

Eat.Right.Now.

Nutrition Education for a Healthier Future



November is Veggie-licious!

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:

Students give "thumbs-up" to Veggies

Vegetables contain important antioxidants, vitamins, and phytochemicals that are crucial to perform many of the body's functions. Not only are they healthy for us, they are delicious too. Explaining this concept to student is quite a challenge for Drexel's nutrition educators because students usually cringe at the word. This point-of-view, however, doesn't stop the nutrition educators from promoting vegetable consumption. In fact, the nutrition team believes the more you expose students to the vegetable, the more likely they will develop positive food experiences. Nutrition educators reinforce this by offering veggie tastings, cooking clubs, and vegetable lessons, which include a taste-test and a vote. More times than not, students give a "thumbs-up" when voting during these events. Book a veggie tasting, cooking club, or vegetable lesson with your nutrition educator today!

Philly Students Heat it up!

John Paul Jones Middle School has been participating in an after-school cooking club program for the past two years. This year ten 8th grade students, selected for superb behavior, have the opportunity to cook and taste-test 9 different healthy meals. The students also receive cooking utensils and other "free-bees", which reinforce the nutritional message of each lesson. The club meets every Thursday afternoon with Media Arts Teacher Barbara Cutler and Nutrition Educator Katie Filicky.



Pictured:

John Paul Jones Middle School students making pasta primavera during the after-school cooking club.

Monthly Mentions

- **Nutrition Tip:** Physical activity is critical to maintain a healthy weight. USDA recommends 60 minutes of activity everyday.
- **Fruit/Vegetable:** Pear and Rutabaga are the featured Fruit and Vegetable this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now in Season:** Cranberries, avocado, winter squash, mushrooms, celery, onions, Brussels sprouts, and cauliflower.

Questions for any of our educators or staff members? Comments about the newsletter?

Email: nutritioncenter@drexel.edu

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

Or call us at: 215.895.2422

Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the Supplemental Nutrition Assistance 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.

November Activity



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



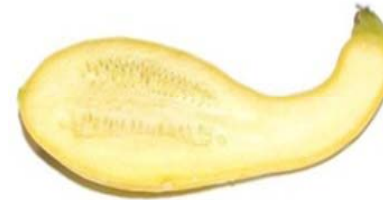
9. _____



10. _____



11. _____



12. _____

Name the Fruit or Vegetable

Want to know how you did on the November puzzle? Check out the [answer key](#) on the web!

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