

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



**NOVEMBER, 2007**

### **Veggielicious**

- ~ Classroom Lessons
- ~ Cooking Classes
- ~ Newsletters
- ~ Food Tastings
- ~ Health Fairs
- ~ Back To School
- ~ Career Fairs
- ~ Posters

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

#### ***Do You Eat Mindlessly???***

At this year's Food and Nutrition Conference and Expo (FCNE) held in Philadelphia, an interesting seminar was held on mindless eating: why we eat more than we think. The promotion of Dr. Brian Wansink's book is not being addressed here but he does give some good food for thought. His studies show that the average person makes around 250 decisions about food every day. Think about it- does this apply to you? Although the environment of fast food and delicious tempting food choices makes it difficult to eat healthy sometimes, Mindless Eating focuses on consumers' micro- environment- one's home and one's workplace. It encourages them to make small changes in their environment that would lead them to eating less and/or eating healthier. If you would like to take the mindless eating challenge, visit his website at <http://www.mindlesseating.org/challenge.htm>. Healthy eating isn't difficult but it is necessary to think about your food choices throughout the day.

#### ***Autism, Food Allergies and Food Labeling***

Can you make the association? There has been quite a stir lately in the media on gluten- free and casein free foods as a possible dietary intervention for autism. The Center for Disease Control (CDC) estimates the developmental disabilities like autism or autism-like disorders such as Asperger's Syndrome will strike one in every 150 children. Eat.Right.Now. nutrition educators have been spending increased time in the Special Needs classrooms throughout the schools. Although there is not sufficient scientific evidence presently that would support recommending a gluten- and casein- free diet to autistic children, it is necessary to make certain that these children eat healthy. A healthy diet is very important in their learning process! What is also important is that almost 2.2 million U.S. school-age children have food allergies according to the advocacy group Food Allergy and Anaphylaxis Network (FAAN). The government has been working with food manufacturers to improve food labels by identifying certain allergens contained in their food products. Visit our website <http://www.drexel.edu/nutritioneducation> for more information.

#### ***Thought for the Month***

"Food is our common ground, a universal experience." James Beard

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

- **Nutrition Tip:** Try at least one new fruit and vegetable every week.
- **Fruit/Vegetable:** Cranberry and Sweet Potato are the featured foods this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>

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

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# November is Veggielicious

Please use the attached activity in your classroom- don't forget to enter this information on your cost-share form.  
[Click here for the answer key.](#)

## Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

### Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

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

Answers on page 36

### Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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How will you eat this vegetable? (As a snack, with dip, or for lunch.)

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