



Oliver's team talk

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Teach! TEACHERS' CORNER

March is **National Nutrition Month®** and this year's topic is "Nutrition: It's a Matter of Fact." Take the opportunity to reinforce some of the healthy nutrition and physical activity messages you've talked about all year in class.

This year's theme focuses on separating nutrition fact from nutrition myth. Check out the American Dietetic Association's website at www.eatright.org for resources, including recipes, games, and ideas for your classroom.

Excite! READY, SET, GO!

Get your students ready for National Nutrition Month® with a nutrition game. Try one of these, or create your own.

"Jeopardy" Game: This game consists of a layout with food group questions and answers, as well as instructions for play.

"Fill in the Blanks" Game: A take-off on the old "Hangman," the game includes suggested food-related titles as well as instructions for play.

"Test Your Memory" Game: Remember the television show "Concentration"? This game offers children an opportunity to recognize different foods and see if they remember where the matching picture is placed.

"Food Group Password": Fun for children and adults, this game permits clues of more than one word – it even allows gesturing and jumping around to help the contestant get the word.

Game instructions are available by emailing muhrick@eatright.org

Activate! MAKE YOUR MOVE

Get families into the National Nutrition Month® spirit. Each week in March, encourage your students to try one new fruit or vegetable at home. Every Monday, or Friday, have students discuss their experience with a new food. For a writing assignment, students can write about their experience, making sure to describe the look, taste and feel of their new food, as well as their family's reaction to it.

Another way to get families involved is to have students challenge their family to eat the recommended number of servings from all five food groups for one week. Families can go to www.MyPyramid.gov to find out how many servings they should be eating. They can also download a chart to keep track of what they are eating.

For the Spanish version, go to www.MiPiramide.gov

Motivate! SPREAD THE WORD

This year's National Nutrition Month® highlights the top 10 nutrition facts that everyone should learn. Here are the top 4:

1. Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.

Check out the rest at

www.eatright.org/ada/files/NutritionFacts_2.pdf

Make **HEALTHY CHOICES** for Life!SM

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