



Oliver's team talk

A Monthly Publication for Education Professionals & Families from The Oliver Foundation Vol. 2, Issue 7, October 2006

Teach! TEACHERS' CORNER

5 A Day - The Smart Kid Way!

According to the USDA, fewer than 15 percent of elementary students eat the recommended 5 or more servings of fruits and vegetables every day.

Did you know that a child's diet directly affects his/her performance in school? Poor nutrition (not eating enough fruits and vegetables and eating too much fat, sugar and sodium) affects kids' energy levels, ability to concentrate, and ability to learn. Overweight and obesity may also lead to depression, increased illness, and absenteeism.

The incidence of childhood obesity is rapidly rising throughout the world. Decide to make a difference and teach children the importance of 5 A Day!

For classroom resources visit: <http://www.dole5aday.com>

Excite! READY, SET, GO!

Make 5 A Day Fun!

- Serve 100% fruit juice with breakfast
- Include at least one piece of fruit or vegetable in your child's lunch everyday.
- Have your child help with grocery shopping and dinner preparation.
- Stuff sandwiches with slices of vegetables and fruit.
- Pile tomatoes, bell peppers, onions, and pineapple on pizza.
- Add brightly colored fruits to cereal, waffles, pancakes, or toast.

For more fun ideas visit: <http://www.5aday.org>

Activate! MAKE YOUR MOVE

Tips for Increasing Physical Activity

- At the start of class have students take a quick stretch break.
- Try not to stay seated for more than 30 minutes at a time.
- Take 5-minute "fitness breaks" throughout the day.
- Have the entire class stand while reading (they'll burn 140 extra calories per hour!).
- Allow kids to help prepare healthy snacks for special events!

Physical activity improves mood and overall wellbeing, as well as relieves stress and anxiety.

Motivate! SPREAD THE WORD

Teach Kids To Choose the Colors of Health!

Eating 5 or more servings of colorful, nutrient-rich fruits and vegetables a day is part of an important plan for a longer, healthier, and more satisfying life.

That's because deeply colored fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals ["fight-o-chemicals"] your body needs to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer, high blood pressure, diabetes, and heart disease.

Be wise- encourage five!

Make **HEALTHY CHOICES** for Life!SM

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