

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



**May 2008**

### Balance your day with food and play!

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

### ***Hot Topics:***

#### **National Physical Education and Sport Week – May 1<sup>st</sup> – May 7<sup>th</sup>!**

Our focus this month is on physical activity and healthy eating. We have a monthly activity packet filled with many activities and worksheets to use in your classrooms. Ask your nutrition educator about our new “Recharge” lessons that are fun and aimed at increasing physical activity at school. Visit the American Alliance for Health, Physical Education, Recreation and Dance’s website at [www.aahperd.org/](http://www.aahperd.org/) to get additional daily activity ideas and other resources. The National Association for Sport and Physical Education (NASPE) is conducting a contest in which five (5) schools nationwide will win a Polar starter technology package for their physical education program. The polar starter technology package includes twelve (12) E600 heart rate monitors, one (1) interface, one (1) class management system, one (1) **Lessons from the Heart** book and one (1) instructional banner. More details are provided on the website- enter your school now!

#### **Congratulations to:**

**All of our Principals- School Principals Day- May 1st**

**All of our Teachers- National Teacher Day- May 6th**

**All of our School Nurses- National School Nurse Day- May 7<sup>th</sup>**

**We salute all of you and appreciate your support and continued participation in the Eat.Right.Now. Nutrition Education Program. We have a small token of our appreciation for you. Please respond back to us at [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu).**

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

- **Nutrition Tip:** Exercise, along with plenty of calcium, will help keep your bones strong!
- **Fruit/Vegetable:** Asparagus and Cantaloupe are the featured Fruit and Vegetable this month. For yummy recipes to try, visit our website: [http://www.drexel.edu/nutritioneducation/may\\_recipe\\_of\\_month\\_08.html](http://www.drexel.edu/nutritioneducation/may_recipe_of_month_08.html)
- **Health Fairs and Community Events:** Don't forget to invite us- we bring healthy food and fun nutrition information and reinforcements!

*“The first wealth is health.”* Ralph Waldo Emerson

**EAT.RIGHT.NOW.** Nutrition Education Program at Drexel University  
Phone: 215.895.2422




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

Copy and distribute to each student in your class- have them complete this daily for the month of May. See if they can increase their physical activity each week! For more May activities, see your nutrition educator at your school! Don't forget to complete and submit the cost share form to your educator.

## Are You a Fit Kid?

Are you physically active for at least 60 minutes most days of the week? Or, do you spend most of your time sitting around? Try to get your body moving—and have fun doing it.

Track your physical activities in the chart below and be a fit kid!

|                                 | Example  | Sun  | Mon | Tues | Wed | Thu | Fri   | Sat   |
|---------------------------------|--|--|-----|------|-----|-----|---|---|
| My Physical Activities          | Rode bike to and from school <b>40 minutes</b>                       |  |     |      |     |     |   |   |
|                                 | Jumped rope at recess <b>15 minutes</b>                              |  |     |      |     |     |   |   |
|                                 | Ran to my friend's house <b>15 minutes</b>                           |  |     |      |     |     |   |  |
|                                 | Danced to music <b>20 minutes</b><br>Helped vacuum <b>15 minutes</b> |  |     |      |     |     |   |   |
| Total Physically Active Minutes | <b>105 minutes</b>   |  |     |      |     |     |   |   |
| Sitting Around                  | Played on the computer <b>60 minutes</b>                             |  |     |      |     |     |  |   |
| Total Inactive Minutes          | <b>60 minutes</b>  |  |     |      |     |     |   |   |