



# FUEL for SCHOOL

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

## March is National Nutrition Month®

*Celebrate a World of Flavors* is the theme for this year's [National Nutrition Month®](#). This global emphasis

highlights how we have come to enjoy various ethnic foods and flavors from around the world. Food is truly a universal language!



### Foods from Every Continent

This month is a good time to take a look at the origins of some of the foods that we regularly enjoy. For instance, in the United States, we eat apples from Washington State, blueberries from Michigan and potatoes from Idaho. Do you know the number one food produced in the state of Texas? (answer below\*).

Below are examples of foods that originated or are grown around the world.

**Africa** - *Okra* originated in Ethiopia. It was eventually introduced to the U.S. by the French colonists of Louisiana in the early 1700's. Also known as gumbo, it continues to be a popular ingredient in U.S. Southern cooking.

**Antarctica** – This is a tough one since food production is a challenge in this harsh climate. But there are greenhouses that supply fresh produce for scientists and explorers. One example is the [Eden-ISS](#), a farm which exists inside a climate-controlled shipping container!

**Asia** - The *kumquat* originated in Japan and is a one-of-a-kind little citrus fruit. The skin is

actually sweeter than the inside pulp so go ahead and eat the whole thing!

**Australia** - *Warrigal Greens* are an example of “Bush Tucker” or bush foods, which are plants native to Australia. The leaves of Warrigal greens can be substituted for spinach in cooked dishes.

**Europe** - *Asparagus* (spargel) is extremely popular in Germany. During the asparagus season known as Spargelzeit (May-June), it can be found on the menu at virtually all German restaurants.

**North America** - *Jicama* is a unique and healthy tuber grown in Mexico. Juicy and crunchy, it can be peeled and served as a raw vegetable or grated for use as a crunchy salad topper.

**South America** – *Papaya* is tropical fruit that is a favorite breakfast food in Brazil. The papaya has peach-colored flesh and a big mound of dark seeds.

### Go Green for St. Patrick's Day!

Can you unscramble the following green fruits and vegetables? Circle the ones that you enjoy eating.

- CCBOIRLO \_\_\_\_\_
- NRGEE ENABS \_\_\_\_\_
- AIHNPCS \_\_\_\_\_
- GRAUPAASS \_\_\_\_\_
- LKEA \_\_\_\_\_
- AACVODO \_\_\_\_\_
- SPAЕ \_\_\_\_\_
- IWK \_\_\_\_\_
- NEEOWDHY \_\_\_\_\_
- AEPR \_\_\_\_\_

**Bonus:** Find your favorite healthy **green** foods on the Gonzales ISD school lunch menu!

\*Texas leads the nation in beef production. There are 14 million beef

WORD LIST: Asparagus, avocado, broccoli, green beans, honeydew, kale, kiwi, pear, peas, spinach



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## Breakfast Boosts Brain Power!

National School Breakfast Week is March 7 to 11th



Studies show that kids can think, pay attention and learn better when they eat a meal before school. [National School Breakfast Week](#) is a great reminder that students can grab a healthy meal at school and be on their way to a successful day.

Students who eat a balanced breakfast:

- Are more alert and attentive in the classroom.
- Have better math grades and reading scores.
- Enjoy the benefits of a better overall diet. Students who start the day with a morning meal eat more servings of grain, fruit and milk and get more nutrients during the course of the day.

A balanced breakfast includes at least three different food groups. A meal that includes a variety of foods will stay with your child longer. The best morning meal includes at least one serving of whole grain, fruit or vegetable and dairy or protein. Your school breakfast program meets these guidelines! School breakfasts also follow guidelines for limiting sugar, sodium and fat.

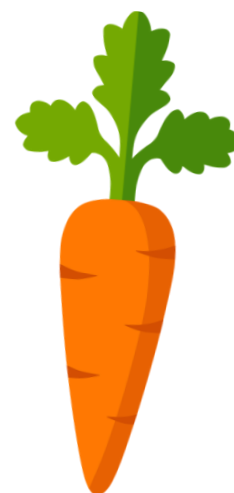
## Try This!

### Rabbit Pancakes

Weekends and days off of school still call for a healthy breakfast. Kids and teens can get busy in the kitchen by helping to make these whole grain carrot pancakes!

Ingredients:

- ½ cup whole wheat flour
- ½ cup quick-cooking oats
- 1 cup milk
- 1 Tbsp. vegetable oil
- 1 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 egg
- ½ cup grated carrots



Directions:

- Beat all ingredients in a medium-sized bowl with a whisk until smooth.
- Heat a nonstick pan on medium heat until a few drops of water sizzle.
- For each pancake, pour about ¼ cup of batter onto the hot pan.
- Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
- Serve with applesauce, fresh fruit or yogurt if desired.

Servings: Sixteen 4" pancakes