

Eat.Right.Now.

Nutrition Education for a Healthier Future



Healthy Food in Your Neighborhood

Cook Together. Eat Together. Talk Together.

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:

A great place to find healthy food in your neighborhood is at a farmers' market. At these markets, local farmers sell fresh fruits and vegetables and sometimes meat and dairy products. Produce sold at farmers' markets is often fresher and cheaper than in the grocery store since it comes directly from the farm. In the summer, you will find a wide variety of colorful fruits and vegetables. These make great snacks or healthy additions to any meal since they are packed with nutrients like vitamins, minerals, and fiber. There are farmers' markets set up throughout the city of Philadelphia and the suburbs during the summertime. Check out the lists at <http://www.thefoodtrust.org/php/headhouse/> and www.farmtocity.org/FarmersMarkets.asp to find one close to you. Once you bring home your farm fresh produce, check out www.fruitsandveggiesmorematters.com to find great recipes and ways to eat your fruits and veggies.

Thank You!

All of the educators and staff here at Eat.Right.Now. would like to thank you for your support and hard work throughout this school year. We appreciate all that you do for us in your schools and classrooms. With your help we can continue to send our messages of healthy eating and good nutrition to students throughout the city of Philadelphia. The nutrition educators will be distributing a teacher survey. Please take a few minutes and evaluate the program. Your input is greatly appreciated! Thanks again for your participation in our program, and we look forward to working with you again next school year!

Laugh Out Loud (LOL)

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Q: Why do bananas have to put on sunscreen before they go the beach?

A: So they won't peel!

Q: What is the pickle capital of the world?

A: Dill-adelphia!

Monthly Mentions

- **Nutrition Tip:** Many delicious fruits and vegetables are available in the summertime. When you choose fresh produce, don't be afraid to try something new. Even if it looks different to you, you'll never know if you like it until you try!
- **Fruit & Vegetable:** For strawberry and spinach recipes, visit our website: <http://drexel.edu/nutritioneducation/>.
- **Now In Season:** Apricots, asparagus, blueberries, blackberries, cantaloupe, cucumber, honeydew, lettuce, mushrooms, peas, radishes, spinach, strawberries, yellow squash, zucchini
- **May Health Observations:** Fresh Fruit and Vegetable Month, Dairy Month, Papaya Month, National Men's Health Week

Nutrition Education in Action

2nd graders at Cooke Elementary School wear the "moo masks" they made during a Calcium lesson



Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University
Or call us at: 215.895.2422

Name _____ Date _____

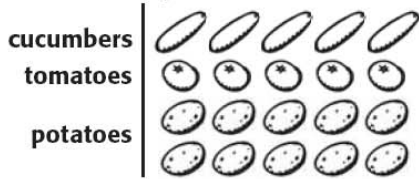
Garden Math

When you're working in the garden, math skills come in handy. Solve the garden math problems below. Then get growing!

1. Ms. Carson's class started a tomato garden. They planted 6 rows of tomato plants with 7 plants in each row. What is the total number of tomato plants in the garden?

2. Mr. Hernandez's third graders are planting a garden. They will include 5 rows of plants with 5 plants in each row. All of the plants will be the same distance apart. What shape will this garden be?

3. The students at Wilson Elementary planted a vegetable garden. They included 5 cucumber plants, 5 tomato plants and 10 potato plants. What fraction of the plants in the garden are cucumber plants?



4. Katie used a tape measure to find out the height of a tomato plant. When the bottom of the plant was lined up with 0, the top of the plant reached the number 2. Look at the picture: Was the plant 2 inches, 2 feet or 2 yards tall?



5. Brandon, José and Stephanie had a pumpkin-growing contest. The kid who grew the heaviest pumpkin was the winner. The graph shows the weight of each kid's pumpkin.

Who grew the heaviest pumpkin?

How much more did the heaviest pumpkin weigh than the lightest pumpkin?

