

School Lunch News

Kids and Health



Robert Nelson, Account Oper Mgr
 Robyn Sall, Administrative Asst
 Mary Boyd, Field Supervisor
 Michele Pomainville, Field Supervisor

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Caring for your child's teeth is more than just ensuring a pretty smile. Healthy teeth and gums are vital to your child's OVER-ALL HEALTH. Inadequate care can lead to cavities and gum disease, which are not only painful but can lead to serious infections that can spread through the entire body. Mouth and teeth pain can hinder chewing and interfere with good nutrition. And poor oral health can affect your child's self-esteem as he or she gets older. The No. 1 way to avoid all this is to instill good teeth-brushing habits in your child at a young age.

This actually starts by cleaning the gums daily even before that first tooth erupts. Thorough brushing—twice a day—is key to removing plaque—the sticky film of bacteria that is constantly building up on your teeth. Flossing is also an important part of removing plaque and a good habit to get your child into. If the bacteria aren't removed by brushing and flossing, holes—cavities—are formed. Gum disease can lead to the loss of teeth and to a risk of more serious disease such as respiratory problems, caused by bacteria traveling from the

mouth to the lungs. Many parents have problems getting their children to brush once, let alone twice a day. Some battles are not worth the fight, but this is a battle you must win. You can put it to your child this way. Better for you to spend time brushing your teeth than at the dentist getting your cavities filled. In addition to taking your child to the dentist twice a year for cleaning, your child's mouth and teeth should also be looked at by his or her pediatrician.

Special points of interest

- ☺ We do provide breakfast and snack programs, if your school is interested please call us for more information.
- The school lunch office has Team Nutrition and My Pyramid Kid posters to hang in your lunchroom. If you are interested please contact us.



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School Breakfast



Kids are a lot like superheroes—both need a lot of strength to meet the challenges they face everyday. A nutritious and healthy breakfast gives students the energy to overcome barriers and succeed academically each day. This

coming year, the School Nutrition Association will encourage more students to participate in school breakfast programs nationwide by teaming up with the "Power Up with School Breakfast" campaign. Research has shown that children who eat breakfast at

school: Score better in standardized tests, Have fewer health issues, and behave better in class. The positive effects that eating breakfast has on students' performance in school continues to grow as more schools are serving breakfast.

Teaching Kids Food and Kitchen Safety



I think that teaching kids to cook is one of the most valuable things you can do. But it does take some time, and some lessons will have to be repeated. Stick with it, and your kids will gain a valuable new skill. The first rule is about [Food Safety](#).

- Keep your hands clean, wash them often in soapy water, separate raw and cooked foods, and cook food to the proper temperature.
- Be careful with knives. Don't put knives into soapy water because someone could reach in and get cut.
- Wear shoes in the kitchen.

- Make sure that pot handles are turned away from the front of the stovetop. Pots could be knocked onto the floor, and you.
- When you're done cooking, clean the kitchen. That means wipe up spills, place utensils and bowls in the dishwasher, clean pans, and put ingredients away.
- Before you leave the kitchen, make sure all appliances are turned off and are clean.

Work with your kids at first, then when you're confident they understand the rules of the kitchen, stand back and see them soar.

Kids and Exercise

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights.

But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer practice, or dance class. They're also exercising when they're at recess, riding bikes, or playing tag. Everyone can benefit from regular exercise. Kids who are active will: have stronger muscles and bones, have a leaner body because exercise helps control body fat, be less likely to be overweight, decrease the risk of developing type 2 diabetes and have a better outlook on life.

In addition to the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle the physical and emotional challenges that a typical day present—be that running to catch a bus, bending down to tie a shoe, or studying for a test. Parents need to ensure that their kids get enough exercise. So, how much is enough? According to the 2005 dietary guidelines from the U.S. Department of Agriculture (USDA) all children 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. In addition to providing more practical advice on providing a healthy balanced diet, the new dietary guidelines also suggest that kids eat more fruits, vegetables and whole grains.



Fun History Facts About Detroit

Built the first urban freeway, the Davison, in 1942.

Was the first city in the nation to assign individual telephone numbers in 1879.

Has the most registered bowlers in the United States.

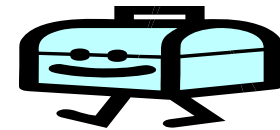
Is second in the nation in fishing rod sales.

Shares the world's first auto traffic tunnel between two nations—the Detroit/Windsor tunnel.

Is home to the world's only floating post office, the J.W. Westcott II can be found on the Detroit River.



Lunch Box Jokes



Why are basketball players sloppy eaters?

Because they always dribble!

What do termites eat for breakfast?

Oak meal!

What do you get when you cross Lassie and a rose?

A collie-flower

Why did the little skunk listen to the big skunk?

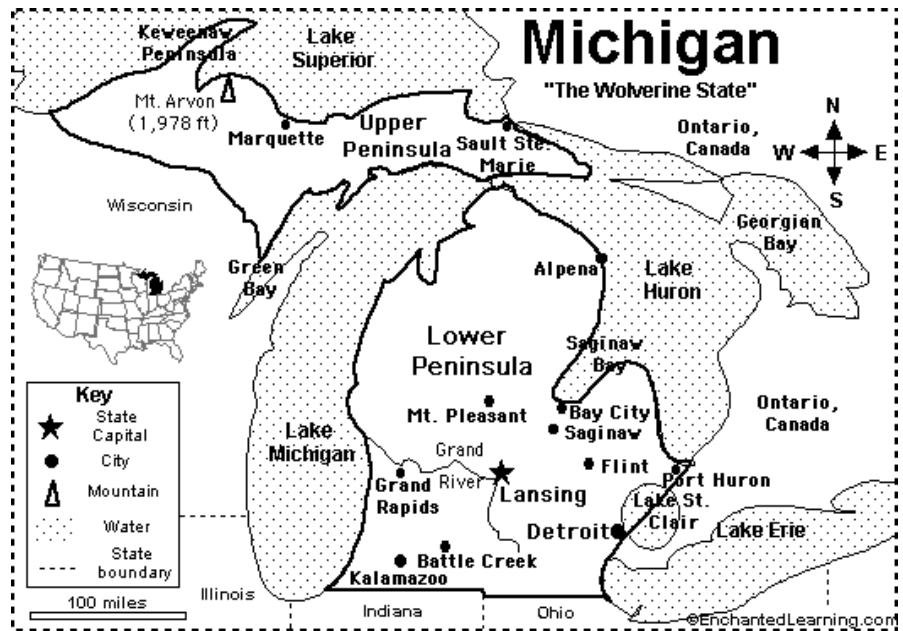
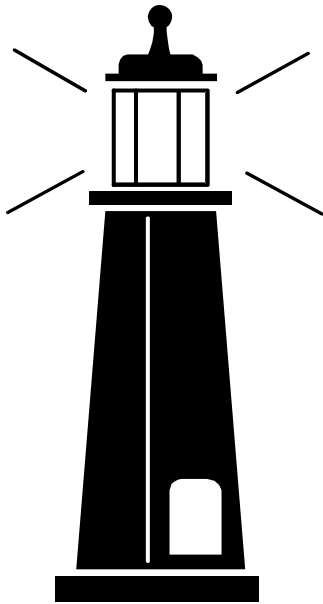
Because it was odor and wiser!

Why did the mouse dance on the peanut butter jar?

Because it said twist to open!

Michigan: Map/Quiz Printout

Answer geography questions about Michigan using the map on this quiz.



1. What is the capital of Michigan? _____
2. Which of the *Great Lakes* separates the lower peninsula of Michigan from most of the upper peninsula?

3. Which of the *Great Lakes* forms the northern border of the upper peninsula of Michigan?

4. Which of the two *Great Lakes* form most of the eastern border of the lower peninsula of Michigan?
_____ and _____
5. What US state borders the upper peninsula of Michigan? _____
6. What two US states border the lower peninsula of Michigan? _____
7. What country is just across the water from Michigan? _____
8. What is the name of the large bay on the eastern coast of Michigan (off Lake Huron)?

9. The Mackinac Bridge is a 5-mile-long suspension bridge that connects the upper and lower peninsulas of Michigan. Which of the two *Great Lakes* meet in this area? _____ and

10. Gerald R. Ford, the 38th president of the United States, grew up in Grand Rapids. What river runs by this city? _____

answers on the next

page

milk or dairy servings each day to a healthy diet can also help you keep a healthy body weight and burn fat if you are trying to lose weight. Remember to drink 2-4 eight-ounce servings of milk each day for the nutrients you need.

Think about it! You know that the calcium in milk helps build strong bones and teeth, but the other essential nutrients keep you healthy, too.

UNSCRAMBLE

The answers to the questions about the nutrients found in milk to learn more about their functions in your body.

Which mineral helps build strong bones and teeth and also plays an important role in nerve function, muscle contraction and blood clotting? **MILACC** _____

Milk is full of the B6 vitamin that keeps your body hydrated and cool and helps carry nutrients and oxygen in the blood to all the body cells. **TRAWN** _____

Which mineral helps strengthen bones and generates energy in your body's cells? **ROHP2HOUPS** _____

Which vitamin helps your body make red blood cells and is also needed to make DNA? **TAKMITY-23** _____

What mineral keeps blood pressure balanced and helps muscles relax and contract? **ATDOP2SIM** _____

Name the two B vitamins that help the body's cells produce energy. **CHIAM** and **LIVFATINROB**

Find the foods listed and read the messages to see what they have to measure.

FUN FOODS

- NAME _____
- DOORWAY _____
- PIZZA _____
- CHEESEBURGER _____
- PIZZAHOAT _____
- COFFEECAKES _____
- FOODIES _____
- SMILES _____
- CELLARPHONICANTOPI _____
- LAMBDA _____
- LOOPY _____
- MUFFINS _____
- MARSHM _____
- PIZZA _____

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

Name the vitamin that helps your body absorb and deposit calcium and phosphorus to your bones and teeth. **TKMIAVY** _____

Which vitamin keeps your eyes healthy and helps you see in the dark? **TKMIAVY** _____

Which major nutrient helps build muscles for a strong body? **ETTEROP** _____

SPECIAL ASSIGNMENT

Most children and teens drink more soda and fruit drinks than milk and are losing out on the tremendous supply of nutrients provided by the needed three to four servings of milk each day. Keep track of the milk and other beverages you drink during the next few days and be sure you have at least 3 to 4 eight-ounce servings of milk EVERY DAY for good health and a strong body. Good nutrition makes great! In all types of milk - low fat, reduced fat, fat free, chocolate, vanilla, strawberry - any type or flavor. There's milk choices all have the same nutrient package, so be sure to drink the milk you like best.