

Bath County Schools

**EAT RIGHT,
BE BRIGHT**



Bath County Food Service Department

405 W Main Street

Owingsville, KY 40360

Vickie Wells, School Nutrition Director

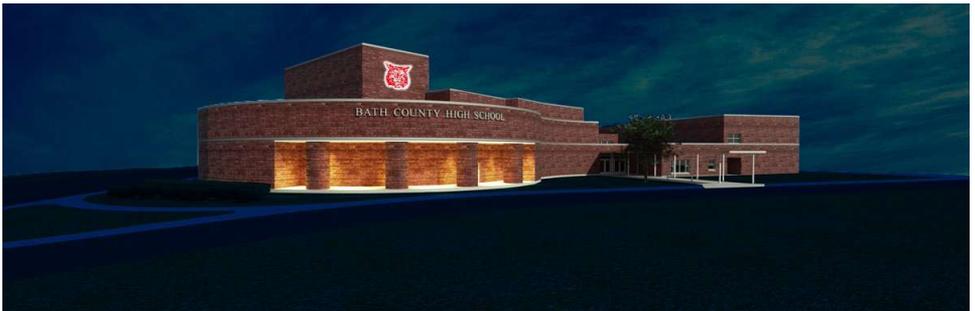


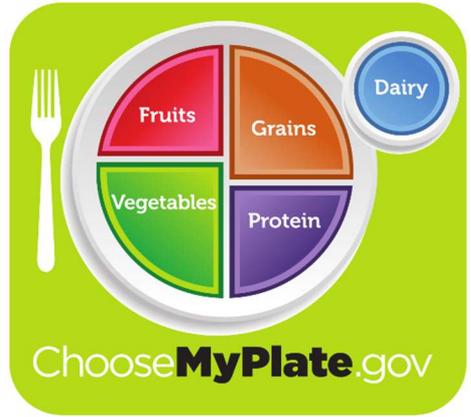
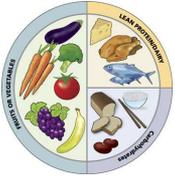
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+ Choose My Plate!

Build a Healthy Eating Style

My plate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone

Building Your Plate

ChooseMyPlate.gov

dairy
Switch to skim or 1% milk
They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

fruits
Make half your plate fruits and vegetables:
 • Use fruit as snacks, salads, or desserts.
 • Choose whole or cut-up fruits more often than fruit juice.
 • Choose fresh, frozen, canned, or dried fruits and vegetables.

vegetables
Choose bright colored veggies
 • Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in meat and side dishes.
 • Keep your cut-up vegetables handy for quick snacks.

grains
Make half your grains whole
 • Choose 100% whole grain cereals, breads, crackers, rice, and pasta.
 • Check the ingredients list on food packages to find whole-grain foods.

protein
Try a variety of protein food choices
 • Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs. Keep meat and poultry portions small and lean. Try grilling, broiling, poaching, or steaming. These methods do not add extra fat.

get your personal daily calorie limit
at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.

cut back on foods high in solid fats, added sugars, and salt
 1. Look out for salt content in foods you buy.
 2. Choose foods and drinks with little or no added sugars.
 3. Eat fewer foods that are high in solid fats.

eat the right amount of calories for you
 1. Cook more often at home, where you can be control of what's in your food.
 2. Stop your food, but not your fun.
 3. When eating out, choose lower-calorie options.

be physically active your way
Pick activities that you like and start by doing what you can, at least 30 minutes at a time. Every bit adds up, and the health benefits increase as your speed goes from baby to baby.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating style and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.

For more information go to <http://www.choosemyplate.gov/>



Physical Activity



- Physical activity is when we use energy to move our bodies. It's important to exercise often to reduce the risk of disease and stay healthy. Some other benefits include improved mood, improved quality of life, and greater energy levels.
- Ages 6-17 should get at least 60 minutes of moderate exercise a day. Choose activities that you enjoy and can do daily. Make physical activity a regular part of your day.



Physical Activity Continued...

Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Dancing
- Golf (walking and carrying clubs)
- Water aerobics
- Canoeing
- Tennis (doubles)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Walking very fast (4 ½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Swimming (freestyle laps)
- Aerobics
- Basketball (competitive)
- Tennis (singles)



Get Going With:

THE PYRAMID WORKOUT

...FOR KIDS!

- 20 Jumping Jacks
- 15 Frog Jumps
- 10 Push-Ups
- 5 Walking Lunges
- 10 Push-Ups
- 15 Frog Jumps
- 20 Jumping Jacks

WORKOUTS FOR KIDS



- 1 Walk on the spot.
- 2 Turn around.
- 3 Touch your toes.
- 4 Stretch.
- 5 Tap your legs.
- 6 Tap your fists.
- 7 Thumbs to the left.
- 8 Thumbs to the right.
- 9 Roll your arms.

WHAT'S
YOUR
BMI?



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Are You at a Healthy Weight?

Checking BMI

- BMI is your Body Mass Index. It is a measure of total body fat based on height and weight.
- Knowing your BMI and comparing lets you know if you are at a healthy weight. It is found through a simple mathematical formula

$$BMI = \frac{weight \text{ (lb)} * 703}{height^2 \text{ (in}^2\text{)}}$$

Weight Categories	BMI (kg/m ²)
Underweight	< 18.5
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	≥40

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Healthy Eating on a Budget

Create a Grocery Game Plan

- Discover how much you could be saving
- Get tips for making healthy, low-cost meals
- Learn how to find the best deals

Shop Smart to Fill Your Cart

- Tips and tricks for every aisle
- Learn how the “unit price” leads to better buys
- Make smarter choices using food labels

Prepare Healthy Meals

- Create meals faster with kitchen timesavers
- Tips for any family

Try new recipes with family you love!



Healthy Snacks

Tortilla Pizza

What you need:

- Small corn tortillas
- Salsa
- Shredded Cheddar Cheese

Mound a little salsa and cheese on each tortilla. Cook on foil-lined tray in toaster oven until cheese has melted and is brown at the edges.

Kids can help: Assemble the “pizzas,” cover the tray with foil

Extras: A layer of refried beans under the salsa, cilantro for garnish, a dollop of sour cream or a sprinkle of finely chopped green pepper

Carrots with Peanut Dipping Sauce

What you need:

- 3 tablespoons of peanut butter
- 1 tablespoon of honey
- A splash of soy sauce
- A few drops of sesame oil
- Water to smooth
- Carrot sticks

Mix everything but the carrot sticks together with a fork or whisk in a bowl. Add water as needed to thin mixture to a dipping consistency (all-natural peanut butter needs more; everyday brands need less).

Kids can help: Scrape carrots, stir ingredients

Bonus tip: Store carrot sticks in water to keep them crisp and juicy

Fruit with Creamy Dip

This tangy-sweet dip could be used for any number of fruits or berries, and the cherry stems make dipping extra fun.

- 1/4 cup sour cream
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon
- Cherries with stems attached

Stir sour cream, brown sugar and cinnamon together in a bowl. Rinse cherries and arrange them for dipping.

Kids can help: Mix ingredients, wash fruit

Extras: Use yogurt instead of sour cream, use apple or pear slices, strawberries or other berries if they're in season

<http://www.parenting.com/gallery/healthy-kids-snacks?page=2>

Fun Food Facts



Take a look at some of the interesting healthy food facts below:

- 1 cup of strawberries contain only 50 calories while providing 100 mg of vitamin C and 2 grams of fiber.
- California produces over 80% of the strawberries grown in the United States.
- Parsnips, a fall vegetable, are related to carrots. Baking them brings out their sweet, nutty flavor. They can be enjoyed raw too; try grating them onto a salad or on top of a soup.
- Native Americans used berries as a fabric dye. Berries and their leaves and roots were also used for medicinal purposes.
- A small orange is about 80 calories and contains vitamin C and carotenoids.
- Carotenoids are plant pigments responsible for the yellow, orange, and red color in fruits and vegetables. Carotenoids serve as antioxidants.
- When people think of vitamin C, they think of colds. Vitamin C does play a role in the immune system, but it has many other roles including helping to form collagen and maintaining healthy teeth, gums, and blood vessels.
- Chinese royalty enjoyed melon seeds as early as 200 BC. The seeds were believed to be essential for good intestinal health.
- Marco Polo brought melon seeds to Europe after enjoying strips of sweet dried melon in Afghanistan. Dried and roasted seeds are still consumed as snacks in South America and the Middle East.
- There are two groups of melons available: watermelons and muskmelons. The most familiar muskmelons include cantaloupe and honeydew.

Steps for Food Safety



1. Clean: Wash Hands and Surfaces Often
2. Separate: Don't Cross Contaminate
3. Cook: Cook to Proper Temperatures
4. Chill: Refrigerate Promptly

+ Alert: Portion Distortion!

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called “super-size,” while others have simply grown in size and provide enough food for at least two people. With this growth has come an increase in waistlines and body weight.

Food	20 Years Ago		Today	
Bagel				
	3-inch diameter	140 calories	6-inch diameter	350 calories
Cheeseburger				
	1 portion	333 calories	1 portion	590 calories
Spaghetti and Meatballs				
	1 cup spaghetti, sauce and 3 small meatballs	500 calories	2 cups spaghetti, sauce and 3 large meatballs	1,025 calories
Soda				
	6.5 ounces	85 calories	about 20 ounces	300 calories
French Fries				
	2.4 ounces	210 calories	6.9 ounces	610 calories

What are Accurate Portion Sizes?

How to count servings

Vegetables			
1 cup broccoli	25	1 baseball	
2 cups raw, leafy greens	25	2 baseballs	
Fruits			
½ cup sliced fruit	60	Tennis ball	
1 small apple or medium orange	60	Tennis ball	
Carbohydrates			
½ cup pasta or dry cereal	70	Hockey puck	
½ small bagel	70	Hockey puck	
1 slice whole-grain bread	70	Hockey puck	
½ medium baked potato	70	Hockey puck	
Protein/Dairy			
3 ounces of fish	110	Deck of cards	
2-2½ ounces of meat	110	¾ deck of cards	
1½-2 ounces of hard cheese	110	½ deck of cards	
Fats			
1½ teaspoons peanut butter	45	2 dice	
1 teaspoon butter or margarine	45	1 die	

For more information on portion sizes and servings. Go to:

<https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>

Did You Know?

1. **“Vitamins” are not the same as whole foods.** Instant Ramen and a multivitamin is not a healthy meal. There is no substitute for a diet of whole foods rich in vegetables, beans, grains, and fish.
2. **A healthy diet can prevent or even reverse four out of the six leading causes of death in the US.**
3. **The thinnest, healthiest people in the world eat “high carb” diets.** But they definitely do not eat the processed, refined carbohydrates that flood Western culture.
4. **You get plenty of calcium.** Americans consume more calcium than most countries on Earth; yet still sport some of the highest rates of osteoporosis. This debilitating disease is more likely caused by insufficient vitamin D, not enough exercise and/or too much protein.
5. **“Fiber” is not the same as vegetables and grains.** Fiber supplements do not offer the same benefits as fiber-filled foods, and do not help with weight loss or protect against disease.
6. **The best sources of protein are plants and fish.**
7. **Fruits and vegetables protect your vision.**
8. **Fats from factories are dangerous.** Processed oils and trans fats are associated with heart disease, type 2 diabetes, cancer, and obesity. Replacing them with natural oils could save your life.
9. **Fats from plants and fish are essential.** Mono- and polyunsaturated fats protect against heart disease, type2 diabetes and memory loss.
10. **You can lose weight on any short-term diet, but you will probably gain back more weight than you ultimately lose.** This is often true even if you stay on the diet. **Focusing on long-term health is the best strategy for sustained weight loss, but it requires patience.**

<http://summertomato.com/>



Tips & Tricks

Eating Better

- Start the day with a healthy breakfast. It refuels your body and gives you energy for the day.
- Let kids help plan one meal each week and eat together as often as possible.
- Eat slowly. It takes 20 minutes for your brain to register that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 ½ cups of vegetables every day.
- Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Try to eat at least 3 ounces of whole grains every day.
- Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages.
- Serve a variety of foods.

Being More Active

- Move more. Try to get between 30 and 60 minutes of physical activity every day. Several 10 to 15 minutes sessions of moderate activity each day add up.
- Include regular physical activity into your daily routine. Walk as a family before or after meals.
- Limit TV, computer, and video game time to a total of one to two hours per day. Encourage physical activity instead.
- Balance energy calories with activity calories. The energy you get from foods and beverages equal the calories you burn in activity every day.
- Increase household activities (e.g., walking the dog, dusting, vacuuming, gardening). These activities are good ways to burn calories.
- Include an activity like hiking or bike riding when you go on vacation.
- Make playtime with your family more active by shooting hoops or walking to the park.
- <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/nutrients/nutrition-determine-your-calorie-needs.html>



Summer Activities

Cool School Bus

Cool School is a program provided by the Bath County Schools, in which a learning bus travels to various sites throughout the summer months. The bus allows kids to participate in educational activities with computers, play games, exercise and lunch is provided.

ATTN: Due to Covid-19 Cool School Bus is closed this summer. Hopefully, it will be open next summer.

Summer Feeding Program

The Summer Feeding Program is a way for children to receive nutritious meals through the summer months when school is not in session.

Dates: June - July



BATH COUNTY WILDCATS



The **mission** of the Bath County School district is to provide a **safe, nurturing** environment where **future leaders** are **inspired** and **prepared** to **succeed** in an ever-changing **global community**.

It's not **only** cool to eat **right!** It's super **rad-ish!**

