

# Get Involved with Team Nutrition! Toolkit

## Quarter 3 Nutrition Message:

“A Lot Can Happen When You Eat Your Colors!”



## Overview of Message to Administrators

Dear Administrative Personnel,

We are excited to kick off the New Year and the second half of the school year with you. We hope that you continue to find the Team Nutrition toolkit easy to use and have had fun integrating the activities and messaging into your weekly announcements! Each toolkit has the **quarterly nutrition message** and **“Weekly Nutrition Announcements”** to build students’ knowledge and improve behavior related to the quarterly message. This toolkit also includes suggested **“Weekly Nutrition Classroom Activities,” “Weekly Social Media Nutrition Messages,” “Eat Well Be Well” parent newsletter,** and **“Supplemental Team Nutrition materials.”** Each component of the toolkit builds on the weekly announcements so that students learn how to incorporate the message into the school day and at home.

For utilizing each component of the toolkit, you can claim points on the checklist as follows:

**Weekly Nutrition Announcements:** *Establishing a Wellness Culture #1- 1 pt*

**Weekly Nutrition Classroom Activities:** *Nutrition #23- 2 pts*

**Weekly Social Media Nutrition Messages:** *Establishing a Wellness Culture #20- 1 pt*

**Eat Well Be Well parent newsletter:** *Establishing a Wellness Culture #24- 3 pts*

The nutrition message for the third quarter of the school year is “A lot can happen when you eat your colors!” The message of this quarter is focused on increasing the number and variety of fruits and vegetables the students are selecting each day. Use the additional resources to get points on your wellness checklist and to improve the knowledge and behavior of your students and community. We wish you the best of luck with the toolkit and we look forward to hearing about how this enhances your culture of wellness!

Go Team Nutrition!

LCFB & MUSC Boeing Center for Children’s Wellness

## Nutrition Weekly Announcements

*For Wellness Checklist points claim: Establishing a Wellness Culture #1- 1 pt*

**Week 1.** Add color to your day with fruits and vegetables! Try to build your plates to be full of different colors of the rainbow! How many different colors can you get in one meal?

**Week 2.** Did you know that there are vegetables that are packed with protein? Peas and beans are loaded with protein to help your muscles grow stronger! Don't pass up these power-packed foods.

**Week 3.** Crunch, crisp, smooch! Fruits and vegetables are all different textures. Selecting meals that have different textures will help you feel fuller. Experiment with making a salad full of different textures of fruits and vegetables to help you feel more satisfied!

**Week 4.** Eating the rainbow can help you stay healthy so you can hang out with friends, play sports, or participate in your favorite hobby! Orange fruits and vegetables like cantaloupe and carrots protect you from getting sick. Red fruits and vegetables like pomegranate and peppers are good for your heart! Mix red and orange fruits and vegetables into your lunch for a healthy body and a strong heart.

**Week 5.** Make sure to fuel your body with food that helps you grow and learn. Green fruits and vegetables build strong bones and minds! Enjoy a salad with your lunch, add lettuce to your sandwich, or ask for greens with dinner so your bones and mind grow healthy and strong.

**Week 6.** Knock, Knock. Who's there? Turnip! Turnip who? Turnip the Beet! White and purple fruits and vegetables help build strong bones and minds. More specifically, white vegetables like turnips and fruits like a white peach help build strong bones and teeth. Purple vegetables like beets and fruits like plums help with your memory. Each color has a different helpful property to our body!

**Week 7.** Vegetables make a great afternoon snack! If you're feeling like you want something to eat before dinner, reach for vegetables. The crispness and crunchiness of carrots, celery, and cucumbers will satisfy the afternoon food cravings. Dip them in ranch or wrap them in cheese to hold you over until dinner.

**Week 8.** Are vegetables not your favorite food to eat? We all know that our bodies need them so get creative with how you prepare them and find what you like! Try fruits and veggies with cheese or peanut butter. Enjoying a little protein with your vegetables or fruits helps your body use all of the powerful nutrients a little better. Don't avoid the foods that are good for you, add something you do like to it!

**Week 9.** We have talked about the importance of adding color to your meals and snacks to get a rainbow on your plate! One last fun way to eat a rainbow is with pizza! Make your own by buying a frozen cheese pizza and topping it with a rainbow-like spinach, peppers, and onions. Enjoy getting creative with how you and your family eat fruits and vegetables!

## Weekly Nutrition Classroom Activities

*For Wellness Checklist points claim: Nutrition #23- 2 pts*

### **Classroom Activity Week 1.**

Discuss the importance of building colorful plates. Have students brainstorm fruits and vegetables for each color of the rainbow. Ask students how many colors were in their last meal. How could they add more colors to their plate?

**Resource:** <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

### **Classroom Activity Week 2.**

Talk about the science behind the colors. What are phytonutrients? Why do we need them? Share with students that you will discuss more each color over the next few weeks.

**Resource:** <https://fruitsandveggies.org/stories/what-are-phytochemicals/>

### **Classroom Activity Week 3.**

Ask students name some red and green fruits and vegetables. Have them research the importance of eating red fruits and vegetables. Students can create a news article, poem, song, etc. to share with others about red fruits and vegetables.

**Resources:** <https://www.todaysdietitian.com/newarchives/110308p34.shtml>

### **Classroom Activity Week 4.**

Ask students name some orange and yellow fruits and vegetables. Have students research the importance of orange and yellow fruits and vegetables. Students can create a news article, poem, song, etc. to share with others about orange and yellow fruits and vegetables.

**Resource:** <https://fruitsandveggies.org/stories/insiders-viewpoint-fruit-veggie-color-affects-health/>

### **Classroom Activity Week 5.**

Ask students name some blue and purple fruits and vegetables. Have students research the importance of blue and purple fruits and vegetables. Students can create a news article, poem, song, etc. to share with others about blue and purple fruits and vegetables.

**Resource:** <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

### **Classroom Activity Week 6.**

Ask students name some white and brown fruits and vegetables. Have students research the importance of white and brown fruits and vegetables. Students can create a news article, poem, song, etc. to share with others about white and brown fruits and vegetables.

**Resource:** <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

### **Classroom Activity Week 7.**

Ask students for examples of protein-rich vegetables. Ask what foods they already eat regularly with protein-rich vegetables and share with the class. Have students research the benefits of choosing plant-based proteins.

**Resource:** <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

### **Classroom Activity Week 8.**

Discuss different cooking and preparation methods for vegetables and fruits. Share that the way we prepare or cook a food can change the way it tastes. Roasting in the oven tends to add a charred crunch, sautéing makes foods softer, while grilling adds a smoky flavor. Ask students to make a list of 3 foods that can be cooked in each separate category and discuss with class.

**Resource:** <https://fruitsandveggies.org/stories/top-10-ways-to-cook-almost-anything/>

### **Classroom Activity Week 9.**

Remind the students of the importance of eating “the rainbow” for the benefits your body receives from each colored fruit or vegetable.

**Resource:** <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

**Activity:** Have the students create or find a recipe using vegetables or fruits from each color group.

## Weekly Social Media Nutrition Messaging

*For Wellness Checklist points claim: Establishing a Wellness Culture #20- 1 pt*

**Social Media Message Week 1.** Can you eat a rainbow a day? You can with fruits and vegetables. Try to build your lunch and dinner plates to have different colors of the rainbow!

[10 tips to liven up your plate with fruits and veggies!](#)

**Social Media Message Week 2.** Did you know that there are vegetables that are packed with protein? Peas and beans are loaded with protein to help your muscles grow and become stronger! Don't pass up these power-packed foods! [Check out these ways to pack your meals and snacks with plant proteins!](#)

**Social Media Message Week 3.** Crunch, crisp, smoosh! Fruits and vegetables are all different textures. Selecting meals that have different textures will help you feel fuller. Experiment with making a salad for your family that is full of different textures to help you feel more satisfied! [Try some of these delicious salad toppers!](#)

**Social Media Message Week 4.** Fuel your family with foods that help them grow and learn. Green fruits and vegetables build strong bones and minds and brighten your plate! Make a rainbow salad for lunch using dark leafy greens and at least two other colors of fruits or vegetables. [Make a Rainbow at the Salad Bar!](#)

**Social Media Message Week 5.** Vegetables make a great afternoon snack! If you're feeling like you want something to eat before dinner, reach for vegetables. The crispness and crunchiness of carrots, celery, and cucumbers will satisfy the afternoon food cravings. Try making one of these yogurt-based vegetable dips to enjoy as a snack. [Healthy Greek yogurt dips!](#)

**Social Media Message Week 6.** Eating the rainbow can help your family stay healthy and active! Orange fruits and vegetables like cantaloupe and carrots protect you from getting sick. Red fruits and vegetables like pomegranate and peppers are good for your heart! Make this red and orange fill fruit salad for a lunch that builds a healthy body and a strong heart. [Try this yummy, colorful fruit salad recipe.](#)

**Social Media Message Week 7.** Having trouble getting your kids to eat new fruits or vegetables? Say cheeeeese! Serving fruits and vegetables with a little cheese will help their body use all of the powerful nutrients a little better. Just wrap the fruit or vegetable in cheese and enjoy! Work together as a family to prepare snacks that pair fruits and vegetables with cheese. [Nutritious snack ideas the whole family will enjoy!](#)

**Social Media Message Week 8.** The way we cook food matters! Different cooking methods can change the taste and texture of our fruits and veggies. Get creative with your family. Make a point to try a new way of cooking fruits and veggies this week. [Try some of these delicious ideas!](#)

**Social Media Message Week 9.** Now that you've learned the importance of adding color to your meals and snacks, help your family eat a rainbow a day by challenging each other to add fruits and vegetables to everyone meal. Get started with this [Eat a Rainbow Pizza!](#)

# Eat Well. Be Well.

TEAM NUTRITION FEATURE OF THE QUARTER:

## A Lot Can Happen When You Eat Your Colors

Did you know that each color of fruit and vegetable has different nourishing power for you and your child's body? You don't need to remember all of the things each fruit or vegetable does for your body. You simply need to focus on getting your family a rainbow of fruits and vegetables throughout the week.

**Eat a Rainbow Goal:** Include at least 3 colors of fruits and/or vegetables at meals and 2 colors with a snack.

Colorful meal and snack ideas:

### Colorful pizza

Use a frozen cheese pizza and top it with green spinach, purple onions, and red peppers.

### Rainbow stir fry over brown rice

Use the recipe below and choose green broccoli, purple cabbage, orange carrots, red peppers, and white onions for your vegetables. You can also use a mixed bag of frozen stir fry veg and a protein of your choosing. <https://cookingmatters.org/recipes/chinese-veggies-and-rice>

### Mixed berry oatmeal

Mix together frozen mixed blueberries, red raspberries, and strawberries, a half of a yellow banana for sweetness, and a ½ cup quick cooking oats and cook according to the instructions. Cooking with the fruit stirred in will make it naturally sweet. Finish with cinnamon and some nuts.

### Power packed vegetable and cheese

Cut red peppers, green cucumber, and yellow carrots into sticks and enjoy a few sticks wrapped in a slice of cheese or a snack.



### Quick Color Guide

**Red:** Keeps heart, gums and teeth healthy and helps heal cuts/wounds

**Yellow/Orange:** Build a strong immune system, keep eyes, skin and heart healthy, and help heal cuts/wounds.

**Green:** Builds strong bones and teeth, carries oxygen through our blood, and protects the building blocks (cells) of the body.

**White/Tan:** Keeps heart healthy and builds strong immune system.

**Blue/Purple:** Protects the building blocks (cells) of the body, heals cuts and wounds, keeps gums, teeth, heart and digestion healthy, and increases memory.