

# Healthy Schools Healthy Students



**Healthy Schools - Healthy Students** is an e-newsletter published in partnership with Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids. The monthly newsletters provide information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories from Iowa schools working to promote healthy habits in their students and staff. If you would like to submit an article to feature your school or program, please send an e-mail to [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov).

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## Pork Board

The National Pork Board has recently released, “Step Up to a Healthier You” Family and Consumer Science curriculum, created in partnership with Young Minds Inspired.

The curriculum includes a meal planning unit with two take-home activities featuring recipes for students to share with their families. A true-false quiz allows students to assess their meat safety knowledge, and a kitchen safety checklist is provided as a handy resource. For more information, [click here!](#)



## Students Taking Charge Videos

On Thursday, April 4<sup>th</sup>, 2013 teams of high school students from across the state learned how to become advocates for healthy eating, physical activity, and tobacco prevention at the annual Students Taking Charge workshop. The workshop was sponsored by the Iowa Department of Education’s Team Nutrition Program and the Iowa Department of Public Health’s I-STEP program. Here is a video that captures the students perspective on the day and their plans moving forward.

[Click here!](#)

As a part of the workshop, the students created a human bar graph depicting the top causes of preventable death in the United States. Here is a video showing the creation of the human bar graph. [Click here!](#)



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## Ultimate Chef Contest!

Looking for ways to get students excited about healthy eating? Consider a recipe contest! Getting students involved in making healthy recipes introduces them to try new foods and be creative with healthy options. The 5<sup>th</sup> grade class at the Lincoln Elementary Center in Albia participated in a Ultimate Chef contest. The students prepared their recipes before a panel of three judges. The judges were Staci Doering, RD, LD, Hy-Vee's Registered Dietitian, Cindy Conroy M.A., Iowa Heart Foundation, Registered Dietitian, and Larry Achenbach, Lincoln Center Principal.

The 2013 Ultimate Chef Title was awarded to Emily Prescott for her Tutti Frutti Smoothie. She was awarded a trophy and received a family pass to the Albia Aquatic Center. For more information about the contest contact DeeAnn Crall at [deeann.crall@albiacsd.com](mailto:deeann.crall@albiacsd.com).

### Tutti Frutti Smoothie

- 6 oz. Strawberry Greek Yogurt
- 1¼ cup Milk
- 1 tsp. Vanilla
- 1 Tbs. Honey
- 1 Kiwi
- 1 cup Strawberries
- 1 Large Banana



Slice banana, strawberries and kiwi and layer in a baggie and freeze overnight. Combine milk, yogurt, vanilla and honey in a blender. Add frozen fruit. Blend until smooth and creamy. Pour into glasses and enjoy!

## Planting Day Celebration!

Starting a school garden this spring? Make sure to hold a kick-off to get the students and community excited about the project! Saydel CSD received an American Heart Association Teaching Garden grant and held a planting day assembly for the elementary school. For more information, contact Amy A'hearn at [ahearnamy@saydel.net](mailto:ahearnamy@saydel.net). To see more photos, [click here](#).



## Cultivate Iowa

Cultivate Iowa is an initiative of the Iowa Food Systems Council's Food Access & Health Work Group to promote the benefits of food gardening and produce donations to create a sustainable future and healthier communities in Iowa.

Funding for the project was provided by the Wellmark Foundation.

You can learn about easy ways to garden at [www.cultivateiowa.org](http://www.cultivateiowa.org). This includes information about container gardening and how-to videos.



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