

Eat.Right.Now.

Nutrition Education for a Healthier Future



February is American Heart Month!

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

Hot Topics:

Heart Health

February is American Heart Month. Did you know that 61 million Americans have some form of cardiovascular disease? This disease includes a variety of problems, including high blood pressure, high cholesterol, hardening of the arteries, chest pain, heart attacks, and strokes. Heart disease can be prevented by eating healthy, exercising, maintaining a healthy weight, and not smoking. The American Heart Association recommends school education programs on heart disease, access to healthy food, and safe environments for physical activity. You can work with your nutrition educator to help promote a heart-healthy environment in your school.

(www.kidshealth.org, www.cdc.gov)

How Can You Spot a Whole Grain?

Eating whole grains is good for your heart and may help to prevent certain types of cancer. Whole grains also make you feel full longer, so you are less likely to overeat. Some whole-grain foods are brown, but color is not the best clue for spotting whole-grain foods. Look for the word "whole" on the package and read the food label. If you find the word "whole" followed by the name of the grain (ex: whole wheat flour, whole oats) on the ingredients list, the product is most likely a whole-grain food. You should also look for the fiber content on the food label. If there are 3 grams or more of fiber on the label, the product is probably a whole-grain food.

Monthly Mentions

National Girls and Women in Sports Day for 2008 is February 6th. Contact your nutrition educator if you are interested in starting an after school Girls' Club to engage students in activities promoting healthy eating and physical activity at your school.

Love Your Heart with Whole Grains is the monthly nutrition theme for February. Take a look at our monthly activity packets for lots of information on heart healthy foods! 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. Visit our website for the answers: http://www.drexel.edu/nutritioneducation/feb_answer.html

- **Nutrition Tip:** All juices are not created equal. Look for juices that are 100% fruit juice. They have many vitamins and minerals that keep us healthy.
- **Fruit/Vegetable:** Carrots and Grapefruit are the featured Vegetable and Fruit this month. For yummy recipes to try, visit our website: www.drexel.edu/nutritioneducation/feb_recipe_of_month.html

"It may be possible to incorporate laughter into daily activities, just as is done with other heart-healthy activities, such as taking the stairs instead of the elevator. The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day." -- Michael Miller, MD, F.A.C.C., Center for Preventive Cardiology at the University of Maryland Medical Center

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

[Click here](#) for the answers to the activity below.

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

Questions? Email: nutritioncenter@drexel.edu or Phone: 215.895.2422



Heart Healthy Bingo

Celebrate Valentine's Day by playing Heart Healthy Bingo with your class!

On the back of this sheet, you will find a Heart Healthy Bingo game that you can play with your whole class!

Here are 3 fun ways to play!

1. Divide your class into 5 groups. Assign each group a letter in the word "H-E-A-R-T". Distribute a game sheet face down to each group. Turn the sheet over at the same time and whichever group answers all the questions in their letter's column first- wins!
2. Distribute a game sheet to each student in your class. Whichever student completes the entire sheet first-wins. Review the answers with the class.
3. Distribute a game sheet to each student in your class. Whichever student completes 5 boxes in a row (horizontal, vertical, or diagonal) wins!

Note: Many of the answers to the Bingo questions can be found in the "Backgrounder" at the beginning of this packet.



Heart Healthy Bingo

H	E	A	R	T
Name 2 whole grain foods: 1. _____ 2. _____	How many minutes of activity do you need every day? _____	Write 3 things you can find on the nutrition label: 1. _____ 2. _____ 3. _____	What do the stairs on MyPyramid mean? _____	True/False Popcorn is a whole grain.
About how big is your heart? a. grapefruit b. fist c. strawberry	Do 5 jumping jacks.	Name 2 heart healthy snacks. 1. _____ 2. _____	Do your favorite dance for 15 seconds.	Which type of fat is better for your heart, solid fats like butter or liquid fats like vegetable oils? _____
Which is healthier to cook with: olive oil or butter? _____	Write 3 reasons why you should be active. 1. _____ 2. _____ 3. _____	The heart is: a. a voluntary muscle b. part of the digestive system c. an involuntary muscle	Kidney, pinto, black, and red are examples of what type of heart healthy food: _____	List three heart healthy RED foods: 1. _____ 2. _____ 3. _____
True/False. Beans belong to 2 food groups, Meat & Beans and Vegetable.	How many food groups are on MyPyramid? _____	Jog in place for 15 seconds.	Fill in the blank: Your heart pumps _____ through your circulatory system.	Carbohydrates give our bodies _____ y
You can make popcorn in the _____	True/False. Jump rope is a heart healthy exercise.	Name a main ingredient in chili that is heart healthy? _____	Touch your toes 3 times.	If Sara eats 18 pieces of popcorn and Julia eats 23 pieces, how many pieces total did they eat? _____

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.