!

Wednesday* Drinking 100% fruit juice is healthier than drinking soda, but has almost as much sugar as soda. So eating a piece of fruit is even better, plus the whole fruit contains fiber, important for fighting disease.

Thursday. Our *Cool Bean of the Month* is the garbanzo bean. Garbanzo beans are the main ingredient in Hummus, a delicious and creamy spread for veggies, crackers and sandwiches. Hummus came to America from the *Middle East*, a part of the world that is north of (or above) Africa.

First FRIDAY of the month. Energy in food is *measured* in *calories* - not inches, *calories*. Physical activity burns up the energy, or calories, you eat. That’s why moving your body helps you maintain a healthy weight. So, *Let’s Move* today and all weekend long!

DECEMBER, WEEK 2

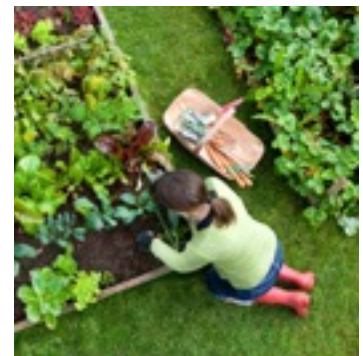
Monday* Let’s get the week off to a healthy start with colorful foods like juicy, energizing apples - our fruit *Harvest of the Month*. The natural sugar in fruit is a type of carb-o-hydrate. Our body needs carbohydrates from fruit for energy.

Tuesday* Apples are our *fruit Harvest of the Month*.. The December *vegetable Harvest of the Month* is cooked leafy greens - like spinach, kale, and broccoli. Leafy greens are a good source of the mineral calcium, important for strong bones. Got spinach?

Wednesday** Our December vegetable *Harvest of the Month* is *leafy* greens, or in other words... big green leaves. You can find more than ten different kinds big beautiful green leaves at a grocery store or Farmers Market near you. Got Kale?

Thursday. The *Cool Bean of the Month* is the Garbanzo bean, in recognition of *Jewish* holiday that is celebrated this month, Hanukkah. Garbanzo Beans are a popular protein food in the Jewish country of Israel, and all through the part of our world called the Middle East.

Friday. *Let’s move* at recess and PE today! And *let’s keep moving* all weekend long because exercise and sunshine are very important for strong bones and strong minds.



***Asterisks** indicate *Harvest of the Month* announcements that can be interchanged with alternate *HOM* announcements (see supplement with winter fruits and vegetables. Alternate announcements are intended to be used as part of overall *The Daily Scoop* program.

December's Daily Scoop, page 2

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"Here's your Daily Scoop of good nutrition news!"
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"Remember, health is a gift we give ourselves."



DECEMBER, WEEK 3

Monday. The weather is changing. With winter on the way, it means different fruits and vegetables will come into season. Citrus fruit is coming into season, with lots of vitamin C to fight off a pesky cold.

Tuesday** Leafy greens are super foods, packed with more nutrients than most other foods, including calcium for strong bones. Trivia question: Do you know what old cartoon character got his super strength from spinach leaves? (A: Popeye)

Wednesday** Greens, beans, and grain-foods all provide healthy carb-o-hydrates, an important nutrient for energy and strength. Plus, greens, beans, and grains all have fiber, important for keeping the inside of your body clean, and free from disease. Only plant foods are rich in fiber.

Thursday. Garbanzo beans and leafy greens are good foods to nourish us as the weather turns colder. That's because greens grow well during the cold winter season, and because dried beans can be stored all winter long for a great protein source.

Friday. Many will celebrate Winter Solstice near the end of December, because it means the sun will begin shining a little longer each day. This is good health news, because you actually get Vitamin D when the sun shines on your skin. So let's get outside and *Let's Move* today all weekend long - for vitamin D, important for building strong bones!



Happy & Healthy Holidays
from Lean and Green Kids!



Health.

The gift you give yourself.



Daily Scoop Nutrition Trivia

1. How many visits from a bee to pollinate one melon?
2. Special nutrient only in plant-foods?
3. Name a plant-protein (rhymes with green).

Cool Beans!





Good Nutrition News for December

Here's a sample of the nutrition knowledge your student is gaining this month, through delivery of nutrition tips from *The Daily Scoop*!

- The natural sugar in fruit is a type of carb-o-hydrate. Carbohydrates give our bodies energy to jump higher, run faster and play our very best game!
- The "cool bean of the month" is the garbanzo bean, packed with protein and iron. Garbanzo beans are also know as "chick peas" because one side of the bean resembles a little chick's beak. Chick peas are the main ingredient in Hummus, a delicious and creamy spread for veggies, crackers and sandwiches. Hummus came to America from the *Middle East*, a part of the world that is just above Africa.
- Leafy greens are a winter harvest. Leafy greens are a super food, packed with more nutrients than most other foods. Trivia question: Do you know what old cartoon character got his super strength from spinach leaves?

We hope these tips and special recipe will spark a healthy conversation around your dinner table. *Remember, good health is a gift we give ourselves!* Brought to you by leanandgreenkids.org

Fresh and Easy Chick Pea Wrap

Let's face it... It's hard to put beans between two slices of bread. That's why wrap sandwiches made with tortillas are the perfect way to enjoy a nutritionally packed hand-held meal with beans.

INGREDIENTS

- 1 Whole Grain Tortilla
- 1/4 cup hummus spread or chick peas
- 1/4 cup frozen peas, thawed
- 1 cup salad greens and/or sprouts
- 1/4 cup tomatoes, diced
- 1/4 cup cucumbers, diced
- 1/4 cup carrots, shredded or chopped fine
- 1/4 cup onion and bell pepper, sliced or chopped fine (optional)
- Tablespoon raisins and/or chopped olives (optional)
- Tablespoon olive oil salad dressing/vinaigrette



PREPARATION

Stack ingredients down center of tortilla, drizzle with salad dressing. Roll into a "wrap" for a delicious and super satisfying lean and green plant-strong meal.



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Buena noticia nutritiva para diciembre

Aquí esta una muestra de la conocimiento su estudiante esta recibiendo este mes por la entrega de puntas nutritivas llamado ¡The Daily Scoop!

- El azúcar natural en fruta es un tipo de carbohidrato. Carbohidratos dan energía a nuestros cuerpos para saltar más alto, correr más rápido, y jugar mejor!
- El “padre frijol del mes” es el frijol garbanzo, lleno de proteína y hierro. Frijoles garbanzos también están conocidos de nombre “chick peas” porque en un lado de frijol, parece como el pico de un pollito. Garbanzos están los principios ingredientes de hummus, una comida rica y cremoso para verduras, pan tostada, y sándwiches. Hummus vino a America desde el medio oeste, al norte de Africa.
- Verduras de hoja verde están una cosecha de invierno. Están una super comida, llenos de mas nutrientes que otras comidas. Pregunta trivial: ¿Conoces cual caricaturo viejo recibe su fuerza desde espinaca?

Esperamos que esas puntas y la receta inspiren una conversación de salud en su hogar. *Recuérdense, buena salud es un regalo nos damos a nuestros mismos. Traído a usted por leanandgreenkids.com.*

Fácil y fresco wrap de garbanzo

En serio... es difícil poner frijoles entre 2 piezas de pan. Esa es porque sándwiches de wraps hecho con tortillas son perfectos para disfrutar una comida nutritiva de mano con frijoles.

INGREDIENTES

1 Tortilla de grano entero
1/4 copa hummus o frijoles de garbanzo
1/4 copa guisantes
1 copa verduras de ensalada o coles
1/4 copa tomates, cortados
1/4 copa pepinos, cortados
1/4 copa zanahorias, rallados
1/4 copa cebolla y pimienta, cortados (opcional)
Cucharada grande uvas secas u olivas (opcional)
Cucharada vinagreta



PREPARATION

Apila los ingredientes por la mitad de una tortilla, ponga un poco de aderezo, y ¡envuelve por una comida delicioso y satisfactorio hecho de puras plantas!



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PREPARATION

Apila los ingredientes por la mitad de una tortilla, ponga un poco de aderezo, y ¡envuelve por una comida delicioso y satisfactorio hecho de puras plantas!

The Daily Scoop... WINTER fruits, alternate announcements

Should you decide to vary the fruit or vegetable *Harvest of the Month*, simply substitute the following nutrition tips where you see asterisks (*fruit, **vegetable) in the original *Daily Scoop* series. Alternate announcements on this page are intended for use as part of the comprehensive monthly series, *The Daily Scoop*.



Grapefruit (vitamins)

1. Our fruit *Harvest of the Month* is a grapefruit. Grapefruits are a citrus fruit. Citrus fruits like grapefruits and oranges are rich in a *B vitamin* called *folate*, which helps you have a strong heart.
2. Citrus fruits, like oranges and grapefruits, are “in season” in the winter time, which means they become ripe in the winter. It’s nature’s way of helping you to stay healthy during cold and flu season.
3. Jazz up your water with a squeeze of citrus fruit - like orange, lemon or grapefruit. A study showed that kids who drank a glass of water before school did better on tests!
4. Shopping at the local *Farmers Market* is a great place to find grapefruits *in season*; picked fresh - so they have more nutrition. Farmers Markets are also good for our planet, because food grown locally doesn’t have to travel long distances in gas guzzling trucks.
5. Food is energy for our body and brain. Energy in food is *measured* in “calories,” like... height is measured in inches. Grapefruit measures low - *in calories*, so they’re a smart snack for good energy and a healthy weight.



Orange (folate)

1. Our fruit *Harvest of the Month* is a juicy orange. Juicy fruit like oranges and apples give you extra energy so you can play longer and stronger.
2. Oranges are a great winter fruit, jam-packed full of vitamins. In fact, food scientists found that a juicy orange is one of the most nutritious of all fruits! Find the freshest fruits at your local *Farmers Market*.
3. Our body uses the natural sugar in fruit for energy. But extra sugar (the white stuff) added into sweets and treats can rob you of energy, and leave you feeling tired & grumpy. Colorful oranges - in season now - are sweet and smart energizers.
4. Another name for natural foods is “whole” foods. Natural, whole foods are best. That’s why a natural whole orange is a much smarter snack than orange flavored gummy stuff.
5. Every different part of your body is made up of cells - 100 trillion cells! From your beautiful eyes to your pumping heart all the way down to your twinkle toes. Bright orange foods - like oranges - help keep all of your 100 trillion body cells strong.



Mandarin Orange (a.k.a. Tangerine)

1. Our fruit *Harvest of the Month* is a little orange fruit that you peel... a Tangerine. Citrus fruits like tangerines and grapefruits have lots of Vitamin C.
2. Tangerines are a winter fruit rich in Vitamin C. Vitamin C is important because it helps your eyes for better vision, and it helps your skin to heal from cuts.
3. A study showed that kids who drank a glass of water before school did better on tests! Add flavor and vitamin C to your water, with a squeeze of citrus fruit - from lemons, limes, grapefruits or tangerines.
4. Your immune system is many different cells in your body, all working together - like an army - to protect you from disease. Vitamin C is important to support your immune system, and it’s only in plant-foods - like tangerines.
5. Tangerines and other Citrus fruit grow on trees, and come in their own earth friendly package - a skin that you peel. So eating natural fruit is good for you, and it’s good for the planet too!

Dried Fruit (potassium)

1. This month’s fruit *Harvest of the Month* is dried fruit, because fruit that is dried in the summer can be enjoyed all winter. Raisins are dried grapes, otherwise known as nature’s candy.
2. Fresh fruit becomes dried fruit when it’s warmed at low temperatures and it’s juice evaporates. The juice is gone, but nutrients remain, making raisins and other dried fruits a delicious and smart snack.
3. Your body has electricity running through it, from your brain to your muscles. Dried fruit helps you *re-charge* the electricity in your body because it has an important mineral called potassium.
4. Almost any kind of fruit can be made into dried fruit. Try dried apricots and cranberries, or dried pineapples and bananas with nuts and seeds for a trail mix to power up with protein and potassium.
5. Have you ever tried a *dried* fruit called a *date*? A date grows on a palm tree, and it tastes a lot like caramel - it’s nature’s caramel! Try dates on oatmeal, for the brain boosting power of *potassium*.



Over for WINTER Vegetables...



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The Daily Scoop... Winter vegetables, alternate announcements

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Beets (the B vitamin, riboflavin)

1. The vegetable *Harvest of the Month* is the dark red and sweet beet, a root vegetable... It grows underground! Beets are super healthy, Vitamin A for healthy eyes, Vitamin B for a healthy heart, and Vitamin C to fight colds and flu.

2. The vegetable *harvest of the month* is a dark red color... and it grows underground... It's kind of shaped like a heart... and it helps your heart to have a strong *BEEEAT*. Can you guess? (Answer: Beet).

3. The vitamin B in sweet *b-b-beets*, helps your *red* blood cells. Red blood cells (cells in your blood) have the very important job of carrying the oxygen - that you *breath* - to every part of your body. *B-b-beets* for vitamin B.

4. Shopping at the local *Farmers Market* is a good place to find locally grown and *fresh* beets. Fresher food has more vitamins, like the B vitamin in beets, which helps your blood cells carry oxygen to every part of your body.

5. The *Harvest of the Month* is the dark red and sweet beet, a root vegetable that grows underground. And the *leaves* on the beet root, that grow *above* ground, are good to eat too, rich in Vitamin K, for healing cuts.

Broccoli (folate, vitamin K)



2. The vegetable *Harvest of the Month* is broccoli, grown in the cool season. Broccoli looks like a little tree, but it's actually super nutritious flowers that you eat when you eat broccoli.

2. Broccoli is rich in nutrients, like vitamins and minerals. Broccoli is rich in a B vitamin called folate that works with protein to build strong muscles. B-b-broccoli for vitamin B. Find it fresh at your local *Farmer's Market*.

3. The harvest of the month is broccoli, rich in vitamins, including vitamin K. Vitamin K is known as the band-aid vitamin because it helps a cut to stop bleeding. Find the freshest broccoli at the Farmers Market - fresh means more nutrients, like Vitamin K.

4. Leafy green vegetables like broccoli and kale are a good source of calcium for building strong bones. Try adding kale or spinach to a fruit smoothy for a gloriously green smoothy to build strong bones!

5. Broccoli and other leafy greens are packed with super special nutrients called *phyto-nutrients*. Eating broccoli with *phytonutrients* can help *fight* serious diseases, like cancer.



Cabbage (phytonutrients)

1. Cabbage is our vegetable *Harvest of the Month*. Cabbage is a leafy green vegetable (like broccoli and kale), so it's jam-packed with vitamin C to help your immune system to fight off germs.

2. Cabbage (our *Harvest of the Month*), is a type of vegetable called a "cru-cif-er-ous" vegetable. Other *cruciferous* vegetables are Brussels sprouts and cauliflower, all rich in vitamin C. C-c-cabbage and c-c-cruciferous vegetables for Vitamin C.

3. Cruciferous vegetables like cabbage and cauliflower have super special nutrients called *phyto-nutrients*. *Phytonutrients* help *fight* serious diseases (like cancer). Only plant-foods have super *phytonutrients*.

4. Special nutrients in plants, called *phytonutrients*, are what give plants the ability to fight disease. So, when you eat plants with *phytonutrients* - like cabbage, berries and beans - they help *you* fight disease.

5. Phyto-nutrients are super special nutrients that help fight serious diseases (like cancer and heart disease), and they're only in colorful plant-foods. That's why it's so important to eat a colorful rainbow of foods everyday.



Sweet Potatoes (vitamin A)

1. The *vegetable Harvest of the Month* is the creamy and sweet... sweet potato, brownish on the outside and orange on the inside. That orange color means it's rich in vitamin A, important for healthy eyes & bones.

2. Root vegetables - like sweet potatoes - are an important source of nutrients called carb-o-hydrates. Carbohydrates are what give you energy. Your brain especially needs carb-o-hydrates to learn its best!

3. Our vegetable *Harvest of the Month* - the sweet potato - is a root vegetable. You dig it out of the dirt to harvest - like carrots and beets. Root vegetables supply *carb-o-hydrates* for energy, especially energy for the brain.

4. Root vegetables - like sweet potatoes - were one of the main foods of early Americans. They're jam-packed full of nutrients and the early Americans could store them for months through the harsh winters.

5. Sweet potatoes are one of the richest plant sources for vitamin A, found in orange foods. Vitamin A is important for healthy eyes, bones and teeth.



Over for Winter Fruits...