

The Daily Scoop, September / Fall start

Daily School Announcements to Encourage *Eating Lean & Green*



Welcome to the first/introduction month of *The Daily Scoop*, good nutrition news delivered daily. *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *Let's Move*. Thanks for creating a leaner and greener world for our kids!

Harvests of the Month: Introduction, with Melon & Tomato (nutrients), alternates available**

Cultural Connection w/ Cool Bean of the Month: Introduction to Cool Beans

FALL Environmental Connection: Eating in Season

Health Campaign: Let's Move

Each announcement begins with, “Here’s your Daily Scoop of good nutrition news!”

Each announcement ends with, “Remember, healthy food equals better grades and mood!”

FALL START, WEEK 1 - COLORFUL FRUITS AND VEGETABLES



1st day of the month. Colorful fruits and vegetables that grow from the earth are packed with *nutrients*. Nutrients are things like vitamins and minerals that keep your body and mind functioning at their best. Will your lunch be a rainbow of colors today?

2. Colorful fruits & vegetables have special nutrients that boost brain power - for tackling those tricky math problems. That’s why eating five servings of fruits & vegetables a day is good. Five is good, more than five is great!

3. Have you ever stopped to think about how amazing all the different foods are that grow from the earth? Like sweet red watermelons and orange cantaloupe melons.

Here’s something else that’s amazing: It takes over ten visits from a single bee to pollinate one melon!

4. The best fuel for a strong body and sharp mind is fruits and vegetables in all the colors of the rainbow. Each different color represents a special nutrient that your body needs. That’s why its important to eat a rainbow of colors everyday! Will your lunch be a rainbow?

1st Friday of the month. Michelle Obama, the wife of our 44th President Barack Obama, started a program called *Let's Move* to remind everybody how good it feels when we move our bodies. So... “*Let's Move*” at recess and PE today - and all weekend long.

SEPTEMBER / FALL START, WEEK 2 - HARVEST OF THE MONTH

Monday. When you pick a berry from a vine or an orange from a tree, that’s called harvesting. Fruits and vegetables are the most *nutritious* - meaning they have the most nutrients - when they are eaten fresh and ripe, just after they are *harvested*.

2* Every season there are new and delicious plants to *harvest*. The late summer harvests of September can be tangy red tomatoes and juicy red watermelon, both rich in Vitamin C, a nutrient that helps cuts to heal.

3* This month, delicious melons and tomatoes are ripe for picking. Their red color tells you that they are rich in special nutrients called *phytonutrients*. Like the name suggests, *phytonutrients* help *fight* disease.

4. Late summer is a great time to harvest and enjoy watermelon. It’s watermelon season, meaning now is the time of year when watermelon is the most nutritious, packed with vitamins and minerals.

Friday. First Lady Michelle Obama says, “*Let's Move!*” So let’s move at recess and PE today! And *let's keep moving* all weekend long with a walk or a bike ride around the neighborhood. See if you can find fruit trees ready to be harvested.



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SEPTEMBER/ FALL START WEEK 3 - COOL BEANS

Monday. Get the week off to a healthy start by eating lots of nourishing and natural *plant* foods, like fruits, vegetables, nuts and beans. Natural plant foods are packed with nutrients that give you extra energy to make recess & PE a whole lot more fun.



2. Fruits and vegetables are foods harvested from plants. Nuts and beans are *also* harvested from plants. Nuts and beans are a very good source of the nutrient, protein, important for building strong muscles, including your heart muscle that beats 100,000 times a day! Cool Beans.

3. Nuts and beans are a good source of protein. Protein is a nutrient that is important for *every cell* in your body. Can you guess how many living cells are in the human body? Answer: About 100 TRILLION!! Cool Beans.

4. Beans came to America from faraway places, like India, Asia, and Africa. Bean burritos came to America from Mexico. Burritos and wraps are a delicious way to eat beans for protein. Cool Beans.

Friday. The weather will be starting to cool down as we move into the fall season, so *Let’s Move* and let’s enjoy the cooler weather this weekend with a bike ride or a nature walk.

SEPTEMBER / FALL START WEEK 4 - EATING IN SEASON

Monday. Fruits that grow in the summer season are different than fruits that grow in the fall season. Now that we’re going into the season of fall, let’s get the week off to a healthy start by trying a new and fresh *fall* fruit, like an apple or pear.

2. Every season brings new and delicious fruits and vegetables to try. And when you eat fruits and vegetables in their growing season, they’re the freshest and have the most vitamins and minerals for a strong body and sharp mind.

3* Now that we’re in the early fall season, we can enjoy ripe red fall apples, rich in vitamins and minerals and special nutrients called *phytonutrients* that help fight diseases. It was Benjamin Franklin who said, “An apple a day keeps the doctor away.”

4. Eating fruits and vegetables that are in season is good for you, *and* it’s good for the local farmers who grow the food too. When we buy from our local farmers, the food is fresh and healthy and we support our local community.

Friday. You moved your body all week at recess and in PE, so keep up the momentum and *Let’s Move* this weekend with a game of catch or frisbee for fun and exercise. Throw further and faster at your local park.



***Asterisks** indicate *Harvest of the Month* announcements that can be interchanged with *alternate HOM* announcements (see spring fruit and vegetable supplement). Alternate announcements are intended to be used as part of overall *Daily Scoop* program.



Plants are Powerful Food for better grades and mood!



Daily Scoop Nutrition Trivia

1. How many visits from a bee to pollinate one melon?
2. Special nutrient only in plant-foods?
3. Are beans a plant or animal protein?

Cool Beans!

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Daily Scoop connection, September. Colorful plant-foods, nuts and beans for plant-protein.

Nutty Banana Burrito

For the playful monkey in all of us - a quick, easy and healthy lunch!

- 1 ripe banana
 - 2 Tablespoons nut butter (or almond, peanut, etc.)
 - Whole Grain Tortilla
 - Optional - sliced fruit or fruit spread, sprinkle of granola, and/or carob chips
- Spread nut butter down center of tortilla.
Layer remaining ingredients and... roll into burrito.



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Good Nutrition News for September...

Your student is getting *The Daily Scoop* - good nutrition news delivered daily, as part of the school announcements. Here is a sample of the nutrition knowledge your student is gaining this month...

- The best fuel for a strong body and sharp mind is fruits and vegetables in all the colors of the rainbow... each different color represents a special nutrient that your body needs to function at it's best. Will your lunch be a rainbow of colors?
- Have you ever stopped to think about how amazing all the different foods are that grow from the earth? Like sweet red watermelons and orange cantaloupe melons. Here's something else that's amazing: It takes over ten visits from a single bee to pollinate one melon!
- Nuts and beans are a good source of plant-protein and protein is important for *every cell* in your body. Can you guess how many cells are in the human body? Answer: 100 TRILLION!! ...*Cool Beans*.

We hope these tips and the “wrap” recipe will spark a healthy conversation around your dinner table. *Remember, exercise and nutritious food equals better grades!* Brought to you by leanandgreenkids.org



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Nutty Banana Burrito

Para el mono jugueteón dentro de todos nosotros
- un almuerzo rápido, fácil, y saludable!



- 1 banana maduro
- 2 Tablespoons nut butter (almond, peanut, etc.)
Whole grain tortilla
- Optional - sliced fruit or fruit spread, sprinkle of granola,
and/or carob chips

Esparza la mantequilla de nuez sobre el centro de la tortilla, ponga
en capas los ingredientes restos, y arrollelos en el burrito.

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Buenas noticias sobre nutrición para Septiembre...

Su estudiante está recibiendo *The Daily Scoop* – buena noticia nutritiva entregado diariamente, como parte del día escolar. Aquí está un ejemplo de las puntas nutritivas su estudiante oirá este mes...

- Lo mejor combustible para un cuerpo fuerte y mente afilado es fruta y verduras en todos los colores de arco iris. Cada color diferente representa una nutritiva especial que su cuerpo necesita para funcionar al mejor. ¿Su comida será un arco iris de color?
- ¿Ha pensado de que todas las comidas diferentes que crecen en la tierra son increíbles? Como sandía dulce y rojo, y melón anaranjado. Algo más que esta increíble: ¡Necesita diez visitas de una abeja individual para polinizar un melón!
- Nueces y frijoles son un buen origen de proteína de planta y proteína está importante para cada célula en su cuerpo. ¿Puede adivinar cuantas células están en el cuerpo humano? Respuesta: 100 trillón... ¡Que padres frijoles!

Esperamos que estas puntas y la receta inspiren una conversación de salud en su hogar. *Recuerden, ejercito y comida nutritiva significan notas mejores*. Traído a usted por leanandgreenkids.org



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The Daily Scoop...

FALL vegetables, alternate announcements

Leafy Greens (calcium)



to help
cancer).

1. Our vegetable *harvest of the month* is leafy greens or in other words... big green leaves.

2. Leafy greens - like kale and spinach - are super foods! Leafy greens are packed with *phyto*-nutrients to help *fight* diseases (*optional* -like diabetes and cancer).

3. Our fall *harvest of the month* is... leafy greens - like kale, spinach and broccoli. Leafy greens supply calcium, an important mineral for strong bones. Got Kale?

4. Leafy greens are super foods, packed with more nutrients than most other foods! Trivia question: Do you know what old cartoon character got his super strength from spinach leaves? (A: Popeye)

5. Leafy greens grow well during the cold winter season. And they are a good source of Vitamin C to help our immune system prevent colds - in the chilly cold - and flu season.



Winter Squash (iron)

1. Our vegetable harvest of the month is winter squash, rich in the mineral, iron. Winter squash are harvested in the *fall* season, but they're called *winter* squash because their hard shell helps them to last all winter long.

2. Winter squash - like butternut squash and spaghetti squash are orange on the inside - just like a pumpkin squash, so they're great sources of Vitamin A for healthy skin, bones, and eyes.

3. The Pilgrims survived a harsh winter because Native Americans shared their food. One special dish they shared was called *Three Sisters*, made with three super healthy plants that grow together: winter squash, kidney beans, and corn.

4. The Native American dish, *Three Sisters*, is made with healthy harvests that all grow together - winter squash, kidney beans, and corn. Winter squash and kidney beans are both high in the mineral iron, which helps your body fight disease.

5. The seeds of winter squash are healthy too. They are an excellent source of the mineral iron, which helps carry oxygen to every cell in your body - all 100 trillion cells!

Pumpkin (beta-carotene)



1. Pumpkins are a very popular fall harvest. Pumpkins are a type of squash, good for making pumpkin pie, and also good for making delicious and nutritious soups and stews.

2. Orange foods like pumpkins and other winter squash are rich in Beta Carotene. Beta Carotene is a *super* nutrient that helps fight disease (like cancer).

3. Our vegetable harvest of the month is a pumpkin. And pumpkin *seeds* are a delicious snack because nuts and seeds are packed with vitamins, minerals, and protein.

4. Orange foods like pumpkins and carrots have a super nutrient called Beta Carotene. Beta Carotene helps you live longer and stronger because it is a phytonutrient to help fight disease.

5. Pumpkins are rich in the mineral, iron. Iron helps keep you healthy by delivering oxygen to your cells - all 100 trillion of them!!

Root Vegetables (complex carbohydrates)



1. Our vegetable *harvest of the month* is a root vegetable. There are many different kinds - like beets, turnips and potatoes. They grow under the dirt and instead of picking them, we dig them up to harvest.

2. Root vegetables - like beets, turnips, and sweet potatoes - are an important source of nutrients called carb-o-hydrates. Carbohydrates are what your body needs for energy, especially your brain.

3. Our vegetable harvest of the month is a root vegetable - any vegetable you pull out of the dirt to harvest. Carbohydrates are nutrients in root vegetables that supply energy to the brain.

4. Root vegetables - like beets and turnips and sweet potatoes - were one of the main foods of early Americans was root vegetables because they could be stored for month through the harsh winters.



Tomato (phytonutrient, lycopene)

3. Our vegetable harvest of the month is a sweet red tomato, which is actually a fruit - *because?* (A: It has seeds inside). A vegetable is the root, stem, leaf or flower of a plant. Five servings of colorful fruits and vegetables *every day* helps keep the doctor *away!*

4. The *phyto-nutrient* called Lycopene is what gives a tomato or watermelon its red color - and lycopene helps fight disease - like cancer. Only plants have *phytonutrients* like lycopene. Gotta like lycopene.

Tomato *begins* on opposite side...

Over for FALL Fruits...



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The Daily Scoop... FALL fruits, alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. To use, simply substitute the following nutrition tips where you see asterisks (*fruit, **vegetable) in the original *Daily Scoop* series. *Alternate announcements are intended for use as part of the comprehensive Daily Scoop series.*



Apples (sugar)

1. Our fruit *harvest of the month* is a juicy apple. The natural sugar in an apple boosts energy, so you can play longer and stronger.
2. Apples are an ideal snack - easy to carry, filling, and full of flavor. And they have the added bonus of having special “phyto” nutrients. Just like it sounds, *phytonutrients* help *fight* diseases.
3. Our fruit harvest of the month is a crispy apple - red, golden, or green. Whichever is your favorite, the natural sugar helps boost energy and fight disease.
4. Apples are called nature's toothbrush, because biting and chewing on an apple can reduce the amount of germs that cause cavities.
5. There are over 2000 different kinds of tasty & crisp apples! They are a sweet energizing addition to both fruit salads and green salads.

Persimmons (beta-carotene)



1. A colorful fruit to *harvest* in late fall is a bright orange persimmon. Persimmons have a delicious cinnamon like flavor and their bright orange color tells you they are high in Vitamin A - for healthy eyes.
2. A persimmon fruit is a delicious orange fruit that grows on trees in the fall season. Persimmons are packed with vitamin A, important for healthy eyes, healthy skin and strong bones.
3. Our fruit harvest of the month is an exotic fruit from Asia called a Persimmon. Orange fruit, like persimmons, keep your body cells strong and healthy. Your body is made up of more than *100 trillion* cells!
4. Crisp sweet Persimmons have a super special nutrient called Beta Carotene. Beta Carotenes are in brightly colored fruits and vegetables and help you to fight serious diseases (like cancer).
5. Every different part of your body is made up of cells - 100 trillion cells! From your beautiful eyes to your pumping heart all the way down to your toes. Bright orange foods like persimmons help keep those cells healthy and strong.

Over for FALL Vegetables...



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Kiwifruit (vitamin C)

1. Our fruit harvest of the month is a little green fruit with fuzzy brown skin on the outside that kind of looks like an egg... a kiwifruit. Kiwi's grow on a vine and of all the fruits, kiwifruits have the most nutrients for a strong body and sharp mind.
2. Kiwifruit makes a delicious sweet and tart snack and is an excellent source of Vitamin C, which helps the body heal cuts and wounds.
3. Our fruit harvest of the month is the kiwifruit, and it's named after the kiwi bird in New Zealand! Kiwifruit is rich in Vitamin C which helps the body absorb nutrients from other foods.
4. Kiwi fruit is a little green sweet and tart fruit that grows on a long and winding vine. Of *all* the fruits, Kiwifruit has the most nutrients, especially vitamin C which helps heal wounds and fight serious diseases.
5. Kiwifruit is actually a berry. And all berries are packed with special nutrients called “phyto” nutrients. Just like it sounds, *phytonutrients* fight disease. Only plant foods have *phytonutrients*.



Pear (fiber)

1. Our fruit *harvest of the month* is a juicy pear. The natural sugar in pears helps boost your energy, so you can play longer and win stronger.
2. Pears are an ideal snack - full of flavor and energy boosting natural sugars. And pears have the added bonus of having fiber, which helps move food through your body.
3. Our fruit *harvest of the month* is a delicious pear. Pears have fiber to help keep your body clean and healthy on the inside, important for fighting diseases. Only plants have fiber!
4. Around the world there are 3000 different kinds of pears! Pears are an excellent snack because they're low in calories to help you maintain a healthy weight.



Tomato (phytonutrient, lycopene)

1. Our vegetable harvest of the month is a tomato, which is actually... *technically* a fruit, *because*... it has seeds inside. Tomatoes are a good source of vitamin A for healthy eyes and good vision.
2. The red color in a tomato tells us that it is rich in a nutrient called *lycopene*. Lycopene is a special nutrient called a *phyto-nutrient*. *Phytonutrients* - only found in plant foods - can help *fight* diseases (like cancer).

Tomato is continued on opposite side...