

Eat.Right.Now.

Nutrition Education for a Healthier Future



March is National Nutrition Month (NNM)!

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

Hot Topics:

National Nutrition Month

New information about food and diet appears every day. Sifting through complex food and nutrition research can be complicated. Now is a good time to remember that you can be successful at healthful eating if you focus attention on making informed food choices and developing sound physical activity habits. We are looking to find committed partners to help spread the word about healthy eating this month! If your school is interested in having some fun while learning about good nutrition, we have some exciting ways to assist you! Contact your nutrition educator for more details! Also visit our website at <http://www.drexel.edu/nutritioneducation/> to find out "The Top Ten Facts about Good Nutrition".

School Breakfast: Fuel Your Imagination ***National School Breakfast Week March 3-7 2008***

School Breakfast is proven to be good for children's bodies and minds. Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities. School breakfast really is the most important meal of the day for kids and provides the necessary fuel to start the day of learning and achievement. Your nutrition educator can visit with your students and teach them the importance of eating a good breakfast. Food tastings of breakfast items can also be conducted in your classroom! Why don't you schedule them in your classroom one day during Breakfast week!

Monthly Mentions

There is a creative writing contest centered around the theme of this year's National School Breakfast Week. Encourage your students to enter the "Fuel Your Imagination" creative writing contest and show how a nutritious school breakfast fuels their imagination. More information including a contest overview, entry forms and official rules is available for you: [Fuel Your Imagination – Creative Writing Contest.](#)

This year marks the first annual Registered Dietitian Day on March 10, 2008. We are very fortunate to have five Registered Dietitians on staff with Drexel University's Eat.Right.Now. Nutrition Education Program: Ann Marsteller, MBA, MS, RD, LDN; Deborah Lanzidelle-Quilter, PhD, RD, LDN; Jen Aquilante, RD, LDN; Amy Moran, RD, LDN; and Beth Dowshen, RD LDN.

- **Nutrition Tip:** March Your Way to a Healthy Day with Breakfast- think outside the [cereal] box!!!!
- **Fruit/Vegetable:** Potato and Pineapple are the featured Vegetable and Fruit this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation/>

"I've been on a diet for two weeks and all I've lost is two weeks."-Totie Fields

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Questions? Email: nutritioncenter@drexel.edu

Fun Activity Sheet

National School Breakfast Week

March 3-7, 2008

Are you a rocket scientist or a space cadet? Now that school breakfast has provided some fuel and energy for your brain, why not put it to good use and check out some of the spaced-based puzzles and facts below! Have fun and remember school breakfast is a great way to fuel your imagination!

Rocket Race

Which rocket would you like to see blast off to Planet Breakfast?

Lunar Eggsplorer



Bagelstar Galactica



Sausage Saucer

These 3 cool rockets are on the launch pad, but only one will receive enough fuel to blast off. Fuel your favorite by voting at www.schoolbreakfast.org.

The deadline to fuel rockets is **March 6, 2008** and the winning rocket will blast off to Planet Breakfast on **March 7, 2008**.

Creative Writing Contest

SNA is proud to announce the Fuel Your Imagination creative writing contest, challenging students nationwide to write a short creative story (max 250 words) on how eating a school breakfast can help kids 'fuel their imagination', be the best or achieve their dreams.

The three stories judged to be the best by a panel of judges will be professionally illustrated and displayed for the whole world to see on the official 'Fuel Your Imagination' web site at www.schoolbreakfast.org. Find out more including how to enter at www.schoolbreakfast.org

School Breakfast Word Search

Find the following breakfast foods in the word search. Also look for the benefits that eating breakfast can provide. Words may be written forwards, backwards or diagonally.

- | | | |
|---------|---------------|---------------|
| Cereal | Fruit Juice | Skim Milk |
| Energy | Concentration | Potato Wedges |
| Burrito | Banana | Fuel |
| Pancake | Imagination | Sausage |
| Yogurt | Nutrition | French Toast |
| Apple | Creativity | |

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

What do Astronauts eat for breakfast in space? According to NASA, breakfast foods found on shuttle missions include oatmeal, scrambled eggs and frankfurter sausages—sounds pretty good huh?

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Reach for the Stars

Join the dots (well stars) and see an out of this world constellation appear!



Do you know why Pluto is missing from this scramble? Poor Pluto is no longer an official planet—in August 2006 Pluto was downgraded to a dwarf planet.

Solar System Scramble

Its not just eggs that get scrambled—it can happen to planet names too! Use the clues to work out which planet is which!

E R C M Y R U (also an element)

P I J U R E T (the largest planet)

A R M S (not a body part try a candybar name)

H E A R T (our planet)

N V S E U (also a flytrap)

T U N E E N P (Roman god of the sea)

T U N S R A (the ringed planet)

U U S N R A (seventh planet)

Answers: 1. Mercury 2. Jupiter 3. Mars 4. Earth 5. Venus 6. Neptune 7. Saturn 8. Uranus

Planet Breakfast Crossword

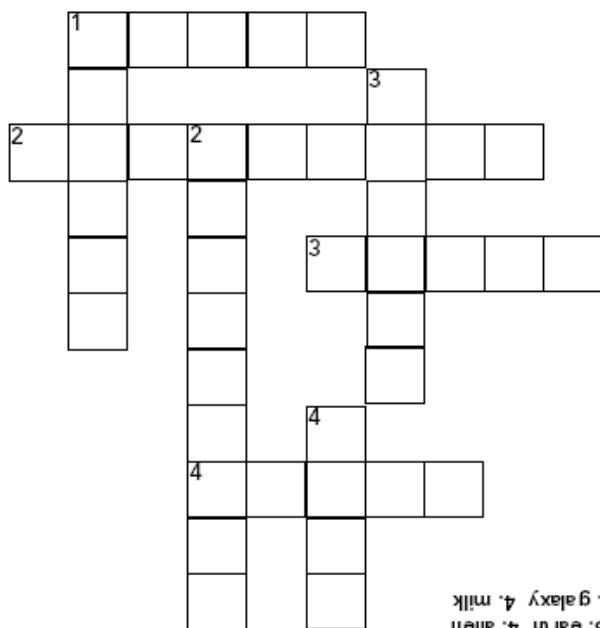
Use the clues to complete the crossword puzzle.

Across

- Shooting star
- The most important meal of the day!
- Third planet from the sun.
- A creature not of this world.

Down

- You pour the answer to 4 down on this popular breakfast!
- A spaceman
- Andromeda is a _____
- White drink full of calcium.



Across: 1. comet 2. breakfast 3. earth 4. alien
 Down: 1. cereal 2. astronaut 3. galaxy 4. milk