

Pre-School/ Elementary School Edition

Late Fall 2007

Maine-ly Teachers

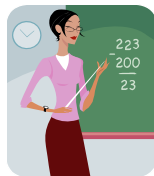


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News and Ideas for Maine-ly Nutrition Teachers

We Can Use Your Help



Please encourage other teachers in your school to participate in the Maine-ly Nutrition Project with you. Remember, the more teachers we have involved in the program, the more funding we receive from USDA. Your participation year after year actually means we have **MORE** resources for you, not fewer. Please contact your principal for registration forms, or contact Alice Schlosser at: aschlosser@usm.maine.edu or call 626-5299.

Look for Your Teacher Packet and Resources!



You should receive your teacher packet within 3-5 weeks after signing on to Maine-ly Nutrition. This packet contains all the forms you need for the program, helpful hints, and other resources to help you teach nutrition in your classrooms. If you do not receive your teacher packet and/or the nutrition program you signed up for, please contact Lorana Laliberte at llaliberte@usm.maine.edu or call her at 626-5037.

Keeping Track of Your Time and Expense Information



- ◆ **October 1** is the start-up date to be documenting your Time and Expense information.
- ◆ Be sure to check out the Resource Sheet in your packet!

Re-Designed Maine-ly Nutrition Teacher Training

New this year, we have designed the training to include two tracks. One track is for returning teachers and one is for teachers who have never attended a training before. We will offer basic information for the teachers who have never attended and new lesson ideas and updated nutrition information for teachers who are returning to training.

Although our teacher training is not mandatory, it is recommended. Plus, you can use the hours from this free training toward the 25 hours you commit to the project for the year. Please sign up early for the training date that best fits your schedule. You are guaranteed to have a fun-filled, educational day!

The one-day trainings are held from 8:30AM-3:30 PM on the following days:

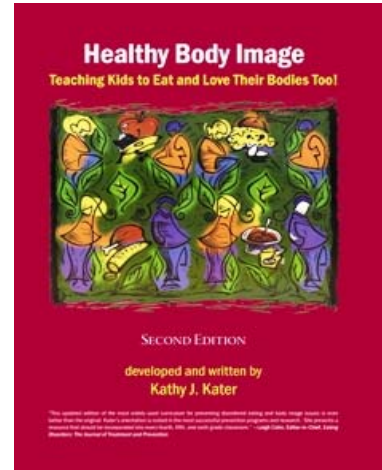
- ◆ Thursday, December 6 at the Lucerne Inn in Dedham
- ◆ Tuesday, December 11 at Florian Hall in Augusta
- ◆ Wednesday, January 30 at the Lucerne Inn in Dedham
- ◆ Wednesday, February 6 at John Martin's Manor in Waterville
- ◆ Wednesday, February 13 at the Sheraton Hotel in South Portland
- ◆ Wednesday, March 12 at the Senator Inn in Augusta

Book Review

Healthy Body Image

Written by Kathy J. Kater

“This updated edition of the most widely-used curriculum for preventing disordered eating and body image issues is even better than the original. Kater’s orientation is rooted in the most successful prevention programs and research. She presents a resource that should be incorporated into every fourth, fifth, and sixth grade classroom.” –Leigh Cohn, Editor-in-Chief, *Eating Disorders: The Journal of Treatment and Prevention*



This curriculum, intended for grades 4-6, helps educators empower students to form a foundation for acceptance of their bodies, based on recognition of what they can and cannot control with regard to body size and shape. Through stories and activities, students are prepared and empowered to resist unhealthy and unrealistic cultural pressures regarding body image, and are inspired to develop a practical understanding of healthy eating.

Ask a Dietitian

Should I take a Vitamin D supplement?

The short answer is yes! During the winter in Maine, the angle of the sun is too low to allow our skin to produce vitamin D. Although milk and other food products are fortified with vitamin D, we probably will not consume enough of those foods to reach optimum levels of vitamin D in our bodies.



Current research indicates that the recommended intake of vitamin D may actually need to be increased. As a result, most researchers now recommend supplementing, especially in the winter, with the active form of vitamin D (D3 or cholecalciferol—check the ingredients list on the supplement bottle).

The research is also indicating that we probably need vitamin D for more than just strong bones. It may be helpful in preventing many diseases such as cancer, diabetes, and heart disease. More information on Vitamin D will be presented at the Maine-ly Nutrition teacher trainings.



Editor's Note - Be sure to keep your doctor informed of all supplement use. Supplements can interact with other medications you take and/or foods you eat. Additionally, pregnant and/or nursing women especially need to check with their pharmacist and doctors regarding supplement use.

Non Food Rewards for Youth



Written by Elizabeth Patten, licensed dietitian and co-author of *Healthy Foods from Healthy Soils*

As teachers, you know that rewarding good behavior can reinforce positive actions, which we hope will develop into healthful habits. This is true for all of us--but especially young children--regarding eating and exercise!

In some classrooms and families, however, rewards come in the form of sweets or foods that could undermine their health. According to the Center for Science in the Public Interest, “Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times.”

In addition, punishing children by withholding exercise, or food (prohibited by USDA), or reprimanding them through physical activity is also counterproductive (forcing them to do sit-ups, for example). As it is, most schools have scant time for sufficient exercise and physical education already.

What are some healthier / inexpensive rewards?

- Sit by friends
- Have extra art, music, reading or recess time
- Get a plant, or seeds and pot for growing a plant
- Enjoy class outdoors
- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items!)
- Make a delivery to the office
- Get stickers, pencils, and other school supplies
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)



Of course, genuine attention, thanks and recognition are all wonderful rewards!

Ideas adapted from Michigan State University Extension:

www.tn.fcs.msue.msu.edu/foodrewards.pdf.

See additional “Constructive Classroom Rewards” at www.cspinet.org/schoolfood/

Kids' Kitchen



Smiling Burrito (with onions for eyebrows)

Serve on a bed of packaged salad (Dole or Fresh Express)

You will need:

- Corn or flour tortilla
- Refried beans
- Grated part skim mozzarella cheese
- Black olives
- Cherry tomato
- Kidney or black beans
- Orange wedges
- Salsa



Spread refried beans on tortilla; leave a 1-inch margin.

Arrange olives (eyes), cherry tomato (nose), and kidney/black beans (mouth) to create a face. Add orange wedges on each side for ears. Sprinkle cheese at top for hair. Add two onion pieces for eyebrows (optional).

Serve with salsa. Makes 1 serving.

<http://www.produceforkids.org/kids/kids-recipes/burrito.html>



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Maine-ly Nutrition is a project of the Maine Nutrition Network

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