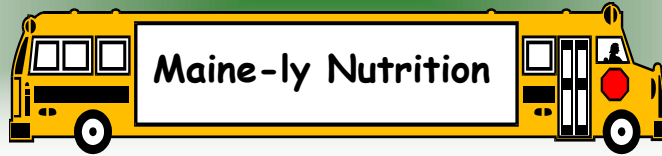


Maine-ly Teachers

Middle School
Edition



Early
Winter 2004



News and Ideas for Maine-ly Nutrition Teachers



Guide Pyramid

The Scoop on the Food

What's new with the Food Guide Pyramid?

Here are the facts:

- ◆ The Food Guide Pyramid is being updated.
- ◆ The USDA finished releasing new recommendations for most major nutrients by 2002.
- ◆ As these recommendations have become available, the new information will be reflected in both the Food Guide Pyramid and the *Dietary Guidelines for Americans*



How will the Pyramid change?

Some of the proposed revisions include:

- ◆ Selecting fats wisely; cut back on saturated fats and trans fats.
- ◆ A definite number of servings from the tip of the pyramid rather than “use sparingly.”
- ◆ Increase your intake of fruits and vegetables (5-13 per day).
- ◆ A connection made between the recommended number of servings and calorie levels.
- ◆ Information on the correct number of servings from the range that is given in each food group.

Remember, the Food Guide Pyramid was never meant to stand alone; it is meant to complement the *Dietary Guidelines for Americans*, which give additional information on healthy eating.



Should we

be teaching from the existing Pyramid?

Yes! As you teach from the current pyramid, remember to:

- ◆ Emphasize whole grain products
- ◆ Explain what a serving size is, and help your students determine what their suggested number of servings should be from each of the food groups.

When will the new “Pyramid” be available?

The new “pyramid” (it might not retain its current shape!) is due out in early 2005, along with the revised *Dietary Guidelines for Americans*. Until then feel confident using the current Food Guide Pyramid and *Dietary Guidelines for Americans* as you teach nutrition education to your students.

Welcome to a New Maine-ly Nutrition School Year!

Welcome to Maine-ly Nutrition’s 9th year! We are very excited that you are participating in our program this year. Here are some updates for you:

Teacher Checks: Please Cash Immediately

We will begin issuing teacher checks in December. Look for an envelope mailed directly to you at school containing a letter and a check. Refer to your *green packet* for details about how to spend the money. If you’re not sure, call us!

Winter Teacher Trainings:

- ◆ January 27 at the *Lucerne Inn, Dedham*
- ◆ February 2 at the *Sheraton, South Portland*

Two-day training:

- ◆ February 8-9, *Senator Inn, Augusta. Special guest speaker: Barbara Storper from Foodplay!*

There is still room available in some of these trainings. If you have not signed up for a training and would like to, please contact Ann Yandian at 626-5037.

Directions to the training sites are on our website:

www.maine-nutrition.org Click the link on the scrolling red bar on the Maine Nutrition Network’s home page!

Some useful websites:

Food Safety Website-Make Every Bite a Safe Bite! <http://www.ces.ncsu.edu/depts/foodsci/agentinfo/>
Utah Education Network– Lesson plans for K-12: <http://www.uen.org/Lessonplan/LPview.cgi?core=7>
Links for nutrition lessons and more—<http://www.eduref.org/cgi-bin/print.cgi/Resources/Subjects/Health/Nutrition.html>
SHAPE! Great nutrition lessons on many topics: <http://intergate.ausd.k12.ca.us/shape/> (click on classroom curriculum)

Low Carb Diets for Kids?

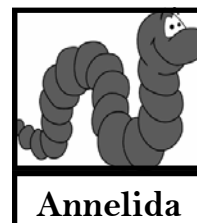
With the popularity of low carbohydrate diets, some of your students may be tempted to try losing weight by using one of the many types of low carbohydrate diets that are popular today. When teaching nutrition remember to emphasize the following points about carbohydrates:

- Carbohydrate is an **essential** nutrient—we need a minimum of 100 grams per day and three to four times this much is recommended. (Atkins' recommendations are below 100 grams.)
- Glucose, the simplest form of carbohydrate, is the only form of energy the brain can use.
- If glucose is not available, protein must be used, diverting it from its own important jobs, such as maintaining the body's immune functions.
- Without carbohydrate, the body cannot use fat in a normal way (carbohydrate has to combine with fat fragments before they can be used for energy).
- Using fat without the help of carbohydrate causes the body to go into ketosis. Ketosis is when unusual products of fat breakdown (ketone bodies) accumulate in the blood, disturbing the acid/base balance of the body.
- The body will break down its own muscles and other protein tissues to make glucose and convert its fats into ketone bodies.

If students are in sports remind them that the heavy energy needs required for practices and games can only be met by proper carbohydrate intake. If they don't eat enough carbohydrate, they won't be burning fat, their bodies may be forced to break down muscle! That fact may be the "hook" to get their attention.

For more information, refer to Nancy Clark's Sports Nutrition Guidebook which is available for loan through HERC at: <http://www.library.umaine.edu/lmc/herc/nutrition.htm>

Winter Fun! Indoor Gardening —Notes from Annelida*



Gardening and farming connect the land to all of us. Some teachers have mentioned that, while they would like to explore school gardening and to show children where their foods originate, they are not always able to have an outdoor plot in which to do so. What are some ways to incorporate gardening into the classroom if you don't have garden space outside?

Container gardening indoors is a convenient, efficient and versatile alternative to outside gardening, plus it adds natural beauty to your school. Planning a small garden helps students practice research, discussion, cooperation, decision making, and troubleshooting. Students can read plant catalogues and figure out which plants are most suitable for their indoor requirements. If you have space with adequate light--such as windowsill or grow lights, then plant vegetables such as lettuce, finger carrots, or cherry/grape tomatoes. With less space try radishes or herbs such as chives, parsley or miniature basil. Students can measure out space necessary for growth: make sure you have containers large enough to account for the grown plant's roots and height, and ensure sufficient drainage. Predict plant growth and chart according to plant type. Experiment with the effects of darkness/light, more/less moisture, high/low temperature, etc. Later, create your own tasty living salad by harvesting and sampling regularly.

For excellent indoor gardening ideas and support, see the National Gardening Association's books, newsletter and website, www.kidsgardening.com.

***Annelida** is the spokesworm for *Healthy Foods from Healthy Soils*, an environmental nutrition program with an accompanying educators' guide of fun hands-on activities that link nutrition, agriculture, and recycling/composting. To send her questions, write: healthyfoods@gwi.net

Easy for Kids to
Make!

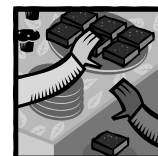
NO-BAKE PEANUT BUTTER LOGS

Ingredients

- 1 ½ cups chunky or smooth peanut butter
- ¾ cup confectioner's sugar
- 3 cups rice cereal, crisp type
- ½ cup peanuts – chopped (if you like)
- ¾ cup nonfat dry milk powder

Directions

1. Put peanut butter in the mixing bowl.
2. Add sugar & milk powder to peanut butter and mix.
3. Add cereal, crushing lightly with spoon.
4. Add chopped peanuts, if you like.
5. Shape into three logs (7 x 1¼ inches).
6. Pat peanuts over log, if you like.
4. Wrap in foil or plastic wrap. Refrigerate.
5. Slice each log into 12 cookies.



Adapted from: "Let's Get Cooking" Cookbook, *United Way's Success by 6*, Onondaga County, New York, 2003 at:
<http://www.cce.cornell.edu/onondaga/nutrition/Let%27s Get Cooking.htm>



Maine-ly Nutrition is a project of the Maine Nutrition Network
You can contact us at: MNN, 295 Water Street, Augusta, ME 04330
You can visit our website: www.maine-nutrition.org