

Spring 2010

Since 1919,  
Dairy Council of  
California has been  
an innovator in  
nutrition education.

Our mission is to  
help consumers  
make food choices  
for optimal  
health that match  
individual values.



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## Breakfast: The Most Important Meal of the Day ... Really.

By Megan Della Maggiore, Territory Manager

It's not just an old adage; breakfast really is the most important meal of the day, not only for yourself, but for your students too. Did you know that breakfast prepares your students for the demands of the day whether at school, play, home or out and about? It's true, research shows that attention, attendance and achievement improve for students who eat breakfast.

A healthy breakfast provides the first fuel of the day for our bodies, giving us a sustained release of energy (calories) and delaying the symptoms of hunger for several hours. Breakfast filled with sugary foods such as doughnuts, fruit rolls or toaster pastries in place of healthy foods can cause a quick rise in blood sugar and energy, but about an hour later, both blood sugar and energy decline rapidly, bringing on hunger.

In all of Dairy Council of California's programs, your students will learn the value of not only eating breakfast, but eating a balanced breakfast. For example, in one of the 10 lessons in the first grade program, *Healthy Choices, Healthy Me!* in the lesson titled "Build your Breakfast," students will understand that a balanced breakfast contains foods from at least three of the five different food groups:

- Grains, Breads and Cereals
  - whole-wheat toast, oatmeal
- Milk and Milk Products **OR** Meats, Beans and Nuts
  - glass of milk, a handful of almonds
- Fruit **OR** Vegetables
  - strawberries, broccoli

After explaining the "3 of 5" model, you will use your box of multicultural food pictures and demonstrate a balanced breakfast, and then ask students to use the pictures to make their own balanced breakfast. To reinforce the "3 of 5" model, students will then turn to their student workbooks and continue to practice building a balanced breakfast.

Not only does Dairy Council of California provide workbook activities for each lesson, but we also provide extension activities that are connected to core curricular subject areas; these can be found in the teacher's guide after each lesson in all of Dairy Council of California's programs.

For example, to incorporate nutrition education into your science curriculum, conduct a taste test! In *Healthy Choices, Healthy Me!* have your students generate a list of their favorite breakfast items; then create a four-column chart on the chalkboard or a piece of poster board. Write the names of the foods, one in each row, and label the columns and foods. Label the next three columns taste, smell and color. Bring in samples of the breakfast foods and have students taste test to evaluate and describe the foods by taste, smell and color. Record the answers on the chart! Taste tests are enjoyed by all students in different grade levels and what a great way to form a relationship with your cafeteria by having them provide the food!

Another example to incorporate nutrition education into social studies, appropriate for all grade levels, is to have your students interview their parents or grandparents to discover what they ate for breakfast as children. How have things changed? Are there foods available today that weren't available then? Have students investigate cultural differences as well. Create a simple comparison chart on the chalkboard to organize the collected data.

These are just a few examples of how to reinforce eating a balanced breakfast into your core curricular subject areas. You can find more examples at the end of each lesson in all of Dairy Council of California's teachers guides.

For more ideas on how to incorporate nutrition education into everyday curriculum, visit our website at [www.dairycouncilofca.org](http://www.dairycouncilofca.org), and become a certified Dairy Council of California teacher!

- To complete the training, visit [www.dairycouncilofca.org/Educators/Teacher-Training.aspx](http://www.dairycouncilofca.org/Educators/Teacher-Training.aspx)
- For more information about Dairy Council of California's free nutrition education programs, FREE resources for parents or to order your program, please visit: [www.dairycouncilofca.org/Educators/](http://www.dairycouncilofca.org/Educators/)

# Prevent Osteoporosis by Keeping Your Bones Strong

Everyone needs strong bones. Osteoporosis is a disease in which bones become brittle and are more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. Osteoporosis leads to an increased risk of bone fractures, typically in the wrist, hip and spine. A broken hip almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause long-term or permanent disability or even death.

Contrary to popular belief, osteoporosis is not a natural part of aging and is preventable in most people. You can improve your bone health through weight-bearing exercise and adequate intake of calcium and vitamin D.

Activity is important for maintaining strong bones. Any exercise that puts weight on your bones will help your bones stay strong. Walking is a good "bone exercise" and is ideal because it can be done anywhere and can easily fit into your day. Jogging, dancing, stair climbing, tennis, yoga and weight training are also good examples of weight-bearing exercise.

Although calcium alone cannot prevent or cure osteoporosis, it plays an important role in the prevention and treatment of the disease.

The best natural-food sources of calcium are milk and dairy foods, which provide about 75 percent of the calcium in the American diet. However, calcium is only one of the nutrients you need for bone health. Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D). Others include vitamin A, magnesium, zinc, phosphorus and protein.

Foods often provide unique nutrient packages. Milk, for example, is a nearly perfect package of bone-building nutrients. Other food sources of calcium include broccoli, almonds, tofu and beans.

## Quick and easy ways to add calcium to your diet

- Use yogurt as a dip for vegetables
- Add a slice of cheese to sandwiches
- Grate cheese in salads and soups
- Add kidney beans to your chili or white beans to pasta dishes
- Make a smoothie with fruit, yogurt and juice
- Eat yogurt for a mid-afternoon snack
- Eat a bean and cheese burrito for lunch
- Add milk to soups, sauces and hot cocoa mix instead of water
- Order a latte instead of plain coffee
- Eat almonds as a snack

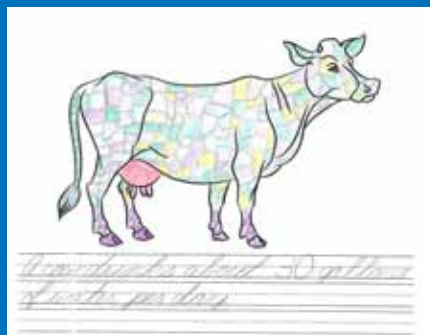
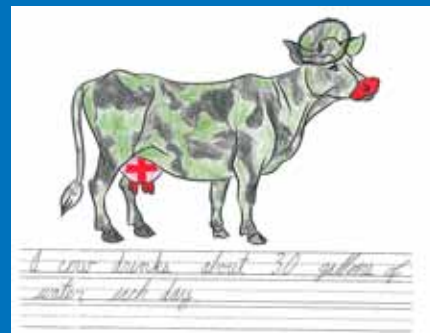
## Are you getting enough calcium?

Take the Calcium Quiz! The Meals Matter online Calcium Quiz will help you determine if you and your students are getting enough calcium. It is a great way to calculate your current calcium intake and to learn what foods are calcium-rich.

The online Calcium Quiz has suggestions for eating more calcium-rich foods, and easy ways to work them into your diet. You will then decide which ones you could do on a regular basis to increase your calcium intake to the recommended level for bone health, weight management and other benefits.

Go to <http://www.mealsmatter.org>, under tools click on Calcium Quiz to evaluate your calcium intake.

## Creative Cow Contest Featured Entries Spring 2010



For more information about the Mobile Dairy Classroom, visit: [www.dairycouncilofca.org/Educators/MobileDairy/](http://www.dairycouncilofca.org/Educators/MobileDairy/)

# El Monte Makes Nutrition Education and School Wellness a Frontrunner

By Tekeilla Peterson, Customer Service Coordinator

Districts all around the state of California have adopted a wellness policy for their schools. They have been diligently working toward implementing their wellness policies and meeting their goals. El Monte City Elementary School District (EMCSD) is one shining example that has gone above and beyond when it comes to their district's wellness policy.

The California local school wellness policy states that school policies should include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. EMCSD does this by holding nutrition and wellness events all year long, by adding nutrition coaches in the classrooms and by getting all teachers, parents and administration involved.

EMCSD implements nutritional education aids, such as Dairy Council of California's curriculum, to help support district teachers in the classroom. The Nutrition Network Program Supervisor, Corina Ulloa, says Dairy Council lessons are teacher-friendly and easily lend themselves to blend in with other core subject areas.

"A very innovative, broad nutrition education program is implemented throughout the 16 schools in the district, with efforts focusing on hands-on, creative ways to incorporate nutrition, wellness and physical activity into different aspects of student learning," Ulloa says.

At the beginning of the school year, EMCSD drafted wellness goals that were added to the current wellness policy. One goal is to have schools host healthy fundraisers. Principals embraced the idea of healthy fundraising and considered it to be an important component of the EMCSD Wellness Policy. Ulloa says principals are much more prepared to conduct healthy fundraising as a result of different fundraising ideas provided in the monthly wellness newsletter.

Along with additions in the wellness policy, EMCSD recently added a teacher on special assignment whose title is "Nutrition Coach." Arlene

Burry, the Nutrition Coach provides classroom support to district teachers modeling teaching strategies and gives teacher's aid when implementing nutrition education programs, such as Dairy Council of California's programs for grades K-8.

In order to promote all the resources available, teacher workshops are provided throughout the year. EMCSD has made sure that teachers have resources readily available to sustain a strong nutrition education program in the classroom and at their school site. The district has also given all 16 of its schools a cooking cart to help teachers with incorporating nutrition lessons partnered with short and simple cooking lessons.

Ulloa says that by implementing nutrition education throughout the district the wellness climate has changed. She also states that nutrition, physical activity, and healthy foods are all part of the everyday vocabulary at EMCSD.

"None of these ideas are foreign to students and staff, thanks to the nutrition education provided at our schools. In the past 5 years our program has been stronger than ever and the success is evident in the smiling faces," Ulloa says.

EMCSD stresses how important it is to bridge the gap between what their students learn in the class and what they do at home. Parents have expressed that they appreciate the fact that the class takes into account the world they live in without putting nutrition education in a bubble that they need to live up to.

The feedback from EMCSD parents has helped the district shape its policies. The comments from parents have been positive. Parents have shared that they are a lot more aware and careful when they choose what to buy, what to eat, how to prepare food and how to encourage their families to eat healthier. Some parents have also shared the fact that they have lost weight. Some parents expressed they see their kids are more interested in getting in the kitchen and helping with the cooking.

To EMCSD, feedback and growth

in their students' progress has been a true test of the district's efforts ... and it shows!

The California's Teacher Association has partnered with The California Endowment to create a packet called "Healthy Bodies, Healthy Minds." As a teacher, you have the opportunity to share the link between student health and learning. This can help you find out more about what teachers and local associations can do to promote a healthier school environment.

The packet is available to all California teachers, is FREE of charge and has a wealth of information on:

- Nutrition, Learning and School Performance
- Physical Activity, Physical Education and Learning
- The Obesity Epidemic
- Healthy Teachers, Healthy Students – Prioritizing Staff Wellness
- The Healthy Bodies, Healthy Minds Project
- Promoting Healthy Food Practices – What Teachers Can Do
- Activity in the Classroom – What Teachers Can Do
- Additional Resources
- Promoting Healthy School Policies
- How CTA Can Make a Difference

To order the packet for yourself, or for all the teachers at your school, please contact:

Teachers for Healthy Kids  
Phone: 916.440.8811  
Email: [info@teachersforhealthykids.com](mailto:info@teachersforhealthykids.com)  
[www.teachersforhealthykids.com](http://www.teachersforhealthykids.com)

## *Tips and Announcements*

### **Connect with Us!**

- Keep up with us by becoming a fan on Facebook. Our Facebook updates include links to current nutrition and health information, as well as news about the latest happenings at Dairy Council of California. You can find Dairy Council of California's Facebook page by going to <http://www.facebook.com/DairyCouncilofCalifornia>.
- Also, check out Dairy Council of California's new blog! Our blog posts include information about current topics such as serving flavored milk in schools and helping consumers who try to go green. Check it out and subscribe today by going to <http://www.dairycouncilofca.org/blog/>.

### **Update on the Development of Dairy Council of California's New 3rd Grade Program, *Shaping Up My Choices!***

The formative evaluation is complete, and after the teachers implemented the program, Dairy Council of California has found that the student objectives are being met, which is a key factor for behavior change. One teacher said the lessons were "very, very valuable"; other comments were that it was practical and the students were engaged. Teachers found that there is a good level of consistency with the teacher guide that made the lessons easier to teach, and they liked the addition of family homework and vocabulary words for each lesson. Stay tuned for further updates ...

### **You Are Cordially Invited to the 2010 California State PTA Convention!**

This year, the convention will be held in the State Capitol, Sacramento, from **April 29-May 2**. There will be a multitude of workshops and activities to choose from that will meet your specific needs and provide experiences to expand both your personal and PTA horizons. Workshop topics include:

- leadership
- membership
- parliamentary procedure
- finance
- education

For more information go to <http://www.capta.org/sections/convention-2010/>.