

Get Involved with Team Nutrition! Toolkit

Quarter 3 Nutrition Message:

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



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 had fun integrating the activities and messaging into your weekly announcements! As a reminder, each toolkit has the main **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.”** 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 improve the knowledge and behavior of your students, staff 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. 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!

Week 2. Knock, Knock. Who's there? Peas. Peas who? Peas pass the beans! Peas and beans are loaded with protein to grow your muscles as you play! Don't pass up these power-packed foods in the lunch line. Instead, ask for more!

Week 3. Crunch, crisp, smooch! Fruits and vegetables have different textures and make different sounds when you eat them. Next time you bite into a carrot listen to the sound it makes. Experiment with eating different textures of fruits and vegetables!

Week 4. Knock, Knock. Who's there? Lettuce! Lettuce who? Lettuce greens in! Greens brighten your plate and build strong bones and minds! Enjoy a salad with your lunch or ask for greens with dinner so your bones and mind grow strong and mighty.

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 your afternoon food cravings. Dip them in ranch or wrap them in cheese to hold you over until dinner.

Week 6. Knock, Knock. Who's there? Orange! Orange who? Orange you glad you eat red and orange fruits and vegetables? 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 strong heart.

Week 7. Say cheeeeese! Are vegetables not your favorite food to eat? Eating a little cheese with your vegetables or fruits actually helps your body use all of the powerful nutrients a little better. No need to be nervous when trying new things. Just wrap the fruit or vegetable in cheese and enjoy!

Week 8. Knock, Knock. Who's there? Turnip! Turnip who? Turnip the Beet. White vegetables like turnips and fruits like a white peach help build strong bones and teeth. Purple vegetables like beets and fruit like plums help with your memory. Can you name fruits that are purple on the outside and white on the inside?

Week 9. We have talked about the importance of adding color to your meals and snacks for 9 whole weeks! Now that you're the expert, it's your turn to help your family and friends eat a rainbow a day. Share with them the many ways to add fruits and vegetables to every meal. A fun way to do it is with pizza! Make your own by buying a frozen cheese pizza and topping it with a rainbow like spinach, yellow peppers, tomatoes, 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. Create a rainbow of fruits and vegetables visual.

K-2nd: Read this book to the students. http://www.celebratehealthyeating.com/pdf/spr/DAN_EatRainbow.pdf

If possible, print a large copy for the classroom or for each child to be able to color throughout the nine weeks.

3rd – 5th: Use this sample lesson plan to talk with students about the importance of eating the rainbow.

<http://www.csgn.org/sites/csgn.org/files/Eat%20A%20Rainbow%20Activity.pdf>

Video (1:20) <http://pbskids.org/lunchlab/videos/video/freezer-burn-food-rainbow-rock>

Classroom Activity Week 2. Discuss vegetables that are protein-rich. Review the lunch menu and see how the kids can incorporate more beans and peas into their lunches.

Video (4:20): <http://pbskids.org/lunchlab/videos/video/protein-power-up>

Classroom Activity Week 3. Crunch, crisp, smooch! Fruits and vegetables are all different textures and make different sounds when you eat them. Define onomatopoeia and have the students share some examples.

Experiment with eating different textures of fruits and vegetables!

Interactive activity: Conduct a Taste Test and use onomatopoeia to describe the sound of each fruit or vegetable.

Classroom Activity Week 4.

K-2nd: Color in the green vegetables and discuss which ones the kids have tried and how they have eaten them

http://www.celebratehealthyeating.com/pdf/spr/DAN_EatRainbow.pdf

3rd – 5th: Have the students draw, paint, use construction paper, or use the activity sheet to create delicious salads with dark greens and at least two other color fruits or vegetables. Have students share Encourage the students to enjoy a salad with their lunch.

<http://www.nourishinteractive.com/nutrition-education-printables/168-free-printable-farm-vegetables-kids-make-healthy-salads-fresh-produce-childrens-foods-coloring-activity-page>

Classroom Activity Week 5. Review easy snack ideas students during last quarter’s Team Nutrition messaging activity that included fruits and vegetables. Ask students what snacks they have been enjoying and how they have been making sure to eat more fruits and vegetables for snacks. Encourage the students to continue to focus on choosing fruits and vegetables for snacks.

Classroom Activity Week 6.

K-2nd: Color in the orange and red vegetables and discuss which ones the kids have tried and how they have eaten them http://www.celebratehealthyeating.com/pdf/spr/DAN_EatRainbow.pdf

3rd – 5th: Discuss the immune system with the students and why it’s important to have a strong immune system.

Have students write a “doctor’s note” to their parents about the importance of eating red and orange vegetables to keep them healthy throughout the winter.

Video (1:25): <http://pbskids.org/lunchlab/videos/video/freezer-burn-give-your-heart-a-valentine>

Classroom Activity Week 7. Complete the fruit and vegetable word search. Have students brainstorm how each one could be enjoyed with cheese. If possible, bring in a few examples for the kids to try.

<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HaveFunWordSearch.pdf>

Classroom Activity Week 8.

K-2nd: Color in the white and purple vegetables and discuss which ones the kids have tried and how they have eaten them http://www.celebratehealthyeating.com/pdf/spr/DAN_EatRainbow.pdf

3rd – 5th: Discuss fruits and vegetables that are purple on the outside and white on the inside. Choose one of the fruits or vegetables you discuss and have the students complete the “Day in the life of” activity.

<https://choosemyplate-prod.azureedge.net/sites/default/files/myplate/mystate/ADayInTheLifeOf.pdf>

Classroom Activity Week 9. At the end of the quarter, review how each color of fruit and vegetable discussed works for their body. Have the students write a letter to their parents about how their family can incorporate a rainbow of fruits and vegetables into their meals and snacks.

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. Knock, Knock. Who's there? Peas. Peas who? Peas pass the beans! Peas and beans are loaded with protein to grow your muscles as you work and play! 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, smooch! 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. Knock, Knock. Who's there? Lettuce! Lettuce who? Lettuce greens in! Greens brighten your plate and build strong bones and minds! 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. Knock, knock. Who's there? Orange! Orange who? Orange you glad you eat red and orange fruits and vegetables? 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 together for a heart healthy fruit salad. [Try this yummy, colorful fruit salad recipe.](#)

Social Media Message Week 7. Having trouble getting your kids to eat new fruits or vegetables? Say cheeeese! 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.