

Eat.Right.Now.

Nutrition Education for a Healthier Future



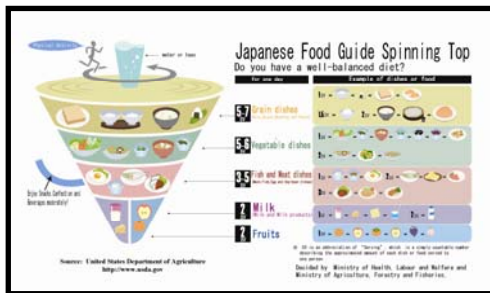
Celebrate “Healthful Eating around the World”

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

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

Tasty Topics:

Different countries communicate a similar message around the world



A person climbing a set of stairs promotes physical activity on the United States MyPyramid. The Japanese spinning top poster illustrates five strategically-placed food groups to convey moderation. To promote variety, the Namibia food guide distinguishes four food groups with a grid. Each country has varying dietary guidelines specific to the needs of the people. Japan recommends 5 to 6 servings of vegetable dishes a day (approximate number), whereas the United States promotes 2 ½ cups a day (based on a 2,000 calorie diet). Each country is unique in the sense that dietary recommendations and visual representations differ, but the promotion of a healthy lifestyle is undoubtedly consistent throughout the various food guides around the world. Share this knowledge with your students today by teaching

“Healthful Eating around the World” activities in the December Monthly Packet. Ask your nutrition educator to put one in your mailbox if you didn’t receive it already. For more information on the food guides above or other countries not mentioned visit: [Food and Agriculture Organization of the United Nations](http://www.fao.org).

Cooking Clubs go Multicultural

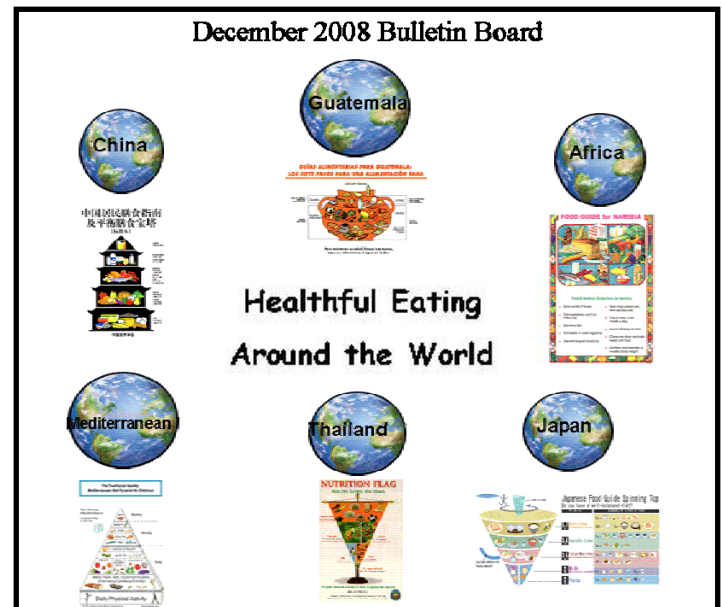
A great way to celebrate cultural awareness is through food. The Drexel Nutrition Team recognizes the importance of promoting cultural diversity among the students and has added Spanish, Thai, and Soul Food recipes to the cooking club curriculum this year. The lessons are designed for students to learn how to prepare and cook a healthy dish while exploring a specific culture. Celebrate “Healthful Eating around the World” by scheduling a multicultural cooking club lesson with your nutrition educator today!

Nutrition Education in Action

This bulletin board display illustrates food guides from six different countries and serves as a helpful teaching aide. If you would like to use it in your classroom or hang in the hallway ask your nutrition educator for a bulletin board set today.

Monthly Mentions

- **Nutrition Tip:** Balancing energy-in with energy-out helps maintain a healthy weight.
- **Fruit/Vegetable:** For grapes and bell peppers recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now in Season:** Pears, avocados, mushroom, celery, onions, and white and sweet potatoes. Look for deals in your local grocery.
- **December Health Observations:** Hand washing week, 7th-13th.



Questions for any of our educators or staff members? Comments about the newsletter?

Email: nutritioncenter@drexel.edu

EAT.RIGHT.NOW. Nutrition Education Program at Drexel University

Or call us at: 215.895.2422

December Activity

Fruits of Different Cultures

L Q A C B F O J P T T X T C M J N R W A
E O F R H V M D K I I B O E D M Z Q V L
D L R I O I O E U P N K N N S T G A S L
Z S I E U F N R O G W D N T B S U R T K
W V C P F T F E L C Y Z N R A G T M F Y
N P A G X I Z F S D P Z F A I H A N M D
U E N N L S Y F X E T J J L S H L K L X
J R K G K I W I F R U I T A A G C F R C
R S U C A R I B B E A N F M H X Z Q T E
S I L A O Q F N S A E M V E T B P P O S
N M Q E W A H D I T P G V R U B J O A I
I M M E X I C A N R A W Z I O D C E M S
K O E S E N A P A J A U K C S M R Q O Y
W N Q X T E C S Y U S D Q A Z M R V L P
S O U T H A M E R I C A N M S G N D A N
N K T Q E G N A R O O Y N A U B G P H A
K W U M A N G O B G F F K M M K A S M E
V X R N V F A O F Z F T M P F Y I F D R
L I I V S Q E D G B M A R S A U K U T O
V A Z E R J K Y M X B L D U E C L K C K

AFRICAN
CARIBBEAN
CENTRALAMERICA
CHINESE
GUAVA
JAPANESE
KIWIFRUIT
KOREAN
KUMQUATS

KUMQUATS
MANDARIN
MANGO
MEXICAN
ORANGE
PAPAYA
PERSIMMON
SOUTHAMERICA
SOUTHASIA



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the Supplemental Nutrition Assistance 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.