



# FUEL for SCHOOLS

April 2022 ♥ Nutrition News & Activities from your Gonzales ISD Food Service Dept.

## Focus on Fruits & Vegetables

In addition to color, flavor, and a variety of textures, fruits and vegetables are loaded with nutrients such as vitamin A, vitamin C, folate, potassium and fiber. (See glossary on the next page to learn more).

### Produce Power at School!

Did you know that fruits and/or vegetables are a feature of the school breakfast and lunch choices every day? Encourage your child to pick a fruit or vegetable at every meal and snack.

Families and children often don't include enough vegetables and fruits in their daily diet. The MyPlate guidelines suggest 1 1/2 to 2 cups of fruits and 2 to 3 cups of vegetables each day.

## Fruit & Veggie Art!

A fun way to eat more fruit and vegetables is to set-up

activities where children can play with their food. Here are a few ideas to get you started.

### Win a Prize!

Classrooms who make a fruit or vegetable recipe, snack or art creation can win a prize. Teachers can submit student drawings or photos to Mr. Wayner at [edward.wayner@gonzalesisd.net](mailto:edward.wayner@gonzalesisd.net).

### Become a fan of "food fans"

Start with a large whole strawberry and a plastic serrated knife. Starting approximately 1/4 inch from the top of the strawberry, make a cut completely through the

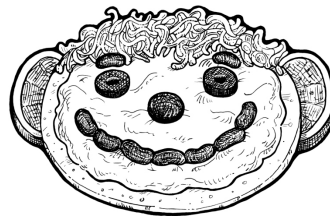


strawberry (see diagram). Make several cuts, parallel to the first one. Press down and "fan out." Add to a fruit salad or use as a plate garnish. You can also fan peach or pear halves, cucumbers and other produce.

### Skewer it

Using wooden skewers or clean craft sticks, arrange small tomatoes, cheese chunks and fresh spinach or basil leaves on a stick and serve with salad dressing. You can also arrange colorful fruit chunks and berries on a stick and dip in yogurt.

### Serve it with a smile



Create a pizza, open-faced burrito or whole grain toaster waffle that smiles back at you.

1. For mini-pizzas, start with a whole grain English muffin, spread with tomato sauce, spices and top with shredded mozzarella cheese. Invite kids to make a face from mushrooms, olives, broccoli florets, shredded carrots, onions and other veggies.

2. Spread waffles with peanut butter or light cream cheese and use blueberries for eyes and other fruit chunks to create a face.

3. Make a smiling burrito using a corn tortilla, refried beans, whole beans, olives, tomato chunks and grated cheese. Garnish with orange wedge "ears."

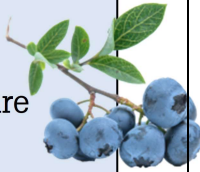


# FUEL for SCHOOLS

April 2022 ♥ Nutrition News & Activities from your Gonzales ISD Food Service Dept.

## Spotlight on Carrots & Blueberries!

Have you ever heard the advice to “eat a rainbow?” That’s because fruits and vegetables with deep, vibrant colors often are supercharged with nutrients and healthy compounds known as phytochemicals (pronounced fight-o-chemicals). Two delicious examples are blueberries and carrots.



**Blueberries** supply nutrients including fiber, vitamin C, vitamin K and manganese as well as the healthy blue pigment known as anthocyanin. Blueberries have been shown to improve memory and learning! Eat them fresh, frozen or dried as part of a meal, snack, smoothie or healthy dessert.

**Carrots** are an excellent source of vitamin A, vitamin K, and fiber and supply many additional nutrients. Carrots also have lutein and zeaxanthin, two orange-colored pigments that are important for healthy eyesight. Enjoy carrots raw or cooked. Leftover cooked carrots are great blended in a smoothie!



## Glossary

Fruits and vegetables are rich in many nutrients, especially the key nutrients described below:

**Vitamin A:** Essential for healthy eyes, smooth skin, shiny hair, and healthy bones, teeth and gums. Dark green and deep orange vegetables are especially good sources of beta-carotene, a type of vitamin A that helps to prevent cell and tissue damage.

**Vitamin C:** Helps hold cells together, promotes healing of wounds and bone fractures, increases resistance to infection, and increases the amount of iron absorbed from certain foods. Broccoli, peppers, potatoes, tomatoes, citrus fruit, kiwi and strawberries are a few good sources.

**Folate:** Present in dark green leafy vegetables, asparagus and oranges, folate is needed for healthy blood cells and is important for growth.

**Potassium:** Responsible for maintaining the heartbeat, regulating fluid balance, and regulating nerve transmission and muscle contractions. Since potassium is lost in sweat, exercise and hot weather will increase the requirement. Bananas, oranges, potatoes and sweet potatoes are especially rich sources of potassium.

**Fiber:** Fruits and vegetables are a rich source of fiber, especially when the skin or peelings are eaten. Most notable for its role in digestion, certain fibers also help to improve blood cholesterol and blood sugar levels.

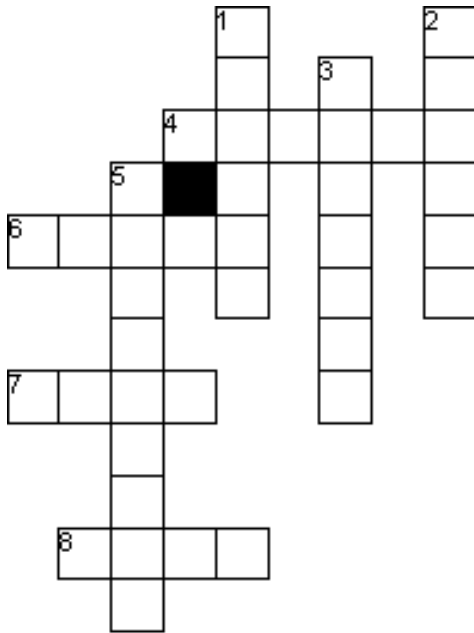
## More about Fruits & vegetables

Check out the Produce for Better Health Guide to learn more! <https://fruitsandveggies.org/fruits-and-veggies/>

Source for Edible Art Activities: How to Teach Nutrition to Kids, by Connie Liakos Evers (©2012, 24 Carrot Press)

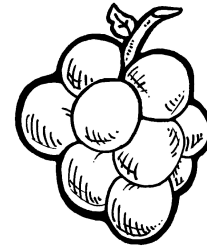
# Fruity Fun!

Complete the puzzle by solving the riddles shown below.



## Word List:

Banana  
Grapes  
Juice  
Orange  
Pear  
Pineapple  
Plum  
Raisins



## ACROSS

- Long and yellow, I'm "a-peeling" to both kids and monkeys.
- I'm the liquid form of fruit. To find the real me, look for 100%!
- When you hear my name, you might think there are two of me.
- I rhyme with YUM (and that's also how I taste!).

## DOWN

- We can be red or green and we like to hang around in bunches.
- My name and my color are the same.
- We're the "dried up" version of clue #1
- If you split my name in half, you will find two kinds of trees (HINT: One is a fruit tree).

## So-Berry-Good Smoothies

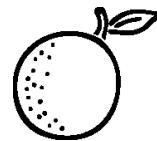
### Ingredients:

- 1 cup frozen berries (strawberries, blueberries or raspberries)
  - 1 frozen banana, broken into chunks
  - 1 cup vanilla yogurt
  - 1 c. nonfat or 1% milk
  - 2-4 tsp. sugar (depending on the sweetness of the berries)
- Combine all ingredients in the blender; process until smooth. Serve immediately.  
Makes 4 servings.

## Do you eat enough fruit?

Every day, try to eat 2-4 servings. Below are examples of one serving of fruit.

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 medium apple                | $\frac{3}{4}$ c. 100% fruit juice   |
| 1 medium orange               | $\frac{1}{2}$ c. fresh fruit chunks |
| $\frac{1}{4}$ c. raisins      | $\frac{1}{2}$ c. grapes or berries  |
| $\frac{1}{2}$ c. canned fruit | 1 medium banana                     |



Keep a list of the fruit you eat today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

