



Treat your Students to Lessons about Portion Control During National Nutrition Month!

Portion sizes in the U.S. have drastically increased throughout the years. An average hamburger in 1957 contained an ounce of meat; in 1996 it contained six ounces. Large portion sizes are a factor in the rise of childhood obesity. Although portion sizes have become larger, serving sizes have not. "Serving sizes" are USDA Food Guide Pyramid recommend standard amounts of food that help give an understanding of the caloric and nutritional intake of a particular food and how much should be eaten. It is important for students to understand portion sizes and what the appropriate portions are for them as they grow. Use the examples below to help you teach your students about the appropriate portion sizes for them.



Fist or cupped hand= 1 cup

1 serving= 1 cup raw fruit, green leafy vegetables
1/2 cup cereal, cooked pasta or rice or
1/2 cup of cooked, or raw chopped vegetables or fruit.



Handful= 1-2 ounces of snack food

Snacking can add up. Remember, 1 handful equals 1 ounce of nuts.
For chips and pretzels, 2 handfuls equals 1 ounce.



Palm= 3 ounces of meat

Two servings or 6 ounces of meat (poultry, fish, shellfish, beef) should be part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 ounces or one serving.



Thumb Tip= 1 teaspoon

Keep high fat food, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



Tennis Ball= 2 serving of fruit

Healthy diets include 2-4 servings of fruit a day.



Thumb= 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2- 2 ounces of low-fat cheese counts as 1 of the 2-3 daily recommended servings.

Source: Adopted from Ohio Action for Healthy Kids Parent Toolkit,
http://www.ohioactionforhealthykids.org/news_resources/ParentsToolkit.htm.



News You Can Use

2009– 2010 Buckeye Best Schools Award Application Now Available!

Healthy Students make better learners! The Buckeye Best Healthy Schools Awards recognize schools that demonstrate a commitment to the health and wellness of their students and staff through the establishment of programs and policies that foster such goals. These include improving nutrition, increasing physical activity and stopping or preventing the use of tobacco. For a copy of the application, please visit <http://healthyohioprogram.org/ataglance/bbintro.aspx>. Applications are due to the Ohio Department of Health by March 31, 2010.



Save the Date! 2010 Coordinated School Health Conference

The Buckeye Healthy Schools Alliance (formerly State Planning Committee on Health Education in Ohio) will be hosting the 2010 Coordinated School Health Conference on June 23 and 24 at Cherry Valley Lodge in Newark, Ohio. This year's conference will return to the traditional format and offer participants pertinent and informative legislative breakout sessions and speakers. Participants will also receive resources and ideas to incorporate into action plans that will improve the health behaviors and environments of students.

Active Recess Activity

Each month, the Health and Nutrition Flash (HNF) will offer teachers and recess monitors a different active recess activity that they can add to their activity boxes (for more information, refer to the January 2010 edition of HNF (<http://publichealth.columbus.gov/cardiovascular-health.aspx> and click on Forms and Publications). This month's Beach Ball Activity will help students think spring!

Beach Ball Activities

Grades 2-6, Indoor Activity

Equipment: Four or five beach balls.

Formation: **Activity #1**– Four or five children should sit in a circle in one of the corners in the room for a total of four teams.
Activity #2– The children should be placed in two teams in the open area of the room. The teams should face each other.

Activity: **Activity #1**– When the teacher or recess monitor says “go”, each team begins to toss the beach ball in the air and keep it from hitting the floor. The teams that keeps it up the longest wins that round. Restart with a new round.

Activity #2– A beach ball is started with a toss in the air. The teams attempt to toss the ball back and forth as many times as possible. The team that drops the ball gives the ball to the opposite team to restart the ball.



Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed. Copyright 2008 by Lois Carnes. <http://www.ohahperd.org/displaycommon.cfm?an=7>



Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Buckeye Best Tips focus on ideas to teach students and staff about the importance of eating a healthy breakfast and to continue the promotion of 2010 School Breakfast Week, March 8-12.

It Takes a Coordinated Approach

Physical Education: The theme for the 2010 School Breakfast Week (March 8-12) was *Ready, Set, Go*. The theme was chosen to help students learn about the importance of eating healthy and being active. Schools can promote the link between good nutrition and physical activity by giving them extra time during recess.

School Health Services: Students that regularly visit the nurse's office with a stomach ache in the morning may be hungry. School nurses should keep a supply of healthy snacks, and drinks (such as fruit and water) on hand to help keep students' hunger at bay and work with the school counselor to educate parents and families about the link between eating breakfast, healthy students, and academic success.

School Health Education: The School Nutrition Foundation in cooperation with the National Dairy Council developed a set of hands-on nutrition education lessons for grades 5-10. Bridges to Wellness uses interactive strategies to connect school meals and classroom learning. Lesson 4 focuses on the importance of breakfast and promotes the school breakfast program. Find out more at: www.schoolnutrition.org/bridgestowellness.

School Nutrition Services: Decisions about the types of food served and how they are prepared are made by individual school districts. The USDA has created a kit to help schools decide which types of meal service to use and how to market their program. Visit <http://www.fns.usda.gov/cnd/Breakfast/toolkit/Default.htm> to view the toolkit.

Goal
To promote the school breakfast program to students and staff.

A Healthy School Environment: There are many ways to serve a school breakfast to students such as Universal Breakfast, Breakfast in the Classroom, Grab'N'Go Breakfast or Mid Morning Breakfast. If your school does not offer one of these types of breakfasts, contact the Children's Hunger Alliance (1.800.227.6446) to learn how to implement a school breakfast program at your school!

Family/Community Involvement: Educate families about the importance of school breakfast, its nutritional value, link to increased alertness throughout the day and improved academic performance and mood. The School Nutrition Association created a brochure to help schools educate parents. Visit www.emporium.schoolnutrition.org to order free copies of the brochure.

Counseling/Social Services: Children who suffer from poor nutrition have poorer overall health status, miss more days of school and are less ready to learn than well-nourished children. Refer families to the FirstLINK Food Line at 614-341-2282 to find local food pantries that will help supplement weekday and weekend meals that children do not receive at school.

Health Promotion for Staff: Staff should be reminded to start the day off on the right foot by eating breakfast too! Encourage staff to bring a healthy breakfast to school with them if they don't have time to eat in the morning. Quick, healthy breakfast ideas include whole or cut up fruit, yogurt, whole grain English muffins, hard boiled eggs and low fat, low sodium cottage cheese mixed with fruit.



Staff Wellness

March is Colorectal Cancer Awareness Month

Colorectal cancer refers to cancer that starts in the colon or the rectum. Colon and rectal cancer have many common features, so they are often discussed together. Colorectal cancer begins in the digestive (also called the GI) system. In most cases, colorectal cancers develop slowly over many years. Most of these cancers begin as a polyp--a growth of tissue that starts in the lining of the colon or rectum. Removing a polyp early may prevent it from developing into cancer.

Am I at risk for colorectal cancer?

There are several risk factors for colorectal cancer. Some you cannot change such as age, race, family history, having polyps, or a history of bowel disease. Like ulcerative colitis or Crohn's disease. Irritable bowel syndrome is not a risk factor for colorectal cancer. Changes you can make to lower your risk include:

- Avoiding a diet high in red and processed meats
- Avoiding high fat foods
- Increasing physical activity
- Maintaining a healthy weight
- Avoiding smoking and secondhand smoke
- Limiting alcohol use

How can I find out if I have colorectal cancer?

Screening tests are used to look for disease in people who do not have any symptoms. The average person should start getting screened at age 50, or earlier if high risk, e.g. African Americans should start getting screened at age 45. In many cases, these tests can find colorectal cancers at an early stage and greatly improve the chances of successful treatment. Screening tests can also help prevent some cancers by allowing doctors to find and remove polyps that might become cancer. The screening tests can be divided into 2 broad groups:

- **Tests that can find both colorectal polyps and cancer:** These tests are done either with a scope inserted into the rectum or with special x-ray tests. Polyps found before they turn into cancer can be removed, so these tests may prevent colorectal cancer.
- **Tests that mainly find cancer:** These involve testing the feces for signs of cancer. These tests are easier to have done, but they are less likely to find polyps, thus finding the cancer later.

The American Cancer Society and several other medical organizations recommend earlier testing for people with increased colorectal cancer risk. These recommendations differ from those for people at average risk. For more information about getting tested for colorectal cancer, talk with your doctor. To learn more about colorectal cancer, visit the American Cancer Society's website at <http://www.cancer.org>.

Don't forget that by making lifestyle changes to decrease your risk for colon cancer, you are also decreasing your risk for other chronic diseases, such as heart disease and diabetes!

Source: Adapted from the American Cancer Society



Creating Healthy Communities Network

Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

