

Harvest of the Month



Network for a Healthy California

Nutrition Facts

Serving Size:	
Calories	Calories from Fat
% Daily Value	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin A	Calcium
Vitamin C	Iron

- Provides general nutrient information for the featured produce. Nutrient reference values (% Daily Values) show how a specific food fits into an overall balanced diet. Labels are created from the USDA National Nutrient Database (www.nal.usda.gov/fnic/foodcomp/search/). Most labels are based on ½ cup serving sizes, but some may vary.
- Download the printable labels from www.harvestofthemonth.com. Have students research other prepared variations and compare nutrient values.
- Use with the Fresh Fruit and Vegetable Photo Cards (CDE, 2006). Download from www.harvestofthemonth.com/EdCorner/nutrient-graphs.asp.

Complementary Power Play! Lessons:

- What's on a Label?
- How Much Do I Need?

FEATURED PRODUCE

March 2011

Educator Newsletter Training Guide

This guide will help you identify each newsletter section's purpose, links to the California Content Standards, and how each activity or information connects to the *Network for a Healthy California—Children's Power Play! Campaign (Power Play!)*. Complementary *Power Play!* lessons can be found in the *School Idea & Resource Kits* for 4th and 5th grades (download from www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx).

Health and Learning Success Go Hand-in-Hand

Serves as a reminder that healthy children learn better. Includes research showing that students who eat nutrient-rich foods like fruits and vegetables and get regular physical activity have improved behavior and academic performance.

Complementary Power Play! Lessons:

- Power Survey
- Fruit, Vegetable, and Power Play Journal/Challenge



Exploring California Grown Produce: Taste Testing

Offers students the opportunity to experience the featured produce using their senses, which engages them in the learning process and creates increased interest and awareness for the featured produce. Activity steps are included to walk students through this experience. Work with school nutrition staff, local growers, or retail outlets to receive produce donations.

Links to California Content Standards:

- Health Education
- Science
- English-Language Arts
- Mathematics

Complementary Power Play! Lessons:

- Power Search/Power Scramble
- Rate the Taste/You Be the Food Critic!
- What's on a Label?

Cooking in Class

Introduces students to enjoyable ways of incorporating the featured produce into healthy snacks with a food preparation activity. The recipes are easy to make in class, student-friendly, and generally consist of five ingredients or less.

Resources and materials to assist with classroom cooking are available on www.harvestofthemonth.com.

Links to California Content Standards:

- Health Education
- Science
- English-Language Arts
- Mathematics

Complementary Power Play! Lessons:

- Rate the Taste/You Be the Food Critic!
- My Power Plan/Plan a Power Meal
- Kids...Get Cookin' Cookbook

Reasons to Eat...

Provides scientifically accurate nutrition information and health benefits of the featured produce.

Includes examples of "Champion Sources," which are food sources that provide a good source (10-19% Daily Value) or excellent source (at least 20% Daily Value) of the nutrient featured on page 2 of the newsletter.

Information can be used in combination with the Nutrition Facts labels, *Taste Testing*, and/or *Student Sleuths*.

Links to California Content Standards:

- Health Education
- Science

Complementary Power Play! Lessons:

- What's on a Label?
- How Much Do I Need?

Educator Newsletter Training Guide

Featured Nutrient

Provides information about the featured nutrient for the month, which is generally a nutrient found as a good or excellent source in the featured produce item.

Includes scientific and evidence-based information about the nutrient's health benefits, how it functions in the body, and symptoms or diseases associated with deficient or excessive nutrient intake.

Links to California Content Standards:

- Health Education
- Science

Complementary Power Play! Lessons:

- How Much Do I Need?
- Rate the Taste/You Be the Food Critic!
- What's on a Label?

How Does It Grow?

Presents scientific and botanical information on the featured produce and how it is grown, cultivated, and sent to the market.

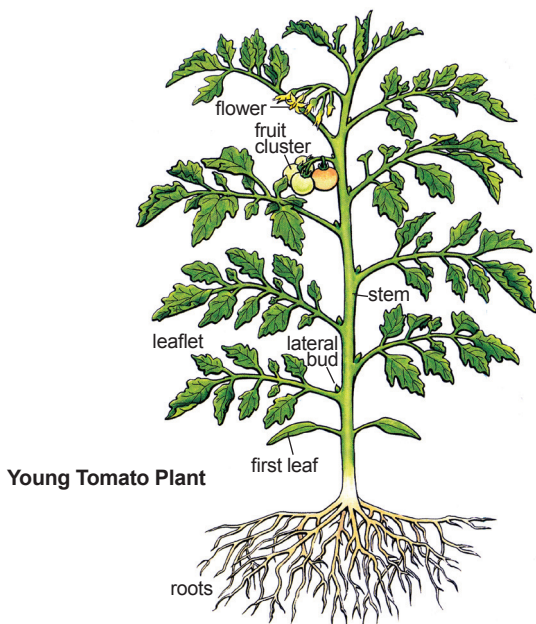
Includes labeled botanical images of the featured produce items. Botanical images can be utilized in the classroom to familiarize students with various plants parts, while making connections to science. Download the printable botanical images from www.harvestofthemonth.com.

Links to California Content Standards:

- Science
- Mathematics
- History-Social Science

Complementary Power Play! Lessons:

- Power Survey
- Power Search/Power Scramble



Young Tomato Plant

Adapted from: *Hot as a Pepper, Cool as a Cucumber*,
Meredith Sayles Hughes, 1999.

How Much Do I Need?

Provides information about the portion size of the featured produce based on the Nutrition Facts label.

Also includes a chart with the Recommended Daily Amount of Fruits and Vegetables information based on age, gender, and physical activity level. All forms count toward the daily amount – fresh, frozen, canned, dried, and 100% juice. Encourage students to find out how many cups of fruits and vegetables they need and to set goals to meet their daily amount. Visit www.choosemyplate.gov to learn more.

Links to California Content Standards:

- Health Education

Complementary Power Play! Lessons:

- How Much Do I Need?
- What's on a Label?

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.
Visit www.choosemyplate.gov to learn more.

Botanical Facts

Provides general nomenclature information, Spanish terminology, and background in the evolution of the featured produce. Defines what constitutes a fruit or vegetable and the classification for each featured produce. Generally highlights common varieties within the species.

Information can be used in a variety of classroom activities (often referenced in *Adventurous Activities* and *Student Sleuths*), including science experiments and across all grade levels.

Links to California Content Standards:

- Science
- English-Language Arts

Complementary Power Play! Lessons:

- Power Search/Power Scramble

Just the Facts

Includes scientific, historical, and/or cultural facts about the featured produce. Information is general, applicable to all ages, and can be used to enhance or support other newsletter sections and activities.

Links to California Content Standards:

- Science
- Health Education
- History-Social Science

Complementary Power Play! Lessons:

- Power Search/Power Scramble



Educator Newsletter Training Guide

Student Sleuths

Provides learning opportunities for students to further explore facts about the featured produce and utilize research, data collecting, and reporting skills. Includes at least two nutrition-related questions that can be adapted for different grade levels. (Answers to *Student Sleuths* can be found on www.harvestofthemoth.com.)

Links to California Content Standards:

- Health Education
- Science
- English-Language Arts
- Mathematics
- History-Social Science

Complementary Power Play! Lessons:

- Power Search/Power Scramble
- Healthier Please!/I Have Power!
- Fruit, Vegetable, and Power Play Journal/Challenge

Student Champions

Provides strategies and ideas for students to develop their leadership skills by educating others, including retail and the media, about the monthly featured produce. Links the school to the community through retail stores, growers, farmers' markets, and more.

Links to California Content Standards:

- Health Education
- English-Language Arts
- History-Social Science

Complementary Power Play! Lessons:

- Healthier Please!/I Have Power!
- The Power of Advertising
- Power Choices/Making Better Choices
- Fruit, Vegetable, and Power Play Journal/Challenge

School Garden

Designed for classrooms with access to a school garden, activities feature hands-on opportunities for students to engage in agriculture and science. Activities may be implemented in the classroom or school garden. Schools are encouraged to look for donations to cover the cost of seeds, tools, irrigation systems, electric pumps, and any salary incurred by garden educators or others.

Links to California Content Standards:

- Mathematics
- Science

Complementary Power Play! Resources:

- Community Youth Organization Idea & Resource Kit



Cafeteria Connections

Features strategies and ideas to partner with school nutrition staff and utilize the cafeteria as a learning laboratory. Presents opportunities for teachers and students to work with school nutrition staff.

Links to California Content Standards:

- Health Education
- English-Language Arts
- Science

Complementary Power Play! Lessons:

- My Power Plan/Plan a Power Meal
- Rate the Taste/You Be the Food Critic!



Home Grown Facts

Provides information about the growing region(s) and commercial production of the featured produce in California, along with its role and impact on the state's economy.

Links to California Content Standards:

- Science
- History-Social Science

Complementary Power Play! Lessons:

- Power Search/Power Scramble
- The Power of Advertising

Produce History

Offers a general overview and historical timeline of the featured produce. Includes the history, origins, and migration of the fruit or vegetable into the United States' and/or California's agricultural industry.

Links to California Content Standards:

- History-Social Science

Complementary Power Play! Lessons:

- Power Search/Power Scramble

Notes:

Educator Newsletter Training Guide

Adventurous Activities

Features fun, hands-on activities for students to experience and explore the featured produce through science, nutrition education, history, math, writing, and field trips. Additional activities can be found on www.harvestofthemonth.com.

Links to California Content Standards:

- Health Education
- English-Language Arts
- Science
- Mathematics



Complementary Power Play! Lessons:

- Power Choices/Making Better Choices
- My Power Plan/Plan a Power Meal

Links to California Content Standards:

Highlight how *Harvest of the Month* supports specific curricular areas of health education, physical education, English-language arts, science, history-social science, and mathematics. Select state-adopted standards are included for prekindergarten through grade 12.

The links to California Content Standards can be found on www.harvestofthemonth.com.

Links are available for the following grade levels:

- Pre-kindergarten
- K-2
- 3-5
- 6-8 (middle school)
- 9-12 (high school)

References to websites to visit for additional information, ideas, or activities are included throughout the newsletter. These sites are fact-checked and meet certain educational and public health criteria.

Physical Activity Corner

Includes physical activities for teachers to implement in a classroom setting. Activities support students' development of sensory and motor skills. Key physical education news and events are also highlighted, along with research supporting the positive relationship between physical activity and academic performance. For additional activities, work with Physical Education Specialists in your district.

Links to California Content Standards:

- Physical Education

Complementary Power Play! Resources:

- *Power Up for Learning: A Physical Activity Supplement to the School Idea & Resource Kits*
- *Community Youth Organization Idea & Resource Kit*

Literature Links

Suggests literature specific to the featured produce, agriculture, and/or general nutrition. Includes recommendations for various grade levels (primary and secondary) to complement other *Harvest of the Month* activities. Recommended books are approved by USDA's SNAP-Ed program.

Links to California Content Standards:

- Health Education
- English-Language Arts
- Science
- History-Social Science
- Mathematics

Recommended literature may become out-of-print. For additional options, please visit California Foundation for Agriculture in the Classroom at www.cfaitec.org/books.

Notes:

