

Eat.Right.Now.

Nutrition Education for a Healthier Future



May is a great time to experiment with fresh fruits and vegetables!!

Ask your Nutrition Educator to introduce you to one of our services below!

- ~ Classroom Lessons
- ~ [Food Tastings](#)
- ~ [Health Fairs](#)
- ~ [Posters](#)
- ~ Assembly Programs
- ~ [Bulletin Boards](#)
- ~ Fruit Markets
- ~ Newsletters

Hot Topics: ***Phytochemicals !!!***

Phytochemicals are non-nutritive plant chemicals that have protective or disease preventive properties. Moms and Nutrition Educators have been telling us for years to eat our veggies and fruits. Not only are they a great source of vitamins and minerals and are nutrient dense, they may help slow the aging process and reduce the risk of many diseases. “Phyto” is a Greek word that means plant and phytochemicals are usually related to plant pigments. Fruits and vegetables that are bright colors- yellow, orange, red, green, blue, and purple- generally contain the most phytochemicals. Take a look at our website <http://www.drexel.edu/nutritioneducation> for more information.

May is National Physical Fitness and Sports Month

Has anyone started a walking club at your school? Our Nutrition Educators can help get you started. We have pedometers and walking club cards, all you need to do is gather the walkers! Have you seen our lesson plans on sports nutrition? Help us, help you celebrate Physical Fitness and Sports Month in May!

Thought for the Month

“What is a weed? A plant whose virtues have not been discovered.” Ralph Waldo Emerson

Monthly Mentions

- **Nutrition Tip:** Remember the rainbow! It will help you get a colorful variety of fruits and veggies everyday.
- **Fruit/Vegetable:** Cantaloupe and Asparagus are the featured foods this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>
- **[Click here](#) to give us your favorite fruit or vegetable and get a prize from your school’s nutrition educator! Please send any other feedback that you would like to share.**

Meet Our Nutrition Educators at Work

Our featured educator this month is [Rachel Harris](#). See what she is doing at Dobbins High School.

Please use the attached activity in your classroom- don’t forget to enter this information on your cost-share form.
(From your Nutrition Educator)

[Click here](#) for the answers to the activity below.
Questions? Email: nutritioncenter@drexel.edu

How Much Do You Know About Phytochemicals?

Match the terms listed below to the correct definition.

Phytochemicals	Broccoli	Carotenoids	Lutein
Flavonoids	Lycopene	Phyto	900

1. Greek word that means plant. _____
2. A type of phytochemical found in dark green, yellow, orange or red fruits and vegetables that helps decrease the risk of heart disease, stroke, blindness and some cancers. It is a large family that includes beta-carotene, lutein, lycopene and zeaxanthin. _____
3. This carotenoid is found in red fruits and vegetables, such as tomatoes, red peppers, pink grapefruit and watermelon. _____
4. This phytochemical family acts as an antioxidant, preventing damage caused by unhealthy free radicals. Some common examples are resveratrol and anthocyanins. They are found in a variety of fruits and vegetables, such as red grapes, broccoli, berries, oranges, kiwifruit and grapefruit. _____
5. This carotenoid preserves our vision as we get older by preventing cataracts and macular degeneration. It is found in mostly dark green leafy vegetables, such as kale, spinach and collard greens, but can also be found in kiwifruit, broccoli, and Brussels sprouts. _____
6. Vegetable that contains five different phytochemicals. _____
7. Compounds found in fruits and vegetables that have a protective effect in our bodies. Research shows they can help prevent cancer, heart disease, stroke, cataracts, and many other diseases.

8. Number of phytochemicals that have been found to exist in foods. _____



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.