

## August Nutrition Module

<b>Month</b>	August
<b>Nutrition Theme</b>	I Eat Vegetables
<b>Parent Handout - 1<sup>st</sup> week</b>	MyPyramid Vegetables
<b>Parent Handout - 3<sup>rd</sup> week</b>	Washing Fresh Fruits and Vegetables
<b>Classroom Lesson</b>	<i>I Eat Vegetables!</i> story and tasting.
<b>Menu Enhancement</b>	Unusual vegetables for snack twice each week.
<b>Newsletter Article</b>	(Cook)
<b>Staff Training</b>	Why veggies are important and easy ways to eat more.
<b>Parent Session</b>	None.

1. When looking for computer files, make sure you look for “All Files” as some are in MS Word while others are in Adobe Acrobat, Powerpoint, etc.
2. Student stickers: If you want to give the students a sticker after sampling the food, print the “Sticker” document on a color printer and use Avery 1 1/4” diameter round labels. They are called: Avery Color-Coding Removable Round Labels, 1 1/4” diameter, Yellow Glow (or whatever color you want), Pack of 400 (item #943902 at Office Depot) \$6.79/pack.
3. Be sure to sanitize all vegetable models after using with students. Wipe with a cloth dampened with bleach-water solution or other sanitizing solution.
4. If working in a center, coordinate with the cook to do the food tasting activity. If a home visitor, consider coordinating with other home visitors to make the best use of food and serving supplies.