



March 2011: Eat a Whole Grain Breakfast

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Oatmeal is a quick, convenient whole grain breakfast

Fruit & Vegetable: For mango and butter lettuce recipes, visit our website:

www.drexel.edu/nutritioneducation/

Now in Season: Mango, lettuce, broccoli, cabbage, pineapple

March Health Observations: National Nutrition Month®, National School Breakfast Week, Go for the Greens

National Nutrition Month®

is a nutrition education and awareness campaign sponsored by the American Dietetic Association that takes place every March. Look for Eat.Right.Now. educators in your schools to sponsor special events to promote the importance of healthy food consumption and increased physical activity.

The theme for National Nutrition Month® this year is "Eat Right with Color." A great way to add more color to your diet is by choosing a variety of colorful fruits and vegetables. Fruits and vegetables are packed with nutrients like vitamins, minerals, and fiber. Different color fruits and vegetables provide different types of nutrients, which is why it is important to eat a variety of colors. For more information about National Nutrition Month®, visit:

<http://www.eatright.org/nnm/>

Nutrition Education in Action

Program Coordinator Beth Dowshen reading "We Eat Food That's Fresh" to students at Waring Elementary School



Go for the Greens & National School Breakfast Week

Two other important nutrition promotions that occur during the month of March are Go for the Greens and National School Breakfast Week. Go for the Greens is generally celebrated on or during the week of St. Patrick's Day. This event promotes eating more fruits and vegetables, especially green ones, because of their many health benefits. For more information or ideas for planning an event visit:

www.nrgbalance.org/schools/go-for-the-greens.cfm

National School Breakfast will be held during the week of March 7-11. It is a week long campaign to encourage students to eat a healthy, well balanced breakfast, and raise awareness about the availability of school breakfast. For more information and activities to use in the classroom visit:

<http://ocs.schoolnutrition.org/meetingsandevents/nsbw2011/>

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.