

The Daily Scoop, October

Daily School Announcements to Encourage *Eating Lean and Green*



Welcome to the October issue 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 *Food Day!* Thanks for creating a leaner and greener world for our kids!

Harvests of the Month: Pumpkin (beta carotene/phytonutrients) & Pear (fiber), alternates available**
Cool Bean of the Month w/ Cultural Connection: the Navy Bean, America's Bean
FALL Environmental Connection: Eating in Season
Health Campaign: Walk to School Day, Food Day



Each announcement begins with, “Here’s your Daily Scoop of good nutrition news!”
Each announcement ends with, “Remember, when you have your health, you have everything.”

OCTOBER, FIRST WEEK

First announcement of the month. Let’s get October off to a healthy start by eating colorful foods to boost brain power, so you can write sensational sentences and powerful paragraphs in Language Arts.

2* An October fruit *harvest of the month* is a juicy green pear. Juicy fruit, like pears, give you extra energy so you can play longer and stronger. They also provide your body with fiber, which helps move food through your body for good *digestion*.

3* Fruit juice is healthier than soda, but a whole piece of fruit is even healthier than juice. The actual fruit has fiber, and fiber is very important for keeping the inside of your body clean, which can protect against disease. Apples and pears are fall fruits.

4. Colorful foods that are harvested from *plants*, like green pears and red apples, are *real food* because they grow from the earth. Eating *real food* helps us look and feel our best.

First FRIDAY of the month. The wife of our 44th President, Michelle Obama, says “*Let’s Move*” our bodies every day to live longer and stronger. Walking or biking to school is a great way to move your body. Walk to school day is October ____.



International “walk to School Day” is this month!

Announcement, one day prior to *Walk to School Day*...

Tomorrow is Walk to School Day! Walking to school is a great way to move your body for better health, AND help keep the planet green!

OCTOBER, WEEK 2

Monday. Let’s get the week off to a healthy start. Walking to school is a great way to stay active and start the day. Walk to school day is this week on _____ October ____.

2* Our vegetable *Harvest of the Month* is a pumpkin. Pumpkins are a type of squash, fun for carving into Jack-o-lanterns, but also delicious for making delicious and nutritious soups and stews. And yes, delicious for seasonal pumpkin pie!

3. Plant foods that are orange in color - like our vegetable *Harvest of the Month*, pumpkins, are rich in Vitamin A. Vitamin A is important for healthy and strong eyesight. Can you think of other orange foods that grow from the earth?

4. Beans are rich in protein for strong muscles. One of the most popular beans in America is the *Navy bean*, named for the United States Navy, because the United States Navy has relied on these small white beans to keep its sailors strong at sea.

Friday. *Let’s move* at recess and PE today! And *let’s keep moving* all weekend long. Try a walk or a bike ride around the neighborhood and see if you can spot a garden in someone’s yard.

Alternate fruit and vegetable** *Harvest of the Month* announcements are available. See supplement.

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October's Daily Scoop, page 2

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"

Each announcement ends with, "Remember, when you have your health, you have everything!"

OCTOBER, WEEK 3

Monday. Get the week off to a healthy start by eating foods *in season* like cool, crisp fall apples. Do you know what famous American said, "An apple a day keeps the doctor away?" Hint: First name is Benjamin.

2** Orange foods, like pumpkins and other winter squash, are rich in a nutrient called Beta Carotene. Beta Carotene is a special type of nutrient called a *phytonutrient*. Like the name suggests, *phytonutrients* help *fight* diseases, like cancer.

3** Our vegetable harvest of the month is a pumpkin. And pumpkin *seeds* make a delicious snack because seeds are packed with protein for strong muscles and fiber for good digestion.



4. *Navy Beans* are the healthy beans used for making *Boston Baked Beans* - a recipe from the early American settlers who sailed by ship to Boston, Massachusetts.

Friday. *Let's Move* our bodies this weekend with a walk through the Farmers Market to pick out *two* pumpkins - one for making a pumpkin *soup* recipe, and the other for carving into a Jack-O-Lantern.

OCTOBER, WEEK 4

Monday. Let's get the week off to a healthy start by filling our plate with natural, real food - *food that grow in a garden!* **NATIONAL FOOD DAY** is coming up on October 24th. *Food Day* reminds us, "Eat Real America," for better health and a greener world.

2. When you eat fruits and vegetables in their growing season, they're the freshest and the most nutritious. What's your favorite fall harvest to eat?

3* Bright orange foods like pumpkins and sweet potatoes have a special nutrient called Beta Carotene, which is a phytonutrient in plant-foods. *Phytonutrients* help plants *fight* disease. When we eat plants, they help us fight disease too!

4. The special ingredient in Boston Baked Beans is natural maple syrup — from Maple trees. It was the *Native Americans* who gave the early settlers of Boston, the idea to add maple syrup to their pot of navy beans.

Friday. Fall weather is great weather to get outdoors and move. *Let's Move* this weekend with a game of frisbee or tag football for a strong body and sharp mind.



(alternative scoop,
October 24th)

**TODAY is National
Food Day,
reminding America
to EAT REAL!**

*Eating REAL means
eating food that grows
from the earth. Real
food supports your own
health and it supports
the farmers who grow it.*

EXTRA TIPS, SWEETS & TEETH

Monday. Food that grows from the earth is natural and nourishing. With Halloween coming up, remember a natural apple from a tree is real food, apple flavored candy is not.



2. It's getting close to Halloween, so remember that candy invites little invisible germs into your mouth that can chew holes in your teeth called *cavities*. Fight back the germs by brushing your teeth at least two times a day for two minutes.

3. Apples are called "nature's toothbrush," because biting and chewing on an apple can reduce the amount of germs that cause cavities.

4. Sweets like candy and cupcakes are treats for special occasions. Be sure to brush your teeth for two minutes two times a day for a healthy mouth and bright smile.

Friday. If we eat extra treats at Halloween, it's even more important to move our bodies. *Let's Move* over the weekend with a nice long walk. It's good for you, and if you have a dog - it's good for her too!

Plant Power

fruits

vegetables

whole-grains

nuts/seeds

beans



Ship Shape Apple & Grape Wrap (with navy beans)

Daily Scoop Nutrition Trivia



Bean Protein.

Where did the Navy Bean get its name?



Pear.

Fiber in plants moves food through...?



Pumpkin.

Name a meal made from pumpkins.





Good Nutrition News for October

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

Pumpkin Curry Soup with Peas

Soup is another great way to include beans/legumes in your lunch box, with a good old fashioned thermos. And Dr. Oz says soup for lunch is a great way to maintain a healthy weight. So, as the days get cool down, warm up with delicious, nutritious soup for lunch!

INGREDIENTS

1 tablespoon extra-virgin olive oil
1/4 cup chopped onion
1 (15-ounce) can pumpkin puree
1 (14-ounce) can unsweetened coconut milk
2 cups vegetable broth
2 tablespoons pure maple syrup
2 - 3 (or more if you like) tablespoons curry powder
1 cup peas and/or black beans
Pumpkin seeds and chopped cilantro for garnish (optional)
Salt and freshly ground black pepper

PREPARATION

Heat oil in a large pot over medium heat. Add chopped onion. Cover and cook until softened, 5 minutes. Stir in 1 tablespoon of the curry powder and the pumpkin puree, then whisk in the broth until smooth. Add 2 tablespoons of the maple syrup and season to taste with salt and pepper. Simmer for 10 minutes, stirring occasionally. Next, stir in the coconut milk and peas/beans. Sprinkle with pumpkin seeds and cilantro for garnish.

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

- Orange foods like pumpkins and persimmons - in season now - are rich in Beta Carotene. Beta Carotene is a special type of *phytonutrient*. *Phytonutrients* are in plants to help *the plants* fight disease. When we eat the plants, they help us fight disease!
- With Halloween coming up, remember a natural apple from a tree is REAL food, apple flavored candy is not. And apples are called “nature’s toothbrush,” because biting and chewing on an apple can reduce the amount of germs that cause cavities.
- Beans are rich in protein for strong muscles. One of the most popular beans in America is the *Navy* bean, named for the United States Navy, because the United States Navy has relied on these small white beans to keep its sailors strong at sea. *Cool Beans!*



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Buena Noticia Nutritiva para Octubre

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 oír este mes.

Sopa de Calabaza de Curry Con Guisantes

Sopa es otra manera buena para incluir frijoles en su comida, con un termo. Y Doctor Oz dice que sopa para la comida es una manera buena mantener un peso saludable. Mientras los días se enfrían, ¡caliéntate con una sopa deliciosa y nutritiva para la comida!

INGREDIENTES

1 cucharada aceite de olivas 1/4 taza cebolla picada
1 (15-onca) lata puré de calabaza
1 (14-onca) lata leche de coco sin azúcar
2 tazas caldo de verduras
2 cucharadas jarabe de acre
2 - 3 (o más si quieres) cucharadas polvo de curry
1 taza guisantes y/o frijoles negros
Pepinos y cilantro para guarnición (opcional)
Sal y pimienta negro

PREPARACION

Calienta el aceite en una cacerola olla grande en nivel medio. Añada cebolla picada. Cubre y cocina hasta las cebollas están suaves, 5 minutos. Revuelta 1 cucharada de curry y el puré de calabaza, y revuelta, añadiendo el caldo hasta suave. Revuelta el jarabe de acre y sazonar a sabor con sal y pimienta. Cocine a fuego lento por 10 minutos, agitando cada cuando. Siguiendo, revuelta la leche de coco y guisantes/frijoles. Ponga pimientos y cilantro para guarnición.

Esperamos que esas puntas y la receta inspiraran una conversación de salud en su hogar. Recuérdense, ejercito y comida nutritiva significan notas mejores. Traído a usted por leanandgreenkids.com.

- Comidas anaranjadas como calabazas y caquis – en estación ahorita – están llenos de beta caroteno. Beta Caroteno es un tipo de fitonutriente especial. Fitonutrientes están en plantas para ayudar las plantas luchar contra enfermedades. Cuando comemos las plantas, ¡nos ayudan luchar enfermedades a nosotros!
- Con Halloween llegando, recuérdense que una manzana natural desde un árbol es comida ACTUAL, dulces de sabor manzana no es. Manzanas están llamados “cepillo de dientes de la naturaleza,” porque mordiendo y masticando una manzana pueda reducir el número de germen que causan cavidades.
- Frijoles están llenos de proteína para músculos fuertes. Una de las frijoles más populares en los EEUU es el “Navy Bean,” llamado así por la Armada de los EEUU, porque la Armada ha confiada en esas frijolitos blanquitos para hacer sus marineros fuerte en el mar. ¡Que padres frijoles!



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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.



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...

Over for FALL Vegetables...



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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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