

The Daily Scoop, February

Daily School Announcements to Encourage *Eating Lean and Green!*



Welcome to the February issue of *The Daily Scoop* - good nutrition news delivered daily to your students! *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *Let's Move*. Thanks for creating a leaner and greener world for our kids!

Harvests of the Month: Dried Fruit (potassium) & Beet (Vitamins A & B), alternates available*

Cool Bean of the Month w/ cultural connection: Soybean/China & Chinese New Year

WINTER Environmental Connection: Eating Local, farmers markets and gardens

Health Campaign: American Heart Month

Each announcement begins with, “Time for your Daily Scoop of good nutrition news!”

Each announcement ends with, “Remember, a healthy life is a happy life.”

FEBRUARY, FIRST WEEK

First announcement. February is *American Heart Month*. So whenever you see a heart shaped Valentine this month, let it be a reminder to make healthy and nutritious choices to keep your heart healthy and beating strong.



2* This month's fruit *Harvest of the Month* is dried fruit, because fruit that is dried in the summer can be enjoyed throughout the winter months. Raisins are grapes that have been dried. Raisins and other dried fruits are sometimes called “nature's candy.”

3* Our *Harvest of the Month* is dried fruit. *Fresh* fruit becomes *dried* fruit when the fruit is warmed at low temperatures. When it goes through that warming process, the fruit's juice evaporates, but its nutrients remain, making raisins, apricots and other dried fruits a delicious and nutritious snack.

4. The Chinese New Year is celebrated right around this time of year, so the *Cool Bean of the Month* is the soybean, which is popular in Chinese food. Soybeans are sometimes called the miracle bean because they're so super healthy.

First FRIDAY of the month. Michelle Obama, our beloved 44th first lady says “Let's Move” for a stronger, longer, and happier life! Let's move today and all weekend long by walking around the neighborhood to see if you can spot colorful fruit on citrus trees.

FEBRUARY, WEEK 2

Day 1. Did you know that your body has electricity running through it?! Electrical impulses help your brain tell your muscles what to do. The mineral, potassium, helps recharge your body's electricity. Eat dried fruit for a good source of potassium.

2. Almost any kind of fruit can be made into dried fruit - apricots and cranberries, pineapples and bananas. Mix dried fruit with nuts and seeds for a delicious and super charged snack: Nuts & seeds for protein power, dried fruit to re-charge.

3* Dried fruit is our fruit *Harvest of the Month* for February. The vegetable *Harvest of the Month* is a root vegetable. Root vegetables grow underground, like carrots. It is a dark reddish color and kind of shaped like a heart - a great choice for *American Heart Month*. Can you guess which root vegetable it is? Hint: It's good to eat for a strong Heart BEAT. (Answer: Beet).

4** The February vegetable *Harvest of the Month* is the dark red and sweet *beet*, a root vegetable that grows underground. Beets are super healthy, with Vitamin A for good eyesight, and Vitamin B for a strong heart.

Friday. With the Chinese New Year in mind, one of the most popular sports in China is Ping Pong, also called “table tennis.” *Let's Move* our bodies today and all through the weekend with a fun game or sport - like ping pong.





February's Daily Scoop, page 2

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"Time for your Daily Scoop of Good Nutrition News!"

Each announcement ends with,

"Remember, a healthy life is a happy life."

FEBRUARY, WEEK 3

Day 1. Let's get the week off to a healthy start by drinking lots of water. A study showed that kids who drank a glass of water before their school day did better on tests! Add a squeeze of citrus fruit, from an orange, grapefruit or lemon, for added flavor and nutrients.

2. Sometimes natural foods are called "whole" foods. Natural & whole foods are best for your body, mind and spirit. That's why *whole-grain* brown bread is healthier than processed white bread. *Whole-grain* brown rice is healthier than processed white rice.

3** When you eat sweet red *beets*, you're helping your body's red blood cells. Red / blood / cells have the important job of traveling inside your blood, and delivering the oxygen that we *breath* to every part of your body. Guess which body organ *pumps* the blood & blood cells through your body? Here's a hint: It beats. (Answer: the Heart)

4. Our *Cool Bean of the Month* is the soybean, rich in protein and popular in China. A Chinese "rice bowl" made with colorful veggies and soybean tofu is a healthy and delicious meal *from* China, but enjoyed by people all around the world.

Friday. Exercise is very important for a strong and long life, so *Let's Move* today and all weekend long, and let's hydrate with plenty of water, made even tastier with a squeeze of citrus fruit juice like grapefruit or lemons - in season all winter long.



FEBRUARY, WEEK 4

1. Let's get this *last* week of *American Heart Month* off to a *heart* healthy start by choosing nutritious food, getting daily exercise, and drinking plenty of water, because a healthy heart means a stronger and longer life.

2** 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. B vitamins help your blood cells carry oxygen to every part of your body for energy.



3. Shopping at the local *Farmer's Market* is healthy for you and the planet too. Locally grown food is harvested fresh, so it's packed with nutrients. And locally grown food doesn't have to travel so far in gas guzzling trucks, so it's kinder for planet Earth too.

4. A popular way to eat our *Cool Bean of the Month* - the Soybean from China - is *Edamame* style. You squeeze the cooked soy beans out of their pod with your fingers, and pop 'em right into your mouth for a protein packed super snack.

Friday. It's Friday. *Lets Move* today and all weekend long. Try moving this weekend with a game of table tennis - otherwise known as ping pong. Or try regular tennis at the tennis courts at a nearby local park.

***Asterisks** indicate *Harvest of the Month* announcements that can be exchanged for alternate *HOM* announcements - see winter alternate supplement. Alternate announcements are intended to be used as part of overall *The Daily Scoop* program.



Beautiful Food brought to you from nature.



Daily Scoop Nutrition Trivia

1. A beet is what type of vegetable?
2. Tofu is made from what kind of bean?
3. What fruit was a raisin before it was dried?

Cool Beans!





Good Nutrition News for February ...

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

- Citrus fruits, like grapefruits and oranges, are rich in a *B vitamin* called *folate*. Folate is good for your heart, so it's a perfect food to eat this month - American Heart Month.
- The *Cool Bean of the Month* is the soybean. Soybeans have been called the miracle bean because they are so healthy, and because they can provide protein in many creative ways: edamame, tempeh, tofu and soy milk - to name a few!
- When you eat sweet red beets, you're helping your red blood cells. Red blood cells in our blood carry the oxygen that we breathe all through our body. And what pumps those blood cells carrying oxygen all through our body? HINT - it beats. (Answer: the Heart).

We hope these tips and special recipe will spark a healthy

conversation about nutrition around your dinner table. *Remember; healthy life is a happy life!* Brought to you by leanandgreenkids.org



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"Snap-pea" Citrus Asian Wrap

This original recipe is a huge hit with students of the *Lean and Green Kids'* (no cook) cooking classes! Bring in the Chinese New Year with this super quick and easy Asian style wrap that combines sweet, fresh and "umami" (special flavor; "deliciousness").

Ingredients, per wrap

- 1/4 cup shelled soy beans (or black beans)
 - 1/4 cup sugar snap peas, chopped
 - 1 Tablespoon celery, chopped
 - 1/4 cup mandarin orange slices (canned or fresh)
 - 1 cup fresh greens (lettuce, spinach, cabbage, broccoli, etc.), chopped fine
 - 2 Tablespoons cup cashews
 - 1 Tablespoon (favorite) Asian salad dressing (sweet, spicy or combo)
- Whole Grain Tortilla

PREPARATION

Layer all ingredients down center of tortilla.
Drizzle dressing over top.
Roll/Wrap it all up and enjoy - it's so snap-pea!



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Buena noticia nutritiva para febrero... Aquí esta una muestra de la conocimiento su estudiante está recibiendo este mes por la entrega de puntas nutritivas llamado ¡The Daily Scoop!

- Frutas de citrus como toronjas y naranjas son llenos de una B vitamina llamado *folato*. Folato es buena para su corazón, y por eso es una comida perfecto comer este mes- American Heart Month.
- El "padre frijol del mes" es el haba de soya. Soya ha sido llamado el frijol de Milagros porque es tan saludable, y porque puedan dar proteína en muchas formas creativas: edamame, tempeh, tofu, y leche de soya- ¡para darse unos!
- Cuando comes dulces remolachas rojas, estás ayudando a sus células rojas de la sangre. Las células rojas de la sangre llevan oxígeno que respiramos a todo el cuerpo. ¿Y que impulsa estas células por todo el cuerpo? (Respuesta: ¡El Corazón!

Esperamos que esas puntas y la receta inspiraran una conversación de salud en su hogar. *Recuérdense, ¡comida saludable es buena para la mente! Traído a usted por leanandgreenkids.org.*



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“Snap-pea” wrap oriental de citrus

¡Los niños en clases de (no) cocinar de Lean and Green Kids le gustan mucho a esta receta original! Acoge el año nuevo de China con este rápido y fácil que combine dulce, fresca, y “umami” (sabor especial, “delicioso”).

INGREDIENTES, por wrap

¼ copa soya sin cascara, (o frijoles negros)
¼ copa guisantes repentinos de azúcar, picado
1 cucharada apio, picado
¼ copa mandarinas (de lata o fresca)
1 copa verduras frescas (lechuga, espinaca, repollo, brócoli, etc) bien picado
2 cucharadas anacardos
1 cucharada (favorita) salsa de ensalada oriental (dulce, picante, o combinada)
Tortilla de grano entero

PREPARACION

Apila todos ingredientes por el centro de tortilla.
Llovizna salsa por todo.
Envuelve para disfrutar- ¡es tan snap-pea!



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The Daily Scoop... Winter vegetables, 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*.



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...

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 throughout the winter. Raisins are dried grapes, a.k.a. known as nature’s candy.



2. Fresh fruit becomes *dried* fruit when the fruit is warmed at low temperatures. When it goes through that warming process, the fruit’s juice evaporates, but its nutrients remain, making raisins and other dried fruits a delicious and nutritious snack.
3. Did you know that your body has electricity running through it?! Electrical impulses help your brain tell your muscles what to do. The mineral, potassium, helps recharge your body’s electricity. Eat dried fruit for a good source of 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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