



NETA QUARTERLY NEWS

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Nutrition Education
Training Academy

Nutrition, Physical Activity & Gardening for Early Childhood Providers

HOT TOPICS FOR SUMMER

Prevent getting the
"Summer Bug"
flu-like symptoms
caused by
foodborne illness.

Go out and make it
a nice day!
Eat fresh summer
produce.

Stop! the TV
watching and
computer work.
Walk, stretch and
be active.

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Hot Summer Picnics- A Safety Message

Summer is the time for BBQ's and picnics. Families get together, friends and neighbors have community picnics, couples camp out and barbecue and others have tailgate parties. There is one sure thing about picnics...everything tastes delicious! Most of us are unaware of the hidden party crashers - Food Borne Bacteria! You can't see them. You can't taste them. You may not even smell them. But you sure can feel the, if illness occurs hours or days later.

Picnicking is a Summer tradition and can be a great opportunity for friends and families to share time and to be active together. The important point for all of us is to have safe and healthy food, not food that can make us sick.

Is this possible?

Yes, of course, if we take the steps to prepare and store food properly.

- **Wash Your Hands** before handling food and wash your utensils and containers before using them.
- **Cook foods** thoroughly and do not prepare foods more than one day before your picnic. Cool your food in shallow pans no more than two inches deep.
- **Have a large cooler** with plenty of ice and/or cold packs. Pack foods right from the refrigerator into the coolers.
- **Use separate coolers** for food and drinks, so that you won't open and close the one containing the food constantly.
- **Keep the cooler in the shade** and replenish the ice if it melts.
- **Grill foods until completely cooked** to assure that all the bacteria are destroyed. Grill raw chicken until the juices run clear and there is no pink tint.
- **Do not put the cooked food items** on the same platter that held the raw meat.
- **Discard leftovers** that have been sitting out for more than an hour or two.
- **Enjoy fresh produce.** Purchase produce that is not bruised or damaged. Keep your watermelon or bagged mixed salad greens refrigerated or surrounded by ice.
- **Drink "plenty" of water and bring water for preparation and cleaning.**

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The Quest for Reaching Optimal Health Through Food



In the last decade there has been an explosion of consumer interest in the health enhancing role of specific foods or physiologically-active food components, so-called functional foods (Hasler, 1998).

Functional foods are foods that provide health beyond the basic nutrition. Whole foods and fortified, enriched, or enhanced foods have potential beneficial effects on health when they are consumed as part of a varied diet on a regular basis. They play a role in reducing the risk of many acute diseases or in improving your health.

Clearly, as recommended by the US Dietary Guidelines and My Pyramid, all foods are functional, as they provide taste, aroma, or nutritive value. Functional foods, however seem to provide a health benefit beyond the traditional nutrients it contains, according to the American Dietetic Association.

The Institute of Medicine of the National Academy of Science limits functional foods to those in which the concentration of one or more ingredients has been modified to enhance their contribution to a healthful diet. Accordingly, unmodified whole foods such as fruits



and vegetables represent the simplest form of functional foods, because they are rich in active components as sulforaphane, beta carotene, and lycopene.

What are the best ways to incorporate functional foods into the diet? Don't change your diet based on a single scientific study. When collecting information from television, radio, newspapers and the Internet, make sure that the source is credible, the best way to benefit from functional foods is to eat a balanced diet based on the My Pyramid guidelines.

- Get into the habit of reading food labels
- Consult with your health care provider before making any drastic changes in your diet.
- Choose a variety of foods from each of the food groups.

Remember there is no "magic bullet" that will guarantee health nor cure or prevent all your health concerns.

Sources: American Dietetic Association
<http://www.webdietitians.org> downloaded 6/15/2006
 The Quest for Optimal Health: How Functional Foods Can Help Your Clients.+ Monograph, Dairy Council of California 2006.

Functional Foods

Broccoli	May reduce LDL cholesterol, reduce risk of cancer	Garlic	May reduce risk of cancer, lower total cholesterol
Cranberries	May improve urinary tract infection and reduce risk of heart disease	Salmon	May improve mental and visual functions and reduce risk of heart attack
Dark Chocolate	May decrease risk of heart disease	Tea	May reduce risk of heart disease and cancer and boost the immune system
Oatmeal	May reduce total and LDL cholesterol levels	Soy	May reduce risk of heart disease and decrease risk of certain cancers in some people





Growing and Climbing UP!



Most school gardens are small to grow a variety of vegetables. Good News!

There are a variety of edible plants you can grow in small space supported by a trellis. The plant sprouts tendrils that coil around the trellis and help it climb up automatically. Sometimes, you may need to train the vines onto the trellis by simply placing the dry stems around the trellis. Many trellises can be

placed securely against a fence for support. Any type of pole, including old branches, PVC pipe, or bamboo poles can be set up as tripod and tied at the top with a sturdy twine. Trellises are great for children gardens, because they withstand strong gusty winds and the rigorous play of children.

This Summer grow a vegetable! Cucumber, summer squash, and pole beans are great plants that Climb UP!



Summer Snack Recipes



Summer is time to eat light foods that are refreshing and easy to make. Snacks are a good way to eat foods that may not be eaten at meal time. Kids may be more inclined to eat fruits and vegetables for snacks.

Celery Butterflies

- 2 celery ribs**
- 1 eight-ounce jar cheddar cheese spread**
- 8 large twist pretzels**

12 raisins

Cut celery ribs in half crosswise. Fill with cheese. Stick a twist pretzel onto both long edges of celery to form butterfly wings. Use broken pieces to make antennae at one end. Place 3 raisins down the middle of the cheese for decoration. Makes 4 servings.

Banana Boat

- 2 bananas**
- ½ cup of peanut butter**
- Cranberries**
- 4 whole-wheat crackers**

Slice the banana in half and then slice each half into two long pieces (needs to be flat for the sail boat). Spread each flat piece with peanut butter. Cut the whole wheat cracker in half diagonally for the sails and place on top of the banana with peanut butter. Spread some cranberries for decoration. Makes 4 servings.

