

NETA

**Nutrition Education Training
Academy Newsletter
For Early Childhood Providers**

April - June 2002

Volume 2, Issue 3

Why Build a School Garden with Your Preschoolers!

By: Shauna Cozad, Master Gardener Program Coordinator



Suddenly everybody wants a garden. What is all the excitement about? Why should we spend the time turning the soil, putting in compost and planting seeds? Because it's fun! Kids LOVE playing in the dirt, and believe it or not, when they grow vegetables, they actually *eat* them... with glee! Gardening is something very magical for children. A garden creates a beautiful environment and connects us to the food we consume.

The garden provides countless lessons for teaching children in any subject area. For example, counting the flowers on a pea vine can help preschoolers learn about math. Growing tomatoes of different varieties can reinforce the learning of colors. Making color prints and natural dye out of tiger striped yellow and purple beets is a natural art project. Also, reading with children about stories of how other children grow gardens in other parts of the world can spark their imaginations.

A garden is the ultimate hands-on learning experience to reinforce nutrition education at an early age. If children grow up planting vegetables they are more likely to eat more of them. What better way to expose children to the world of fruits and vegetables than growing a sunflower or a bunch of delicious strawberries?

For technical assistance with your garden, or an upcoming garden training, contact Terrel Brand at 510-567-6812.



Fruits and Vegetables Research



Colors of Fruits and Vegetables Rainbow of Nutrients *Phytonutrients, where are they and what are their health benefits?*

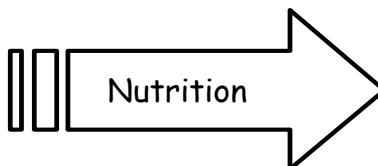
By: Rosebud Heun

In our last newsletter, January-March 2002, Volume 2 Issue 2, we mentioned the importance of phytonutrients, the bioactive compounds that help reduce the risk of certain chronic diseases. The Fruits and Vegetables Rainbow Table below will provide a list of commonly known fruits and vegetables that can be grown easily in your garden.

Fruits and Vegetables Rainbow Table						
Colors of Fruits And Vegetables	Red	Orange	Yellow	Green	Blue	Purple
Phytonutrients	Lycopene	Beta-Carotene	Zeaxanthin	Indoles	Anthocyanins	Resveratrol
Fruits and Vegetables	Tomato Red Bell pepper Watermelon Pink grapefruit	Carrots Cantaloupe Pumpkins Papaya	Corn Peaches Winter squash Nectarines	Broccoli Kale Bok Choy Swiss Chard	Blueberries Prunes Red Apples Cherries	Grapes Boysenberries
Health Benefits	Reduces risk of prostate cancers and heart disease	Slows aging, improves lung function, reduces complications with diabetes	Prevents macular degeneration, prevents heart disease and reduces risk of cataracts	Reduces breast cancers and heart disease	Slows aging, improves balance, coordination, short term memory	Reduces risk of heart disease, cancer, blood clots and stroke



Gardening



Good Health

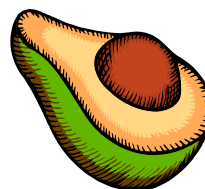
Seasonal Healthy Foods



With Summer upon us, we begin to see more variety of seasonal fruits and vegetables in the markets. April, May and June are the harvesting months for the following vegetables and fruits: beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, herbs, leeks, lettuce, onions, parsnips, potatoes, radishes, raspberries, red cabbage, salad mix, spinach and strawberries. In addition, Southern California growers will begin harvesting apricots, artichokes, asparagus, avocados, beans (snap), boysenberries, cantaloupe, celery, cherries, corn, cucumber, Fava Beans, garlic, grapefruit, grapes, kiwi, lemons, mushrooms, oranges (Valencia), plums, tomatoes, spinach, squash, and watermelon.

Take time to visit your local Farmer's Market and eat seasonal fruits and vegetables.

Source: Website: www.seasonalchef.com



Nutritious Seasonal Recipes

Cabbage and Green Beans



Ingredients:

- 3 cloves garlic, crushed
- 1/4 cup + 3 Tbs. Olive oil
- 3/4 tsp. sugar
- 2 1/4 lbs. Green beans, trimmed and thinly cut
- 2 3/4 lbs. Green or red cabbage, finely shredded
- 1/4 tsp. Black pepper, cracked or freshly ground

Method:

1. Heat oil in a heavy nonstick pan or wok over medium high heat.
2. Add next 4 ingredients and stir-fry 3 to 4 minutes, or until vegetable are just tender.
1. Serve hot, sprinkled with pepper to taste.

Prep: 10 min, Cook: 5 min.
Makes 10 small servings.



Berries with Lemon Yogurt



Ingredients:

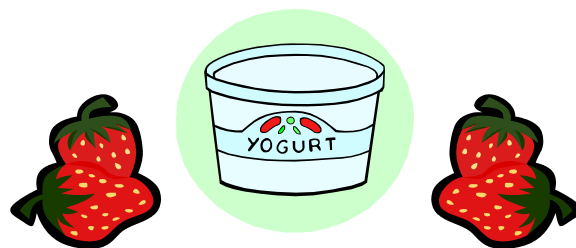
- 2 1/2 cups raspberries
- 5 cups strawberries, hulled and halved
- 2 1/2 cups nonfat lemon yogurt

Method:

1. Serve berries with a dollop of lemon yogurt.

Prep: 10 min

Makes 10 small servings.



Community Events

1. June: June 21st and 22nd. Infant/Toddler Conference at the Oakland Marriott. Sponsored by the Infant/Toddler Consortium. Call 658-9189 for information or to receive a conference brochure
2. June: National Fresh Fruit and Vegetable Month for more info: United Fresh Fruit and Vegetable Association 703-863-3410
3. June/July: June 24-July 16. Bay Area Science Project Summer Academy at Franklin Elementary School in Berkeley; Teachers (K-5) are needed for a 3 week elementary science teaching program focusing on limited English speakers. For more information contact Claudio Vargas at Lawrence Hall of Science at 510-643-3478.

Children's Storybooks

1. Color Crunch (Baby/Preschool) By: Charles Reasoner
How many delicious colors can your crunch? Children will be hungry for more as they learn about the colors on their—plate from red tomatoes to purple plums and everything yummy in between!
2. The Carrot Seed (3-7 yr olds) By: Ruth Krauss
A classic story for 3-y years old children. Kids are entertained by the little boy that plants a carrot seed that becomes a carrot.
3. Cecil's Garden (4-8 yr olds) By: Holly Keller
It was time for Cecil's family to plant the garden, but nobody could agree on what to plant! But after visiting the neighbors, Cecil knows exactly how to solve the problem. How? Sometimes all you need is a new perspective on things!



Websites

1. Teach Free: Specifically for teachers, this contains Pre-K through 12th grade school education materials and kits, background information, hot links and downloadable student masters. Free peer-reviewed kits are available for teachers. To qualify for the free kits teachers will need to teach the grade level and in the curriculum area that the materials are developed for. This site is sponsored by the National Cattle men's Beef Association. <http://www.teachfree.com>
2. Family Food Zone: Ask the nutrition expert, enter your child's artwork for the refrigerator door art contest; pick up the tips about shopping, recipes, play games and contest for kids or visit Mom's Food Pyramid. Created and designed by the National Dairy Council <http://www.familyfoodzone.com>
3. National Garden Association/Kidsgardening: Their goal is to be the best site for all who garden with kids, whether you engage with plants and gardens as family projects or as educational tools. They provide horticultural expertise, quality resources, meaningful networking opportunities, and ideas for sparking inquisitiveness and exploration. <http://www.kidsgardening.com>

Comments & Suggestions

If you have any comments or suggestions, please e-mail us at cealameda@ucdavis.edu

Please take a moment to complete our survey. We look forward to hearing from you.

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