

# Maine-ly Teachers

Middle School  
Edition



Fall/Early  
Winter 2003



*News and Ideas for Maine-ly Nutrition Teachers*



## News to Know about Maine-ly Nutrition

Welcome to Maine-ly Nutrition's 8th year! We are very excited that all of you receiving this newsletter are participating in our program this year. Here is some important information about Maine-ly Nutrition that you should know:

### Teacher Checks:

We will begin issuing teacher checks during the month of December. Be on the lookout for an envelope mailed to you containing a letter and a check. Refer to your yellow packet for details about appropriate use of the money. If you're not sure, call us!

### Teacher Training:

If you were not able to attend a teacher training this fall, we have good news! We are offering four winter training sessions:

- ♦ January 27, *Lucerne Inn, Dedham, ME*
- ♦ February 2, *Senator Inn, Augusta*
- ♦ February 4, *Pineland Conference Center*
- ♦ February 9-10, *Senator Inn, Augusta*  
(rescheduled 2-day)

We will be sending out more information on these trainings shortly. Directions to the sites are available on our website: [www.maine-nutrition.org](http://www.maine-nutrition.org).

### Paperwork!

We know how busy teachers are, and we know it is hard to keep track of time & expense forms, receipts, etc. Here are some teacher tips:

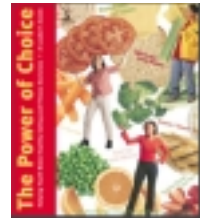
1. Keep your time sheet in your plan book. That way, when you write a lesson into your plans, you can jot it on your time sheet.
2. Cash your \$100.00 check right away and keep the money stored in a safe place. Store the receipts in the same spot. When you've spent the \$100.00, all your receipts will be ready to mail!

You don't need to be extremely detailed on your time or expense sheets. Did you know that **all** time spent on planning and implementing nutrition education can be counted? This means shopping with your \$100.00, planning lessons, teaching, surfing the Internet for ideas, even correcting papers! And don't forget, if you attend training, it counts as 6 hours for the one-day training and 12 hours for the two-day!

## Free Resources for Middle Schools

### *The Power of Choice*

*The Power of Choice* is a free resource (one per school district) that schools can order from the Team Nutrition website that helps students learn to explore the links between food, fitness, food safety, and their personal health. The target group for this program is preteens (middle school) between 11 and 13 years of age. It is designed to be used as an out of school program but can be adapted for use in the classroom or as an after school program. The leader's guide includes a recipe booklet, nutrition fact cards, and four posters with key themes. This program would be especially valuable to middle school teachers who are using the *yourSelf* nutrition program because it builds on the health messages found in that kit. An enclosed CD contains supplemental activities, healthy snack ideas, tips for meaningful communication, and suggestions for ways to get families involved. A video is also included in the CD. A more detailed explanation can be found at the Team Nutrition website. A slideshow video and the video can be previewed at [www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)



### *Mission Nutrition*

Three nutrition-based teaching units with background information, easy-to-use lesson outlines and student activity suggestions, plus helpful links and resources are available through a Canadian based website called *Mission Nutrition*. The lessons deal with healthy eating, self-esteem issues, and body image. The site also provides parents with answers to commonly asked questions, plus helpful links and resources. Another heading offers fun interactive activity for students in grades 6 to 8 designed to promote positive self-esteem and body image, healthy eating and physical activity habits. This site can be accessed at [www.missionnutrition.com](http://www.missionnutrition.com).



## Some useful websites:

Maine Nutrition Network: <http://www.maine-nutrition.org>

Mission Nutrition: <http://www.missionnutrition.ca/>

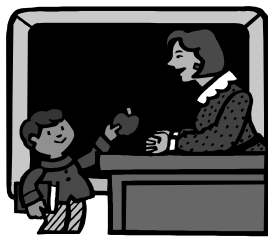
24 Carrot Press: [www.nutritionforkids.com/](http://www.nutritionforkids.com/)

Winter Kids! Program: [www.winterkids.org/](http://www.winterkids.org/)



## Connect With Your School Food Service Personnel

Remember to connect with your school food service staff when you are planning on using food in the classroom. Many federal commodity foods may be available for you to use. If you check with your school food service director, you can receive a list of foods that you can use in the classroom. These lists may vary from district to district so be sure to check with your director to find out what is available in your school. Some recent examples of possible items could include dried fruit, almonds, flour, and dried milk powder. While you are there, see if the director might be willing to speak to your classes on proper hand washing (very important during flu season) and/or safe food handling.



## Teacher Stories

We would like to publish stories about activities that have worked well in your classroom. For instance, do you have examples of classroom activities that work well to motivate your middle school students to want to learn about nutrition? What are some good nutrition and/or physical activity-based activities you have done in collaboration with other teachers in other subject areas? Perhaps you have an innovative project that is utilizing other community resources. Do you have success stories with students who have changed their attitudes towards nutrition or have achieved a healthy weight? If you have worked with others in your school or community to implement a schoolwide event, that information could be valuable to others who are thinking about organizing a similar activity in their schools. We would like to hear from you and share success stories from the classroom. Please let us know what is working in your district, school, and/or classroom.

*If you have a story to share with us and other teachers about activities that have worked well in your classroom, please submit it to Mary Ann at: [maryann.bennett@maine.gov](mailto:maryann.bennett@maine.gov), so we can print it in an upcoming issue of the Maine-ly Teachers, Middle School Edition, newsletter.*

*The Perfect Healthy Holiday Treat!*

## Whole Wheat Sugar Cookies

(2-1/2 dozen cookies)

(Developed by USDA for School Nutrition Programs)

.....  
1/4 cup *plus* 2 Tbsp margarine or butter  
3/4 cup sugar  
1 fresh large egg  
3/4 tsp vanilla  
2 Tbsp lowfat milk  
1-1/2 cups whole wheat flour  
3/4 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1/8 tsp ground nutmeg  
1/2 tsp ground cinnamon

### Sprinkle:

2 Tbsp sugar  
1 tsp ground cinnamon



**Preheat** oven to 375 F.

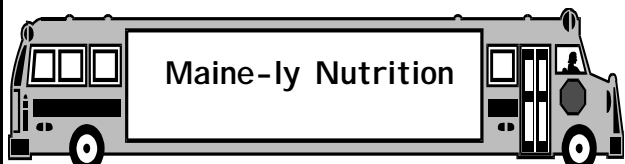
1. Using an electric mixer on medium speed, **cream** margarine or butter and 3/4 cup sugar until light and fluffy.
2. **Add** egg, vanilla, and milk and **mix** for one minute until smooth. **Scrape** sides of the bowl.
3. In a small bowl, **combine** flour, baking powder, baking soda, salt, nutmeg, and cinnamon. **Add** dry ingredients gradually to the creamed mixture; **mix** on low speed for one minute until well blended. **Scrape** sides of the bowl.
4. **Portion** dough by rounded teaspoons onto lightly greased cookie sheets.
5. **Combine** 2 Tbsp sugar and 1 tsp cinnamon and **sprinkle** over cookies.
6. **Bake** for 10-13 minutes, until lightly browned. **Cool** on wire rack.

Please contact the following people if you have questions about:

Training: Mary Ann @ 626-5044

Time/Expense Sheets: Jaime @ 626-5271

Resource checks: Barbara @ 626-5037



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**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)