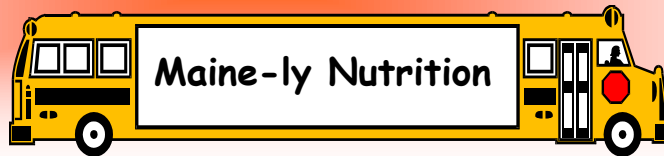


Maine-ly Teachers

Middle School
Edition



Summer 2005



News and Ideas for Maine-ly Nutrition Teachers



MyPyramid:

The New Food Guidance System

The New Food Guidance System was released on April 19, 2005. It is an interactive system located at www.mypyramid.gov. Although it still resembles a pyramid, there are many differences between this 'food guidance system' and the old food guide pyramid (FGP). Some of the new website features include:

MyPyramid Plan:

- ◆ **Individualization:** The USDA has created 12 separate pyramids for people of different ages and activity levels. Enter your age, gender and activity levels on the website and you will get an estimate of what and how much food should be eaten from the different food groups.
- ◆ **Moderation:** The pyramid still emphasizes the importance of balancing calories. The colored segments (also in the shape of pyramids) taper towards the top, suggesting that food high in sugar and fats should be eaten in moderation. An emphasis is placed on fruits, vegetables and whole grains as low-calorie, nutrient rich foods. Serving sizes have been replaced with actual weights and amounts, such as one slice of bread or half a cup of rice.
- ◆ **Physical Activity:** For the first time, the food pyramid incorporates exercise. Physical activity is represented by a person climbing up the side of the pyramid.

Inside MyPyramid:

This is an in-depth information guide for every food group, including recommended daily amounts in commonly used measures, like cups and ounces. The section also includes recommendations for choosing healthy oils, extra calories, and physical activity.

MyPyramid Tracker: The tracker on the MyPyramid website helps you assess your food intake and physical activity. You can enter a day's worth of foods eaten and the amount of physical activity. The site evaluates this information and provides tips and suggestions just for you.



MyPyramid

MyPyramid resources for teachers —

Materials are being developed for both children and teachers for MyPyramid. The current graphic is appropriate for children aged 2 and up. Additional materials for children are currently in development — which will include specific graphics, messages and materials developed to reach children. In coordination with the overall project, USDA's next step is to help teachers work with children to learn about the Food Guidance System. Look for materials targeted for children later this year.

**Great Opportunity for Middle School Teachers
Interested in Planet Health!**
(See the back side of this newsletter)



IMPORTANT NOTICE ABOUT MAINE-LY NUTRITION'S SUMMER TEACHER TRAINING. PLEASE READ!

Thank you to all of you who responded to the postcard sent in April announcing the possibility of a summer teacher training in August. Unfortunately, we did not receive enough interest to hold the training this summer, mostly due to time commitments or schedules.

A summer training may be a possibility in the future as a way to include our teachers who find it hard to attend one of our regular training sessions held during the school year. Stay tuned!

Some useful websites:

The newly revised Action for Healthy Kids website: www.actionforhealthykids.org
Advice on keeping foods safe this summer: www.foodsafety.gov/~fsg/summer.html—
National Dairy Council Tools for Schools: www.nationaldairyCouncil.org/nationaldairyCouncil/tools



Quick Summer Food Safety Tips:

Summer is a great time for families to enjoy Maine's great outdoors. Here are some tips to help make sure everyone cooks safely this summer.

1. Wash Hands and Surfaces Often

If there's no source of clean water, pack clean, wet, disposable washcloths or moist towelettes.

2. Separate: Don't Cross-Contaminate

Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

3. Cook to Proper Temperatures

Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer.

Don't partially cook food ahead of time--Cook meat and poultry completely at the picnic site.

4. Chill: Refrigerate Promptly

Cold refrigerated perishable food should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Food left out of refrigeration for more than 2 hours may not be safe to eat. If you have any doubts, throw it out!

Source: http://www.keepkidshealthy.com/welcome/safety/summer_food_safety.html



Planet Health Online Class for Middle School Teachers

An online class, entitled Using Nutrition and Physical Activity Messages in a Middle School Curriculum, will be offered this summer for teachers who work with the Planet Health nutrition program.

Course Description: The class will emphasize the effectiveness of the program across disciplines and will help participants to implement the program into lesson plans in their discipline.

Course Expectations: The course participants will be expected to independently complete the readings and written assignments corresponding to each module on a timeline. Online discussions will be an integral part of interaction with classmates and instructor.

Course Content: The 5-week class will be divided into 3 modules.

- ◆ **Module One:** The first module deals with the need for this program and the proven benefits of the program in clinical studies.
- ◆ **Module Two:** In week two participants learn how the program is organized and are involved in online discussions with other participants.
- ◆ **Module Three:** Weeks three and four teach participants how to implement Planet Health in their schools. This module also discusses how to involve parents with the program.

The last week focuses on the final project for the course. Participants will be assigned to a group of 4 students. Each should represent a different specialty area (science, language arts, etc.) As a group, they will discuss how they would coordinate the lesson plans of Planet Health as if they all worked in the same school. Then they will write one outline to describe how the lesson plans would be incorporated in the school's overall curriculum.

Check with us for full scholarships for this course!

The course is offered in August. See www.choosefsc.org/opdce.htm for details.



Nutrition Book Corner

Title: Food Rules! The Stuff You Munch....

Author: Bill Haduch

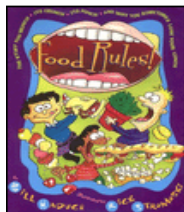
Audience: Ages 9-12

Description: A humorous description of digestion, yet it includes a wealth of information, breaking complicated concepts down into easy to understand pieces.

Information: Price~ \$10.99 Published by~ The Penguin Group

ISBN: 0141311479

Available at local bookstores or order online



Mini Veggie Pizzas



Makes 5 Servings
Prep time: 20 minutes

Ingredients:

10 -2-inch unbaked prepared buttermilk biscuit dough plus flour for rolling out biscuits

1 Tbsp olive oil

3/4 cup prepared pizza sauce

1 cup finely chopped tomato

1/2 cup very finely diced onion

4 cups frozen mixed green vegetables with mushrooms

2 Tbsp dried oregano

Garlic powder

3 Tbsp grated Parmesan Cheese

Directions:

1. Preheat oven to 400 F; Place oven rack in middle high position.
2. Remove biscuits and separate. On lightly floured surface, roll each biscuit into 4-inch circle. Place rounds on large oil-sprayed sheet.
3. Brush all biscuits lightly with oil and about 1 Tbsp pizza sauce.
4. Combine all vegetables. Pile equal mixtures onto rolled crusts. Sprinkle well with oregano and garlic powder; lightly w/cheese.
5. Bake 10-12 minutes



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