

# The Daily Scoop, month One/Spring Start

## Daily School Announcements to Encourage *Eating Lean & Green*



Welcome to the SPRING start/introduction issue of *The Daily Scoop* - good nutrition news, delivered daily to your students. *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *Let's Move*. Thanks for creating a leaner and greener world for our kids!

**Harvests of the Month, SPRING:** Berries & Spinach

**Cool Bean of the Month w/ cultural connection :** Introduction to *Cool Beans*

**SPRING Environmental Connection:** Sustainable/Environmentally responsible eating

**Health Campaign:** Let's Move

**Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"**

**Each announcement ends with, "Remember, nutritious food plus exercise equals better grades!"**

### SPRING INTRO, WEEK 1 - EATING A RAINBOW OF COLORFUL FOODS

**1st day of the month.** Fruits & vegetables have special nutrients that boost brain power - for tackling tricky math problems and writing spectacular sentences. That's why it's so important to eat at least five servings of colorful fruits & vegetables a day. Five servings a day are good, more than five is great!



2. Colorful fruits and vegetables that grow from the earth are packed with *nutrients*. Nutrients are things like vitamins and minerals that keep your body and mind functioning at their best. Will your lunch be a rainbow of colors today?

3. Have you ever stopped to think about how amazing all the different foods are that grow from the earth? ...creamy bananas, crunchy almonds and sweet juicy berries. Natural and colorful food that grows from the earth is the key for strong bodies and smart minds.

4. The best fuel for a strong body and sharp mind is fruits and vegetables - in all the colors of the rainbow. Each different *color* in a fruit or a vegetable represents a different *nutrient*; a *nutrient* that your body and brain absolutely needs. Will your lunch be a rainbow of colors?

**1st Friday.** Michelle Obama, wife of our 44th President Barack Obama, started a program called *Let's Move* to remind everybody how important it is to exercise for a strong body and sharp mind. So, "*Let's Move*" today and all weekend long with walking, biking, or any activity that gets your body *moving*!

### SPRING INTRO, WEEK 2 - HARVEST OF THE MONTH

1. When you pick a berry from the vine, or pull up a carrot from the garden - that's called harvesting. Fruits and vegetables are the most *nutritious* when they are eaten fresh and ripe, just after they're picked; just after they're *harvested*.

2. Every season there are new and delicious plants to *harvest*. A spring fruit harvest can be sweet & tart berries... and a spring vegetable harvest is spinach, delicious raw or cooked. Both berries and spinach are good sources of Vitamin C, important for growth. Vitamin C only comes from plant-foods.

3. The local *Farmers Market* is a great place to buy fruits and vegetables, harvested fresh from local farms, for the most nutrition. And when we buy from our local farmers, the food is fresh and nutritious. We're also supporting our local farmers; our neighbors.

4. Although the brain is just 2 percent of your body, the brain uses 25% of all the nutrients *you eat* - for thinking and learning. Fruits, vegetables, nuts and beans are all great *brain* food because they're natural foods, *harvested* from the earth.



**Friday.** First Lady Michelle Obama says, "*Let's Move!*" So let's move our bodies at recess and PE today! And *let's keep moving* all weekend long with a walk or a bike ride around the neighborhood. Maybe you'll be able to spot fruit trees ready to be harvested!

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### SPRING INTRO, WEEK 3 - COOL BEANS

1. Get the week off to a healthy start by eating lots of nourishing and natural *plant*-foods - like fruits, vegetables, nuts and beans. Natural plant-foods give you extra energy - for extra fun at recess and PE!
2. Fruits and vegetables are foods harvested from plants. Nuts and beans are *also* harvested from plants, and they’re an excellent source of protein, important for *every cell* in your body - all 100 TRILLION of them!! *Cool Beans*.
3. Beans are rich in protein, but beans are cool for another very important reason. They use far less land and energy to grow than animal protein, so when you choose beans for protein, you’re helping to conserve energy and help cool the planet. *Very cool beans!*



4. Beans came to America from faraway places... like India, China, and Mexico. Bean burritos from Mexico are delicious and packed with protein for strong muscles, especially with creamy avocados added, in season through spring. *Cool Beans*.

**Friday.** Spring is in the air, with longer and warmer days. So let’s enjoy the sunshine and *Let’s Move* today and all weekend long - with a bike ride, walk in the park, or however you enjoy getting active outdoors!

### SPRING INTRO, WEEK 4 - EATING IN SEASON

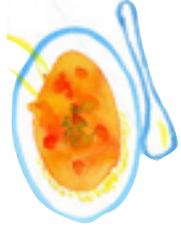
1. Foods that grow in the spring season are different from foods that grow in the winter season. Let’s get the week off to a healthy start by trying a new *spring harvest* - like spinach, delicious in soups and salads, or even added to your fruit smoothy!
2. Some foods grow better in the cool seasons, and others grow better in warmer seasons. Examples of colorful harvests for the coming spring season are red strawberries, orange carrots, and green spinach - all packed with vitamin C to help heal cuts and protect against infections.
3. Plant foods - and only plant foods - have super special nutrients called *phyto*-nutrients. Like the name suggests, *phytonutrients* help *fight* diseases. Phytonutrients work *best* in plants that are harvested fresh and in season - like berries and spinach in the springtime.
4. Finding fruits and vegetables that are in season is easy and fun at the local farmers market. And choosing locally grown food is good for the environment too, because the food doesn’t have to travel from far away in gas guzzling trucks.

**Friday.** You moved all week at recess and in PE, Let’s get outdoors and *Let’s Move* this weekend with a game of frisbee or catch at your community park. Smart food choices will help you throw farther and jump higher!



## Naany's Vegetable Curry Soup with Lentils

Enjoy this delicious Indian themed soup with your loved ones, lovingly created by a Naany (grandma in India).



### INGREDIENTS

- Tablespoon of Olive Oil
- 1 large yellow onion, diced & Cup of mushrooms, sliced (optional)
- 4 cloves of garlic, minced (or 1 Tablespoon dried garlic granules)
- 4 cups of cooked brown lentils
- 8 cups of vegetable broth (low sodium recommended) / 2 bay leaves
- 1 - 6 oz can of tomato paste & 1 - 14.5 ounce can of diced tomatoes
- 1 carrot & 1 cup cauliflower, chopped
- 2 - 3 cups fresh spinach, chopped & Cup of frozen green peas (thawed)
- 1 Teaspoon each: curry and ground coriander & half teaspoon cumin
- 1 Tablespoon each: soy sauce & red wine (or balsamic) vinegar
- Salt and pepper, to taste
- Fresh cilantro, chopped - for garnish (optional)

### PREPARATION

Sauté onions, garlic and mushrooms in olive oil until soft (about 4 minutes). Add remaining ingredients (except spinach and peas) and simmer on medium - low heat for 15 minutes. Turn off burner. Stir in fresh spinach and green peas. Top w/ fresh cilantro garnish. Enjoy

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Here's a sample of the nutrition knowledge your student is gaining this month, with *The Daily Scoop* - good nutrition news delivered daily!

- We eat the stem and flowers of a broccoli plant for important vitamins, including a B vitamin called *folate*. Folate works with protein to keep you strong - and without enough folate, a person becomes very sick and weak.
- People in India participate in the *Festival of Colors* in March, to celebrate the coming of spring. So the *Cool Bean of the Month* is a bean that's very popular in Indian meals, the little round bean packed with protein - the lentil bean. Ask your student what wild activity festival goers participate in... Hint: it's colorful!
- Fruits and vegetables have something important in common: super special nutrients called *phytonutrients*. Phytonutrients help fight serious diseases. Only plant foods have phytonutrients, and leafy greens like broccoli and kale have the most!

We hope these tips and special recipe will spark a healthy conversation about nutrition around your dinner table. *Remember, when you have your health, great things are possible!* Brought to you by [leanandgreenkids.org](http://leanandgreenkids.org)



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## Naany's Sopa de Verduras y Lentejas con curry

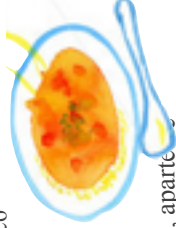
Disfruten este rico sopa de estilo Indian con sus queridos, creado con amor por una "Naany" (la abuela en India).

### INGREDIENTES

- 1 Cucharada aceite de oliva
- 1 grande cebolla amarilla, picado, y copa de hongos, rebanado (opcional)
- 4 clavos de ajo, picado (o 1 cucharada ajo seco)
- 4 copas lentejas marrones, cocidos
- 8 copas caldo de verduras (bajo sodio recomendado) / 2 hojas de laurel
- 1 - 6 oz lata de pasta de tomate y 1 14.5oz lata de tomates picados
- 1 zanahoria y 1 copa coliflor, picado
- 2 - 3 copas espinaca, picado, y 1 copa guisantes congelados (descongelado)
- 1 Cucharadita cada: curry, cilantro molido, y medio cucharadita comino
- 1 Cucharada cada: salsa de soya y vinagre de vino rojo o balsámico
- Sal y pimienta, a probar
- Cilantro fresco, para aderezo (opcional)

### PREPARACION

Saltear cebolla, ajo, y hongos en aceite de olivas hasta suave (como 4 minutos). Añade el resto de los ingredientes, aparte de espinaca y guisantes y hervir a fuego lento por 15 minutos en nivel medio o bajo. Apague el fuego, añade espinaca y guisantes. Ponga cilantro por encima y pruebe. ¡Buen provecho!



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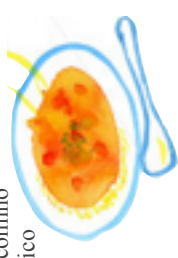
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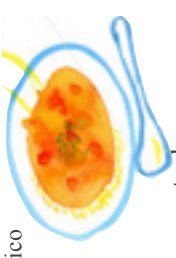
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## Buena Noticia Nutritiva Para marzo...

Aquí esta una muestra de la conocimiento su estudiante está recibiendo este mes, con *The Daily Scoop* – ¡buena noticia nutritiva enviado cada día!

- Comemos el tallo y las flores de broccoli para vitaminas importantes, incluyendo una vitamina B llamado folato. Folato trabaja con proteína para mantenerse fuerte- y sin bastante folato, una persona se pueda enfermar y debilitar.
- Gente en India participan en el festival de colores en marzo, para celebrar la llegada de la primavera. Entonces, el “Frijol Padre del mes” es un frijol muy popular en comida de India, un frijolito redondo lleno de proteína, la lenteja.
- Frutas y verduras tienen algo importante en común: nutrientes súper especial llamado Fito nutrientes. Fito nutrientes ayudan luchar contra enfermedades serios. Solo comida de plantas tienen Fito nutrientes, y ¡verduras con hojas como brócoli y kale tienen lo más!

Esperamos que esas puntas y receta inspiran una conversación de nutrición en su hogar. ¡Recuérdense, cuando tienes tu salud, grandes cosas son posibles! Traído a usted por [leanandgreenkids.org](http://leanandgreenkids.org).



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