

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



## December Happy Holidays!

- ~ Cooking Clubs
- ~ Boys' & Girls' Clubs
- ~ Newsletters
- ~ Posters
- ~ Health Fairs
- ~ Back to School Night
- ~ Career Fairs
- ~ Food Tastings

### *Hot Topics:*

#### ***Healthy Holiday Eating***

'Tis the season- for merriment, for shopping and for eating!! From now until New Year's Eve, we will find ourselves surrounded with cookies, candy and beverages that we normally may not indulge. Food is one of the pleasures of parties, holiday festivities and family gatherings. According to the American Dietetic Association, any food- even traditional holiday fare- can fit into a healthy eating plan. Check out our [website \(www.drexel.edu/nutritioneducation\)](http://www.drexel.edu/nutritioneducation) for some healthy eating guidelines to get you through the season.

#### ***A Fusion of Flavor***

"Fusion Cuisine" is a relatively new term. It combines the ingredients or cooking techniques of two or more cultures. The fusion of ingredients and flavors isn't really new. Throughout history, the foods of one culture have traveled to another, infusing cuisines with more variety and new flavors. It's been going on for centuries, as people gradually adapted their cuisines to available foods- sometimes by choice, often by necessity. Foods link people everywhere. Celebrate cultural diversity through foods this holiday season.

#### ***Meet Our Nutrition Educators at Work***

- Our featured educator this month is [Briana Baylor](#). Check out what she is doing at Barratt Middle School.

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

- **Healthy Eating Around the World is the monthly nutrition theme for December.** Take a look at our monthly activity packets for lots of information on global eating!! Below is one of the activities you can find in the packet. Print it out and use it in your classroom. See your nutrition educator for your packet.
- **National School Breakfast Week for 2008 is March 3<sup>rd</sup> through the 7<sup>th</sup>.** The School Nutrition Association (SNA) is proud to announce the Fuel Your Imagination creative writing contest, challenging Students nationwide to write a short creative story (250 words) on how eating a healthy school breakfast can help kids "fuel their imagination!" Visit [www.schoolbreakfast.org](http://www.schoolbreakfast.org) for more details. Deadline for SNA to receive entries from schools is December 31, 2007.
- **Nutrition Tip:** Vitamin C helps heal cuts and keeps teeth and gums healthy.
- **Fruit/Vegetable:** Celery and Oranges are the featured Vegetable and Fruit this month. For yummy recipes to try, visit our [website: www.drexel.edu/nutritioneducation/dec\\_recipe\\_of\\_month.html](http://www.drexel.edu/nutritioneducation/dec_recipe_of_month.html).

Please use this activity in your classroom- don't forget to enter this information on your cost-share form.

[Click here](#) for the answer key

Questions? Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)



### Breakfast Breads from Around the World

Name \_\_\_\_\_

Directions: Draw a line to match the name of each bread with the country or continent where it originated. Ask your teacher to describe the types of bread again if you are having trouble remembering them.

<u>Bread Type</u>	<u>Country/Continent</u>
Chapati & Pappadum	Hawaii
Cornbread	China
Rye Bread	Germany & Russia
Tortillas	Ghana
Millet Bread	Ireland
Matzoh	Lebanon & MidEast
Pita Bread	Mexico/Central Am.
Rice Bread	India & Pakistan
PoPol	Egypt & Israel
Irish Soda Bread	North America
FuFu	Africa
Coconut Bread	The Caribbean

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*Lesson: Rye Bread, Tortillas and FuFu: Healthy and fun Breakfast Breads*



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Local Food Stamp Hotline: 215-430-0556