

Eat.Right.Now.

Nutrition Education for a Healthier Future



Spring Has Sprung!

At home: **April** is a great time to clean out those kitchen cabinets and stock up on healthier foods!

At school: Ask your nutrition educator to create some excitement in your school by conducting one of the following:

- ~ Classroom Lessons
- ~ [Health Fairs](#)
- ~ Assembly Programs
- ~ Fruit Markets
- ~ Food Tastings
- ~ [Posters](#)
- ~ [Bulletin Boards](#)
- ~ Newsletters

Hot Topics:

Let's Talk Beverages !!!

Although sales of carbonated soft drinks still dominate the market, energy drinks sales increased almost 50% in 2006. According to a new report published by the Beverage Marketing Corporation, the liquid refreshment beverage market is now being driven by the health and wellness trend. Coca Cola and Pepsi Cola are presently developing fortified diet colas! As healthy consumers, there are some things we need to know! Take a look at our website <http://www.drexel.edu/nutritioneducation> for more information.

Are You Physically Active?

Our nutrition educators have pedometers for students who are attending nutrition classes this month. We also have wallet cards available for students who would like to keep track of the number of steps they take each day. Have you heard about the recent guidelines of walking 10,000 steps per day? How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. Help us celebrate Physical Activity in April!

Thought for the Month

"You cannot escape the responsibility of tomorrow by evading it today." Abraham Lincoln

Monthly Mentions

- **Nutrition Tip:** After exercise, have a high energy snack to replace carbohydrates. Try an energy bar, a granola bar, half of a bagel, or a large banana. Remember to drink at least 12 oz of water.
- **Fruit/Vegetable:** Mango and Cucumber are the featured foods this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>

Meet Our Nutrition Educators at Work

- Our featured educator this month is [Katie Filicky](#). See what she is doing at Widener Memorial School with the Special Needs Students.

Please use the attached activity in your classroom- don't forget to enter this information on your cost-share form.
(From your Nutrition Educator)

Questions? Email: nutritioncenter@drexel.edu

Movement Survey

Materials

Series of “If” survey questions having to do with topic of the lesson

Procedure

1. Explain that the students will be doing a survey by voting with their bodies
2. Read a survey question to the class, including a certain movement to do. For example, “If you ate breakfast this morning, jump up and down.”
3. For each question, change the movement (hop on one foot, do jumping jacks, bend and touch your toes, spin in place, etc)
4. Have the students look around the room to see what their classmates are doing. Make conclusions about behaviors.
5. Optional: do this at the beginning of the lesson and again at the end, seeing if behavior intentions have changed.

Beginning: If you ate breakfast this morning...

End: If you will eat breakfast tomorrow...

Possible Questions

If you like x
If you ate x yesterday
If x is your favorite fruit
If you eat fast food x times a week
If you drink x
If you like to play x
If you think x is a whole grain
If you think x has calcium
If you watched TV yesterday

Movements

Spin in a circle
Hop up and down
Touch your toes
Do a jumping jack
March in place
Roll your head
Shake your arms
Hop on one foot
Pat your head
Do a sit up
Jog around your desk
Flap your arms
Swing your leg



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Local Food Stamp Hotline: 215-430-0556