

# Maine-ly Teachers



Early  
Winter 2004



## News and Ideas for Maine-ly Nutrition Teachers



### The Scoop on... The Food Guide Pyramid

#### What's new with the Food Guide Pyramid?

Here are the facts:

- ◆ The Food Guide Pyramid is being updated.
- ◆ The reason behind the revision is to accurately reflect the new nutrition information that has become available.
- ◆ The USDA took suggestions and comments from experts and the public to help make the new version more user friendly than the current pyramid.



#### How will the pyramid change?

Some of the proposed revisions include:

- ◆ Distinguishing between the types of fat in foods.
- ◆ A definite number of servings from the tip of the pyramid rather than “use sparingly.”
- ◆ Distinguishing between *refined* and *whole grain*.
- ◆ Increasing the intake of fruits and vegetables. (5-13 per day).
- ◆ Information on how consumers can figure the correct number of servings they should consume from each food group.

*Note: Did you know that the food guide pyramid was never meant to stand alone? It is meant to complement the Dietary Guidelines for Americans, which gives additional information on healthy eating. For more information, visit:*

<http://www.nal.usda.gov/fnic/dga/index.html>

#### 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 the suggested number

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of servings from each of the food groups should be.

#### When will the new “pyramid” be available?

The new “pyramid” (it may or may 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* in your nutrition education lessons!

### News to Know about Maine-ly Nutrition

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

#### Teacher Checks:

We will begin issuing teacher checks in December. Refer to your *red packet* for details about what the money can be spent on. If you’re not sure, call us! It is important to cash your check immediately even if you do not plan on spending the money right away.

#### Don’t Miss Our Updated Teacher Trainings!

We are offering some great new information and sessions at our 2004-2005 teacher trainings. Plus, we’ve kept your most popular old favorites: door prizes, a free delicious lunch, mileage reimbursement, and much more! If you would like to sign up for a training, please contact Ann Yandian at 626-5037.

#### Winter 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 middle and elementary school guest speaker: Barbara Storper from Foodplay!

\*There is still space available at these trainings.

Directions to the training sites are available on our website: [www.maine-nutrition.org](http://www.maine-nutrition.org) Click the link on

Comfortable using the Internet? Log on to our website for your Maine-ly Nutrition needs! You will find School-wide Event forms, a list of eligible schools, information on our program and other programs available through the Maine Nutrition Network, our book list, helpful links and much more. [www.maine-nutrition.org](http://www.maine-nutrition.org)

### 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>  
<http://www.coolfoodplanet.org> (click on the British flag for English version, then click *school & parents*)  
SHAPE! Great nutrition lessons on many topics: <http://intergate.ausd.k12.ca.us/shape/> (click on classroom curriculum)



### Winter classroom nutrition tips:

Wondering how to introduce your students to fresh fruits and vegetables when it seems like all the best ones are available in the summer? Try these winter favorites:

#### **Cabbage**

*Kid appeal:* Shred red cabbage into a colorful slaw with raisins and diced apples.

#### **Carrots**

*Kid appeal:* Glaze steamed carrots with maple syrup or honey for a sweet treat.

#### **Squash**

*Kid appeal:* Serve spaghetti squash with tomato sauce and Parmesan, just like real pasta.

#### **Pears**

*Kid appeal:* Dip slices into yogurt or make pear sauce instead of applesauce, adding a little ginger and dried cranberries.

#### **Sweet Potatoes**

*Kid appeal:* Make sweet potato fries — slice into wedges and toss with a little olive oil, chili powder and salt and pepper to taste. Bake at 400°F

#### **Persimmons**

*Kid appeal:* Make persimmon ice by puréeing the flesh and freezing it.

~From [Today'sParent.com](http://Today'sParent.com)



Nutrition Book Corner  
A delicious reading treat!

**Sun Bread** by *Elisa Kleven*



Audience: Ages 4-8. Great for a class read aloud or for older students to buddy read with younger students.

Description: Winter's gray chill has set in and everyone misses the sun—especially the baker. So she decides to bring some warmth to the town by making a sun bread. With a lilt-ing, rhyming text, colorful illustrations, and a recipe for bak-ing your own sun bread, this tasty treat from the illustrator of the best-selling *Abuela* is just right for all ages to enjoy.

Information: Price~ \$16.99, Published by~ Penguin Putnam Books 2001, ISBN 0-525-46674-6

Available at [www.barnesandnoble.com](http://www.barnesandnoble.com)



## Indoor Gardening — Notes from Annelida\*



Annelida

Gardening and farming connect the land to all of us. Some teachers have men-tioned that, while they would like to ex-plore school gardening and to show chil-dren 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? Here are some ideas.

Planning and dreaming about what to grow is one of the most fun and creative parts of gardening and is good for all ages. For students, one way to experience growth and harvest is through their imaginations and bodies. Choose plants for an imaginary vegetable soup garden based on students' sugges-tions, then "plant" and "grow" a garden in the classroom by using the floor as a garden plot. Start with students curled-up as seeds and follow through the steps of being planted in the dark ground [lights off], sprouting, receiving sunlight [flashlight or lights on], growing, being watered [use a fine mister], growing and spreading, then being harvested. Have children discuss what they enjoyed about being whatever plant they were, what happened after they were picked, etc.

Container gardening indoors is a convenient, efficient and versatile alternative to outside gardening, plus it adds natural beauty to your school. If you have space with adequate light--such as a 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. Make sure you have sufficient drainage and pots large enough to account for the grown plant's roots. Create your own tasty living salad by harvesting and sampling regularly.

For excellent indoor gardening ideas and support, see the Na-tional Gardening Association's books, newsletter and web-site, [www.kidsgardening.com](http://www.kidsgardening.com).

\***Annelida** is the spokesperson for *Healthy Foods from Healthy Soils*, an environmental nutrition program with an accompanying educators' guide of fun hands-on activities that link nutrition, agri-culture and recycling/composting. To send Annelida questions, write to [healthyfoods@gwi.net](mailto:healthyfoods@gwi.net)

## A Yummy Recipe!

## Harvest Pumpkin Bread



#### Ingredients:

- 1 cup sugar
- 1/4 cup margarine, softened
- 1/4 cup applesauce
- 2 eggs
- 1 cup (8 oz) solid pack pumpkin
- 1 cup all purpose flour and 1 cup whole wheat flour
- 1/2 tsp salt
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 cup raisins
- 1 tsp grated orange rind
- 1/4 cup orange juice
- 1/2 cup walnuts, chopped (optional)



#### Directions:

1. Lightly grease a 9X5X3 loaf pan or coat with vegetable spray.
2. Beat sugar, margarine and applesauce until creamy and light (about 5 minutes). Add eggs one at a time and con-tinue to beat. Add pumpkin and mix until smooth.
3. Combine flour, salt, baking powder, baking soda and cin-namon. Stir into pumpkin mixture and mix until smooth.
4. Add raisins, orange rind, orange juice and nuts (optional). Stir well and pour into loaf pan.
5. Bake at 350 F for 60-65 minutes. You can test doneness by sticking a wooden pick into loaf. If it comes out clean, loaf is done. Cut into 12 slices.

Baking time: 1 hour      Serves: 12



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](http://www.maine-nutrition.org)