



# Oliver's team talk

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## Teach! TEACHERS' CORNER

### You CAN have a 5-A-Day Classroom!

Use the supplies from your school's *free* "A La Carte" kit and \$500 gift card supplied by the Oliver Foundation

- Conduct a monthly taste test to introduce new fruits and vegetables to your class.
- Use proper serving sizes of fruits and vegetables to teach math and science lessons.
- Have your class plant a vegetable garden and base reading, math and science units around the experience. Then sample the foods while discussing all of the wonderful benefits.

Don't have your "A La Carte" kit? Contact us to get it! Get free lesson plans at [www.dole5aday.com](http://www.dole5aday.com).

## Excite! READY, SET, GO!

### Hey Parents! Do you know that...

The colors of fruits & veggies are actually special plant chemicals, called *phytochemicals*, which help to keep us healthy? Try for at least 5-a-day and choose a variety of colors to get the most bang for your buck!

- Yellow, orange, & dark green keep eyes healthy & help you see in the dark.
- Blue, purple, & red protect you from heart & lung disease, some cancers, bladder infections, & asthma
- Dark green not only protects your heart, eyes & prevents cancer, but also improves allergies & asthma.
- All of the colors can aid in bringing blood sugar into your cells to help prevent diabetes.

## Activate! MAKE YOUR MOVE

### Rainy day? Don't let it keep your kids from being physically active!

- Turn on the stereo and make up a dance
- Make an active game of Simon Says...
- Play Hide and Go Seek around the house
- Jump rope in the garage or carport
- Hopscotch in the garage or carport
- Play basketball at the community gym
- Try out an indoor rock climbing gym
- Go to the roller skating or ice skating rink
- Have a "spring cleaning" day at the house

For other ideas, check out [www.smallstep.gov/kids](http://www.smallstep.gov/kids)

## Motivate! SPREAD THE WORD

### Always on the run? Fruits & veggies make GREAT car snacks! Pack a bag with...

- 100% juice boxes & water for after school or practice.
- Home-made trail mix with dried fruit, nuts, & sunflower seeds.
- Fresh or canned fruit cups (packaged in its own juice)
- Sliced raw or flash-boiled fruits & veggies with low-fat yogurt or dip.
- Keep easy-to-peel whole fruit such as oranges & bananas in the car, or in your child's back pack.

Make **HEALTHY CHOICES** for Life!<sup>SM</sup>

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