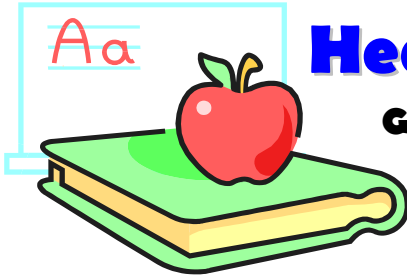


Brought to you by Columbus Health Department



## Health & Nutrition Flash

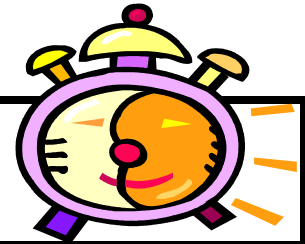
**Good Health...A Basic Foundation for Teaching and Learning**

**November/December 2005**

Welcome to our November issue! We hope you find it to be a useful tool that enhances you professionally, as well as personally. Feel free to print this information to share with colleagues, students and parents.

**We've turned the clock back...**

**Now turn the motor up!**

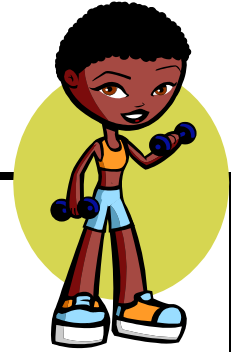


We have bid farewell to Daylight Saving Time. This means a few things for most children – an extra hour of sleep on that one precious day, an hour of sunlight zapped from their after-school playtime, and the symbolic arrival of colder weather along with hats, mittens, and warmer coats. We cannot avoid darkness coming earlier or the drop in temperatures, but we can avoid letting both of these turn children into *cool weather couch potatoes!* There have been studies showing that activity levels do tend to decrease in the upcoming months. While it's true that there are still plenty of opportunities for children to be active outdoors, this is a perfect time to turn their motors up with classroom activities.

Just think of the bang you get for the buck. For children, physical activity enhances fitness, fosters growth and development, helps teach them about their world, reduces feelings of depression and anxiety, and may increase their capacity for learning. In the *PBS Teacher Source* article, Keep Children Moving: Promoting Physical Activity Throughout the Curriculum, Eloise Elliott, PhD and Steve Sanders, PhD, ask fellow teachers to consider the wealth of benefits and realize how imperative it is for them to help increase the amount of physical activity opportunities children have during each school day. They add that teachers have many opportunities where movement and physical activity can be connected naturally to the regular classroom curriculum to promote learning. Activities can be quick and used to pump some fresh energy into a lesson, or more involved and integrated into a subject being studied. In addition to the other benefits mentioned, teachers may also be helping children to develop a lifelong adoration for physical activity.

Check out these examples:

## Classroom ENERGIZERS



### Turkey Exercises

A turkey works great at Thanksgiving time, but you could also have children choose any animal they would like to use. It can serve as the classroom mascot! You can use a stuffed animal, cutout, etc. Use feathers or make them out of construction paper. Label feathers with activities that the class chooses. (Examples: 10 jumping jacks, 60 seconds running in place, 15 knee lifts) When the class needs an energy boost, have a student close his eyes and pick a feather/activity for the class to perform.

### Inches, Feet and Yards, Oh My!

Students line up around perimeter of room or stand at desks. Have students move one set of toes ahead of the other. Tell them this is "small" movement, representing inches. Students put one foot in front of the other. Tell them this is "medium" movement, representing feet. Students take one giant step forward. This is "large" movement, representing yards. Call out different measurements for students to make the correct movement. For example, move forward 2 feet, back 5 inches, sideways 1 yard.

### Story Warm-up

Students pick an "active" story for the teacher to read. Students stand beside their desks and act out the events of the story. You can have students raise their hands when you read an active verb. In addition to acting out the verbs, they can write them on the board as part of a vocabulary lesson. Look for a selection of books ahead of time that will work best.

### Silent Signs

Teacher chooses a student to go to the map. Teacher chooses a location (state or country) and tells everyone else in the class. Class uses movement without talking to guide student to the correct location. Post the directions and corresponding movements on the board.

**East:** knee lifts    **West:** jumping jacks    **North:** raise the roof    **South:** squats

A natural integration between subjects being studied and movement can also involve longer-term activities. These can be great ways to get students really involved in the lessons. Just a few ideas include...

- Keep a class log and have students run or walk the length of the Great Wall of China.
- Set up the class, gym or playground, even add costumes, and have students travel the route of the Underground Railroad.
- Discuss the teamwork involved with building the Pyramids. Divide the class into teams and assign teams an active task to complete together.

Check

\_\_\_\_\_ It

\_\_\_\_\_ Out...

## Food and Nutrition Resources for Teachers



ENERGIZERS are classroom-based physical activities that integrate physical activity with academic concepts. They are meant to give teachers a helping hand. All of the ENERGIZERS in this issue were adapted from 'PE Central' materials. You can download a set of ENERGIZERS for FREE or order a laminated set at

[www.pecentral.org/lessonideas/elementary/k2lessonideas.asp](http://www.pecentral.org/lessonideas/elementary/k2lessonideas.asp)

For additional ideas and information on learning through movement, visit their homepage at [www.pecentral.org/](http://www.pecentral.org/)

Take Time

\_\_\_\_\_ to Take Care

\_\_\_\_\_ of You...

## Staff Wellness



### Healthy Food to Say "YES" To

Do you ever get tired of being told what **not** to eat? It seems as though we're bombarded with media messages focusing on just that – all the foods we need to **avoid**. Thankfully, Tufts University School of Nutrition Science and Policy has developed a list of 51 foods that you can enthusiastically say "YES" to as part of a balanced diet. The list certainly does not include every healthy food that exists, but the idea is to provide you with a sampling, give you some new foods to try, or at least steer you in the right direction. So the next time you are *pushing* a grocery cart, *packing* a lunch or *preparing* a meal, have this list handy. We've divided them into categories that may help you put these great foods to good use in your daily routine!

#### **Grab-n-go items for lunches and snacks**

Almonds	Prunes
Apples	Popcorn
Apricots	Strawberries
Bananas	Walnuts
Blueberries	Watermelon
Cantaloupe	Yogurt
Carrots	
Oranges	
Peaches	

#### **"Not just corn" veggie side dishes**

Acorn squash	Spinach
Asparagus	Sweet potatoes
Broccoli	Tomatoes
Brussels sprouts	
Cauliflower	
Collard greens	
Kale	
Okra	
Romaine lettuce	

---

## Good Health...A Basic Foundation for Teaching and Learning

---

### **Breakfast of champions**

Bran flakes  
Oatmeal  
Shredded wheat

### **Powerful protein**

Beef eye of round	Salmon
Chicken breasts	Sardines
Kidney beans	Tofu
Mackerel	Tuna
Peanut butter	Turkey breast
Pork loin	White fish

### **So that's a whole grain!**

Barley	Whole grain bread
Brown rice	Whole grain pasta
Quinoa	

### **Wash it all down**

Cranberry juice  
Milk (non or low fat)  
Tea

### **A dab will do you**

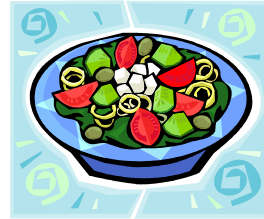
Canola oil

*Tufts University Health & Nutrition Letter- The Friedman School of Nutrition Science and Policy*

**This recipe, named one of the six healthiest recipes in history by *USA Weekend*, contains three of the healthy foods named on the list – you could make it four by substituting the pecans with almonds or walnuts!**

### **Spinach and Berry Salad**

6 ounces fresh spinach, torn in bite-sized pieces  
1 cup thickly sliced strawberries  
1 cup blueberries  
1 small red onion, sliced into thin rings  
½ cup chopped pecans



### **Non-fat curry dressing**

2 tablespoons balsamic vinegar  
2 tablespoons rice vinegar  
4 teaspoons honey  
1 teaspoon curry powder  
2 teaspoons Dijon mustard  
Pepper to taste

### **Directions:**

Wash and dry spinach. Whip together dressing. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly.

---

## Good Health...A Basic Foundation for Teaching and Learning

---



# Buckeye Best

Youth who eat nutritious meals, get daily physical activity and attend school in a tobacco-free environment are prepared to learn. The Governor's Buckeye Best Healthy School Awards Program recognizes schools whose policies and practices reflect creative and comprehensive promotion of nutrition, physical activity and tobacco use prevention.

## Your School Could Be Ready for a Buckeye Best Award!

- The **2005-2006 Governor's Buckeye Best Healthy School Award applications** are currently available online at: <http://www.healthyohioans.org/Schls/bbsurvey05.pdf> . Find out if your school is a Buckeye Best School. **Applications are due January 30, 2006.**

We want to hear about how your school promotes a healthy learning environment. We will highlight creative ideas in this section of the newsletter each month. If your idea is highlighted, your school will receive a **"Healthy Heart, Healthy You"** certificate of recognition which can be presented to your school.

or e-mail [smgill@columbus.gov](mailto:smgill@columbus.gov)

### Any comments or questions about the Health and Nutrition Flash?

Contact Janna Mennetti RD, LD, Columbus Health Department, Office of Health Promotion [jlennetti@columbus.gov](mailto:jlennetti@columbus.gov) or 614-645-7520.

For past issues, go to:

[http://www.publichealth.columbus.gov/resources/Health\\_and\\_Nutrition\\_Flash.asp](http://www.publichealth.columbus.gov/resources/Health_and_Nutrition_Flash.asp)



*Funded by the Preventative Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.*

