

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### April is National Garden Month!

- ~ Cooking Clubs
- ~ Boys' Clubs
- ~ Newsletters
- ~ Health Fairs
- ~ Girls' Clubs
- ~ Career Fairs

### ***Hot Topics:***

#### ***National Garden Month: "When you garden, you GROW"***

"When you garden, you GROW" is the theme of the National Gardening Association's GROW campaign. Gardening not only makes our world a greener place, but it also influences education, health and nutrition, physical activity, community relations and local food growers. Children especially reap many benefits from learning how to garden. Research shows that gardening improves children's attitudes, school performance, environmental awareness, and may actually increase their fruit and vegetable consumption. When children have the opportunity to grow their own food, they may be more willing to try it! See if your school has a garden available or try growing your own small garden. Visit [www.nationalgardenmonth.org](http://www.nationalgardenmonth.org) to find out how to grow your own "Window Box Salad Garden." Contact your Nutrition Educator if you are interested in starting a garden at your school.

#### ***This Spring Spend More Time Outdoors***

Spring is upon us! Time to get outside and be more active! Physical activity has many health benefits. It can decrease your risk for chronic diseases, alleviate stress and depression, improve endurance and help you sleep better. According to the Dietary Guidelines for Americans, adults need at least 30 minutes of physical activity most days and children/teenagers need at least 60 minutes of physical activity most days of the week. To help meet that goal try doing more activities outdoors- go for a bike ride, take your kids to the playground, or park farther away in the parking lot when you go shopping! Start a walking club at your school- ask your Nutrition Educator to help "get it going"!

#### ***Monthly Mentions***

A group of students from John Paul Jones Middle School have entered the Healthy Kids Challenge's 6<sup>th</sup> Annual Recipe Contest. The students have been participating in an after-school Cooking Club with nutrition educator, Kate Filicky, since October. They designed their own healthy recipe and submitted it for judging. To see the recipe they submitted visit our website <http://www.drexel.edu/nutritioneducation>. Good luck!!!

Fun activities took place in several Philadelphia elementary schools during the month of March to help celebrate National Nutrition Month. Harrison Elementary School participated in a Door Decorating Contest. Our featured nutrition educator, [Renee Hart](#), was present to judge and award prizes on March 27<sup>th</sup>. Pictures of the winning doors and other activities can be seen at our website: <http://www.drexel.edu/nutritioneducation>.

- **Nutrition Tip:** Drink to Your Health! Did you know that you can drink up to 450 calories per day in unhealthy beverages? Instead of soda try low-calorie flavored water.
- **Fruit/Vegetable:** Mango and Cucumber are the featured Fruit and Vegetable this month. For yummy recipes to try, visit our website: [http://drexel.edu/nutritioneducation/april\\_recipe\\_of\\_month\\_08.html](http://drexel.edu/nutritioneducation/april_recipe_of_month_08.html)

**EAT.RIGHT.NOW.** Nutrition Education Program at Drexel University  
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Please use this activity in your classroom- don't forget to enter this information on your cost-share form.

# Edible Plant Parts

**1.** List your three favorite fruits and your three favorite vegetables in the spaces below.

My three favorite fruits are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My three favorite vegetables are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2.** Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them.

## FRUITS

Apples  
Apricots  
Avocados  
Bananas  
Bell peppers  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Cucumbers  
Dates  
Eggplant  
Figs  
Grapes  
Kiwifruit  
Kumquats  
Lemons  
Mangos  
Oranges  
Papayas

## More FRUITS

Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Pomegranates  
Pumpkin  
Raspberries  
Strawberries  
Squash  
Tangelos  
Tangerines  
Tomatoes  
Watermelon

## LEAVES

Basil  
Brussels sprouts  
Beetgreens  
Cabbage  
Chard  
Cilantro  
Endive  
Kale  
Lettuce  
Mustard greens  
Onions  
Parsley  
Spinach  
Turnip greens  
Watercress

## ROOTS

Beets  
Carrots  
Parsnips  
Radishes  
Rutabagas  
Sweet potatoes  
Turnips

## SEEDS

Black beans  
Corn  
Lima beans  
Kidney beans  
Peas  
Pumpkin seeds  
Sunflower seeds

## SEED PODS

Chili peppers  
Green beans  
Okra  
Snap pea pods  
Snow pea pods  
Wax beans

## STEMS

Asparagus  
Celery  
Leeks  
Green onions  
Rhubarb

## TUBERS

Potatoes  
Yams

## FLOWERS

Artichokes  
Broccoli  
Cauliflower



**3.** Are you surprised to learn how many different plant parts you like to eat? Which do you like best – flowers, fruits, leaves, roots, seeds, seed pods, stems or tubers? \_\_\_\_\_