



Oliver's team talk

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Teach! TEACHERS' CORNER

National Nutrition Month – 100% Fad Free!

Learn how to spot a fad diet. If it sounds too good to be true, it probably is. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combination of foods may cure disease or offer quick weight loss are key features of fad diets.

Do some fad diets work?? Yes, but only for the short-term. You may lose weight quickly but long-term maintenance of that loss is unlikely. Developing a healthy eating pattern for life-long health combined with regular physical activity is the best way to maintain a healthy weight.

For more information visit: www.eatright.org

Activate! MAKE YOUR MOVE

It's not just the food you eat. Regular physical activity is important in maintaining a healthy lifestyle.

Tips to encourage family members to get active

Limit television, video games or computer use to no more than two hours a day.

Focus on fun rather than skill. If kids think of physical activity as fun they'll be more likely to do it.

Encourage your kids to play outside with other children. Be sure where they are playing is safe.

Schedule after-dinner family walks three days a week.

Excite! READY, SET, GO!

Ask students to:

Make a list of some fads you've heard about. (poodle skirts, bellbottom pants, tie-dye shirts, pet rocks, go-go boots, etc.) Bring in an example of a fad item or a picture of one.

Describe a fad in which you've participated. Why did you want to be part of the fad?

Describe a fad diet, such as eating only certain foods, like grapefruit; or perhaps avoiding certain food groups. What might be a problem with a fad diet? Is it your healthiest choice?

Review MyPyramid emphasizing each food group and the appropriate portion size.

Motivate! SPREAD THE WORD

Investigating and Researching New and Exotic Foods

Students can work in groups or individually. Choose foods students may not be familiar with. Assign students to find out as much information about the food as possible. Such as origin, history, where and how does it grow, where it fits into MyPyramid and how it is prepared.

Use your A La Cart Kit to bring samples for students to see, feel and taste. *Don't have your A La Cart Kit from the Oliver Foundation yet?*

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Make **HEALTHY CHOICES** for Life!SM

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