



Oliver's team talk

Each month a newsletter encouraging healthy behaviors will be sent to you. Be sure to check out each issue for ideas to Teach, Excite, Activate and Motivate

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Teach! TEACHERS' CORNER

Portion control is often overlooked during the holidays. But you can still enjoy holiday treats in moderation if you control your serving sizes.

Here is a list of useful items to illustrate appropriate serving sizes:

- 3oz cooked meat = 1 deck of cards
- 2 Tablespoons of peanut butter = 1 ping-pong ball
- ½ c rice or pasta = 1 tennis ball
- ½ bagel or 1 slice of bread = 1 cassette tape
- 1 ½ oz. cheese = 1 9volt battery
- 1 medium orange or apple = 1 baseball
- 1 tortilla = 1 small 7 inch plate
- 1 teaspoon margarine = your thumb tip

Excite! READY, SET, GO!

A great way to help children understand about portion size is to make it real. Use an example from their school cafeteria.

Dob Young, coach at Meadow Elementary, does this by using the small plastic containers the students see on their school lunch tray everyday. This container is used to offer ½ c servings of fruit and vegetables.

Ms Young has the student council gather the used containers and wash them. Then she sends one home with each student. Their assignment that night is to explain to a family member that a serving of fruits or vegetables is ½ cup. Each day we should get 5 – 9 servings a day. They use the plastic container to illustrate serving size.

Activate! MAKE YOUR MOVE

It's not just what we eat, but how we use the calories we consume. Aim for an additional 2000 steps a day (equivalent to a mile).

So wear your pedometer and start stepping!

- Circle around the block once when you go outside to get the mail
- Make several trips up and down the stairs to do laundry or other household chores
- Take your dog for a walk
- Pace around your house while talking on the phone
- March in place while watching your favorite TV show

Visit www.americaonthemove.org

Motivate! SPREAD THE WORD

Do you have portion distortion?

CHEESECAKE

20 Years Ago - 260 calories and 3 ounces

Today - 640 calories and 7 ounces

Calorie Difference: 380 calories

How long will you have to play tennis in order to burn those extra 380 calories?

If you play tennis for 55 minutes you will burn approximately 380 calories.

For more examples go to:

http://hin.nhlbi.nih.gov/oei_ss/PDII/slide1.htm.