



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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National Nutrition Month

The Nutrition Group always has a great deal to celebrate in March! National Nutrition Month is a nutrition education campaign that focuses on the importance of making informed food choices and developing sound



eating and physical activity habits. The 2016 theme is “Savor the Flavor of Eating Right,” which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food adds to our lives.

This month, take the time to really appreciate and truly ‘taste’ the food we often take for granted with your family. Here are some helpful tips:

Slow the pace.

Make a real meal of it and take your time.

Use all of your senses.

Savor the smell, feel the texture and hear the crunch.

Open your eyes.

Take a look at all the ingredients in your meal. Can your younger children recognize them?

Understand the journey of your food.

Ask your children if they know where the food on their plate has come from. The field? The sea? Has it come from a farm near your town or from around the world?

Listen to your stomach.

Only eat when you’re hungry!

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that’s the best way to savor the flavor of eating right!

National School Breakfast Week

National School Breakfast Week is scheduled for March 7-11, 2016. This week long celebration has become a popular event in many school districts. We celebrate with decorations, special events and unique menu items. This year’s NSBW theme is “Wake Up to School Breakfast”.

Breakfast is a critical meal because it influences how we all perform physically and mentally throughout the day.

After a night without food, your body needs refueling just like a car needs gas to perform at its best. Without breakfast, your body has to call upon other nutritional stores in order to function.

wake up!
to
School Breakfast



Despite the growing awareness of the benefits of breakfast, many students still start their school days on empty stomachs. Remember that your school’s breakfast menu always includes daily fruits and vegetables, whole grains, fat-free or low-fat milk, and limits on calories, fat and sodium. With the options The Nutrition Group offers every day, students will feel satisfied and ready to start the day!

For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about food tastes.

Word List

BITTER, CHEWY, COOL, CREAMY, CRISPY, CRUNCHY, FIZZY, FLAKEY, FRESH, FRUITY, GOOEY, GRITTY, HERBAL, JUICY, MILD, REFRESHING, SALTY, SOUR, SPICY, STICKY, TANGY, TENDER

K Y T L A S L O O C
 L C E Z E A A N F R
 Y I N C B I T T E R
 E P D R R C O F F M
 O S E U U E R L I D
 O H R N O E A L Z V
 G G C C S K D M Z Q
 T R R H E Q N X Y R
 A S I Y T I U R F Z
 N N S T I C K Y P K
 G H P J T Y C I U J
 Y P Y L M Y W E H C

Words may be vertical, horizontal, diagonal or backwards and upside down.

BREAKFAST FUN FACTS

In rural homes in the 19th century, apple and other fruit pies were a common item served for breakfast. Pie for breakfast? Yes, please!

In the US, breakfast is the most frequently skipped meal. About 58% of Americans do not eat breakfast every day!

The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable.

The mascot of Lucky Charms was originally named L.C. Charms. These days, he goes by Lucky the Leprechaun or Sir Charms.

A traditional Japanese breakfast could consist of miso soup, grilled or fried fish, rice, and pickles!

