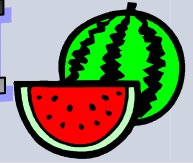


# Health Scout



SEPTEMBER 2008

FROM THE SUPERINTENDENT'S OFFICE

## Nutrition & Wellness Class

*By Tonya Zegers, FCS Teacher*

The main focus of this semester class is the investigation and knowledge of six nutrients. Students will perfect their ability to recite and explain the sources and functions of each nutrient. Students will research the factors involved in living a healthy lifestyle and how it might change during life. Students will read recent sources on the effectiveness that fitness has on the body, mind and soul. Students, using the Internet for the most recent information will examine ideal weight, eating disorders and fad diets. Meal planning, management, and food storage will be included as well as purchasing. Food science activities such as experimentation with fats, sugars, starches, proteins, etc. will take place with the help of the science department. The selection of and processing of pork, beef, poultry and including other food products will be investigated. Students will go through an intense food safety program developed by the National Food and Drug Administration called "Serv Safe." This program gives students the opportunity to become ServSafe certified which will allow them to receive more income in professions that deal with food merchandise.

## Activity Tips

*For more information visit [www.mypyramid.gov](http://www.mypyramid.gov)*

- **Choose to Move Everyday!** All activity counts – go for **60+ minutes of physical activity every day!**
- **Split it up!** Get 15 minutes of activity several times a day to make your 60+ minute goal.
- **Keep Your Heart in Shape!** Play hard to get your heart beating fast and break into a sweat.
- **Play, Be Strong, Stay Flexible!** Build strength and flexibility by stretching or doing cartwheels.
- **Free Time Is More than Screen Time!** Use your free time to move your body, go outside, play with friends and family!

## MyPyramid Healthy Eating Tips

### Fruits: Focus on Fruits

Fruits are nature's treats – sweet and delicious. Eat them at meals and at snack time too. Choose fresh, frozen, canned or dried. Go easy on juice and make sure it is 100%.

### Veggies: Vary your Veggies

Color your plate with all kinds of great tasting veggies. What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach or try orange veggies like carrots and sweet potatoes.

### Grains: Make half your Grains whole

Just because bread is brown doesn't mean it's a whole grain. Look for the word "whole" to top the label ingredient list. Did you know that one ounce of whole-grain equals a slice of whole-wheat bread, ½ cup of oatmeal, brown rice or one cup whole-grain cereal.

### Milk – Get you calcium rich foods

Move to the milk group to get your calcium. Calcium builds strong bones. Look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat-free!

### Meat and Beans – Go lean with protein

Eat lean or low-fat meat, chicken, turkey and fish. Eat it baked, broiled or grilled – not fried. A 3-ounce portion is the size of a deck of cards. It's nutty, but true. Nuts, seeds, peas and beans are all great sources of protein too. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup!

### Change your Oil

We all need oil. Get yours from fish, nuts and liquid oils such as canola, corn, soybean, and olive oil.

### Don't Sugarcoat it

Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients.