

# The Daily Scoop, month of April

## Daily School Announcements to encourage eating *lean & green*



Welcome to the April edition of the *Daily Scoop* - good nutrition news delivered daily, featuring *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *Lets Move*. This month's special focus is Earth Day, celebrated in April since 1962.

**Harvest of the Month:** Kiwifruit (vitamin C) & Asparagus (Vitamin E)  
**Cool Bean of the Month w/ Cultural Focus:** Beans around the world/ Earth Day.  
**Spring Environmental Focus:** Eating Sustainably  
**Health Campaign:** Earth Day, making the food & environment connection

**Each announcement begins with:** “Time for your Daily Scoop of good nutrition news.”  
**...ends with EARTH DAY theme:** “...(and) remember, eating plant food is good for you and the planet too.”

### APRIL, WEEK ONE

**Day 1.** *Earth Day* is this month, and did you know that one of the most important things you can do to keep our planet healthy and green is... to eat healthy?! It's true! Healthful fruits & veggies use *far less* water and energy to produce than burgers and pizza!

**2\*** Our fruit *Harvest of the Month* is a little green fruit with fuzzy brown skin that's kind of shaped like an egg. It's a kiwifruit. Of *all the fruits*, kiwifruits have the *most* nutrients; for growing a strong body & sharp mind.

**3\*** Kiwifruit is a little green, sweet and tart fruit that grows on a long and winding vine. Of *all the fruits*, Kiwifruit has the most nutrients, especially vitamin C, which helps to heal wounds.

**4.** *Earth Day* is this month. When you think about it, planet Earth is an amazing garden, growing nutritious food to nourish our bodies and minds. Earth's amazing garden is *one* really special reason why we celebrate *Earth Day*!

**Friday.** Nutritious food and daily exercise are key to a healthy and happy life. The world champion jump roper says 10 minutes of jumping roping is equal to 30 minutes of running! *Lets Move* and jump into some fun activities today!



**April 7.** Today is **World Health Day**, reminding you that taking care of your body with healthy choices can help to make the world a healthier and happier place for all.

### APRIL, WEEK TWO

**Monday.** Let's get the month of April off to a healthy start - and a happy start too! Eating more fruits and vegetables can improve your *mood*! It's true, healthy food equals a happier mood.

**2\*** Our fruit *Harvest of the Month* is the kiwifruit, named after the kiwi bird in New Zealand! Kiwifruit is rich in a special nutrient (lutein) that helps your eyes to have good and strong vision.

**3\*\*** The vegetable *Harvest of the Month* is asparagus, sometimes called an asparagus *spear* because of its long, spear-like shape. Every inch of the long asparagus spear is packed with vitamin E, important for protecting you from germs that can make you sick.

Continued on next page.



\***Asterisks** indicate *Harvest of the Month* announcements that can be interchanged with *alternate HOM* announcements (see spring fruit and vegetable supplement). Alternate announcements are intended to be integrated as part of overall *Daily Scoop* program.

## April Daily Scoop, page 2

Each announcement begins with,

“Here’s your Daily Scoop of good nutrition news.”

Each announcement ends with EARTH DAY themed...

“...(and) remember, eating plant food is good for you and the planet too.”



### APRIL, WEEK TWO, continued.

4. All around Planet Earth, people love to eat beans. India loves lentils. Asia loves soybeans. And America loves Navy beans. Beans are a “green” protein choice for *Earth Day* because they use far less energy and water to grow than *animal* protein.

**Friday.** With *Earth Day* coming soon, *Let’s Move* with a *nature walk*, and take time to appreciate “Mother Earth.” Walking is good exercise, and a wonderful way to enjoy all the pretty plants and beautiful birds that live in your neighborhood.

### APRIL, WEEK THREE

**Monday.** Every cell in your body - all *100 trillion* of them - need water to energize and thrive. You can hydrate your body cells with water *and* with fruits and vegetables. That’s right, fruits and vegetables are water foods, for delicious hydration.

2\*\* Your whole body is made up of living cells. Protect those precious cells - all *100 trillion* - by eating foods rich in Vitamin E, like sunflower seeds and asparagus. You could think of Asparagus *spears* like a weapon - to help protect your body cells from disease.



3. Beans are popular all around Planet Earth. Mexico loves pinto beans. Africa loves black-eyed peas. And America loves Kidney beans. Beans are a great *Earth Day* protein choice, conserving tons of energy and water, compared to beef and other animal protein.

4. Fruits and vegetables have vitamins A, B, C and *E...* but did you know that *Vitamin D* comes from outer space? It’s true! *Vitamin D* is made in our bodies when the Sun - in outer space - warms our skin. Earth and the Sun are cosmic partners in your health.

**Friday.** Exercise, plus Vitamin D are very, very important for strong bones, so *Let’s Move* today, and all weekend long with a nature walk or a bike ride for fun in the Sun, *and* Vitamin D from the sun.

### APRIL, WEEK FOUR

**Monday.** One way to get your week off to a healthy & earth-friendly start is by choosing meatless meals. “Meatless Mondays” is a national health program encouraging people to replace meat-protein with bean-protein, at least one day a week.

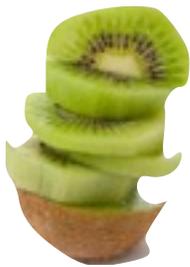
2. Oatmeal and other breakfast cereals are grain foods, with important nutrients called carb-o-hydrates. Be sure to look for cereals with a label that says “whole grain,” because *whole grains* have a whole lot more nutrition for a strong body and sharp mind.

3\*\* Shopping at the local *Farmers Market* is a good place to find local and fresh food. Fresh food has more vitamins, like Vitamin E in asparagus, which protects your blood cells. Your blood cells have the important job of carrying oxygen to your heart.

4. Isn’t it amazing all the different foods that grow from our home, Planet Earth? Creamy bananas. Seeds from sun-*flowers*. And peas in a pod. Amazing food that grows from Earth is *one* reason why we celebrate *Earth Day* this month!

**Friday** - With *Earth Day* in mind, *Let’s Move* today and all weekend long with a bike ride. Bikes are powered with clean and green energy: People pushing pedals!





# Plant Food.

Good for you & the planet too!



## Daily Scoop Nutrition Trivia

1. Kiwifruit gets it's name from?
2. Asparagus has Vitamin E to protect?
3. What protein choice is greenest?

# Cool Beans!

[leanandgreenkids.org](http://leanandgreenkids.org)

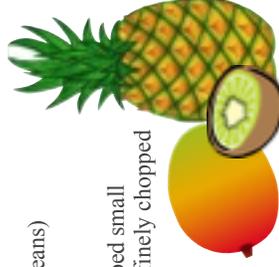


## Cool & Green Turtle Bean Wrap... or Salad

This tropical wrap recipe is cool & green because it uses beans for protein, helping to conserve energy, water and wildlife. Fun fact: Black beans are also nick named *turtle beans*... Cool Beans!

### INGREDIENTS

- 2/3 cup cooked/canned turtle beans (also known as black beans)
- 1 medium avocado, chopped
- 1/4 cup corn
- 1/4 cup each: pineapple, mango, kiwi and cucumber, chopped small
- 2 Tablespoons each: red bell pepper, red onion & cilantro, finely chopped
- 1 Tablespoon each: orange juice & lime juice
- Salt and pepper, to taste
- 2 cup fresh spinach and/or salad greens, chopped
- 4 whole grain flour tortillas



### PREPARATION

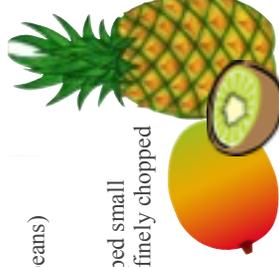
Mix all ingredients, except spinach and tortilla, in medium sized bowl. Scoop mixture down center of whole grain flour tortillas. Top with fresh, chopped greens. and roll up for a sweet and tangy wrap to make you feel like you're on a tropical island, swimming with cool green sea turtles!

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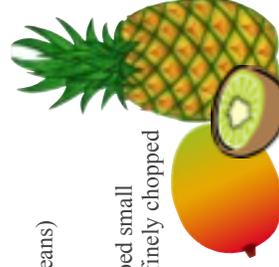
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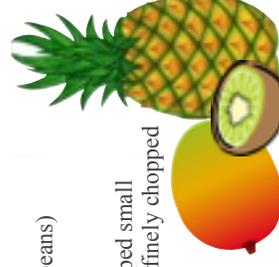
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Here's a sample of the nutrition knowledge your student is gaining this month, with *The Daily Scoop* - good nutrition news delivered daily!

- Our fruit *Harvest of the Month* is a little green fruit with fuzzy brown skin that kind of looks like an egg... a kiwifruit. Kiwi's grow on a vine and of *all the fruits*, kiwifruits have the most nutrients - for a strong body and sharp mind.
- India loves lentils. Brazil loves black beans. And America loves Navy beans, All around the planet, people love beans, and beans are a great protein choice for *Earth Day* because they use far less energy and water to grow than *animal* protein. Beans are the *lean and green* protein. Cool Beans!
- This month's vegetable *Harvest of the Month* is spinach, the vegetable that gave the cartoon character, *Popeye*, his super strength. In real life, spinach has lots of vitamin K, to help wounds to stop bleeding, and help the healing process to begin.

We hope these tips and special recipe will spark a healthy conversation about nutrition around your dinner table. *Remember, eating plant-food is good for you and the planet too!* Brought to you by [leanandgreenkids.org](http://leanandgreenkids.org)



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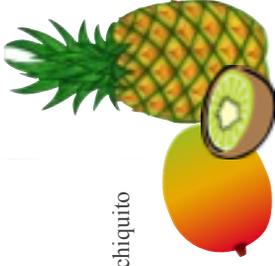
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**Fresca y Verde Wrap (o ensalada) de Frijoles de Tortuga**  
Este wrap tropical es fresca y verde porque usa frijoles para proteína, ayudando de conservar energía, agua, y fauna. Facto divertido: Frijoles negros están llamados *frijoles de Tortuga*... ¡padres frijoles!

**INGREDIENTES**

- 2/3 copa cocida/de lata frijoles de Tortuga (frijoles negros)
- 1 aguacate medío, picado
- 1/4 copa maiz
- 1/4 copa cada: pina, mango, kiwi, pepino, picado chiquito
- 2 cucharadas cada: pimiento rojo, cebolla, y cilantro, picado chiquito
- 1 cucharada cada: jugo de naranja y jugo de limon
- Sal y pimiento, a sabor



- 2 copas espinaca fresca o otro verdure de ensalada, picado
- 4 tortillas de grano entero

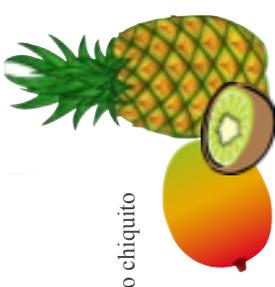
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Mezcla todas indredientes, aparte de espinaca y tortilla, en bol medio. Ponga al centro de tortillas. Poner verduras de ensalada encima. Envuelve para un wrap dulce y picante para hacerse pensar que estas en una isla tropical, ¡nadando con tortugas verdes del mar!

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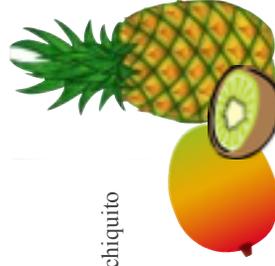
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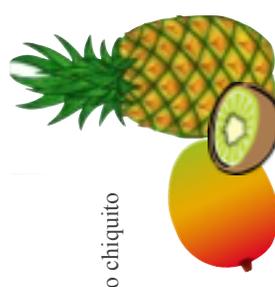
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Aquí esta una muestra de la conocimiento su estudiante está recibiendo este mes, con *The Daily Scoop* - ¡buena noticia nutritiva enviado cada día!

- Nuestra cosecha del mes es una frutita verde con piel borroso que parece como huevo... un kiwi. Kiwi crecen en una vid y de todas las frutas, kiwi tienen lo mas nutrientes – para un cuerpo fuerte y un mente listo.
- A India le encanta lentejas. A brazil le encanta frijoles negros. A los estados unidos les encantan frijoles “Navy”. Por todo la planeta, la gente les encantan frijoles, y frijoles son una opción buena para proteína en el día de la tierra porque usen menos energía y agua para crecer que proteína de animal. Frijoles son la proteína magra y verde. ¡Padres frijoles!
- La verdura del mes es espinaca, la verdura que dio el caricatura, Popeye, su super fuerza. De hecho, espinaca tiene mucha vitamina K, para ayudar heridas dejar de sangrar, para ayudar la procesa de curación empezar.

Esperamos que esas puntas y receta inspiran una conversación de nutrición en su hogar. ¡Recuérdense, comiendo comida de plantas es bueno para usted y la planeta también! Traído a usted por [leanandgreenkids.org](http://leanandgreenkids.org).



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# The Daily Scoop... Spring vegetables, alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. Simply substitute the following nutrition tips where you see asterisks (\*fruit, \*\*vegetable) in the monthly *Daily Scoop* issue. *Alternate announcements are intended for use as part of the comprehensive Daily Scoop program.*

## Asparagus (Vitamins)



1. The vegetable *Harvest of the Month* is asparagus, sometimes called an asparagus *spear* because of its long, spear-like shape. Every inch of the long asparagus spear is packed with vitamin E, important for protecting you from germs that can make you sick.

2. Asparagus is in season this spring, and its spear like shape can be close to a foot in length; every inch packed with vitamin E for healthy skin and hair.

3. Your whole body is made up of living cells. Protect those precious cells - all 100 *trillion* - by eating foods rich in Vitamin E, like sunflower seeds and asparagus. Asparagus spears really are weapons to help protect your body cells from disease.

4. Shopping at the local *Farmers Market* is a good place to find local and fresh food. Fresh food has more vitamins, like Vitamin E in asparagus, which protects your blood cells. Your blood cells have the important job of carrying oxygen to your heart.

5. The *Harvest of the Month* is the delicious and nutritious spear shaped vegetable - the asparagus spear. It isn't a real spear, but asparagus can defend your body against disease because it's full of Vitamins A, B, C and E!

## Carrots (Vitamin A)



1. It's spring, and farmer's are harvesting sweet orange carrots, great for adding color, crunch, and Vitamin A to a fresh salad or sandwich.

2. The harvest of the month is carrots, rich in vitamin A for healthy eyes *and...* healthy skin... hair... and bones! Find the freshest carrots at your local Farmers Market - fresher means more nutrients.

3. Our *Harvest of the Month*, carrots, are famous for their Vitamin A which is important for healthy eyes and night vision. If a person doesn't get enough Vitamin A from orange colored foods - like carrots and sweet potatoes - they can have a difficult time seeing in the dark.

4. Carrots are a spring "root" vegetable. A root vegetable grows underground in the dark, because... well, they're roots. Maybe that's why they help you *see in the dark* with... **Vitamin A.**

5. Carrots and other colorful vegetables are packed with vitamin A and other super special nutrients called *phyto-nutrients*. Eating carrots with *phytonutrients* can help *fight* serious diseases - like heart disease.

## Peas (Thiamin/B1 & Protein)



1. Our vegetable *Harvest of the Month* is the pea, which grows in a pod. Peas and beans that grow in pods are called legumes. Legumes are a good source of protein for energy and strength.

2. Little green peas are a good source of a B vitamin called **Thiamin**. Thiamin is very important for a healthy nervous system, a system of electrical cables running all through your body, that send signals to your brain, so you can feel... see... hear... and move your body!

3. Peas, our vegetable *Harvest of the Month*, are a type of vegetable called a Legume. Legumes count as both a vegetable and a protein food - providing double the goodness for double energy and strength!

4. Small, but mighty, little green peas are packed with a B vitamin called Thiamin. Thiamin works to convert the food you eat into energy; energy to learn, play and perform your very best.

5. Plant-proteins - like peas and beans - are different than animal proteins because they have fiber and *phyto-nutrients*. *Fiber and phytonutrients* help *fight* serious diseases (like cancer). Only plant-foods have fiber and *phytonutrients*.

## Spinach (Vitamin K, phytonutrients)



1. Our vegetable *Harvest of the Month* gave an old cartoon character - *Popeye* - super strength to fight the bad guys. What vegetable is it? Spinach! Green spinach leaves actually do have super nutrients called *phyto-nutrients* that help fight diseases.

2. Spinach is a leafy green. In other words, it's a big green leaf. When you think about it, some of the biggest and strongest animals on the planet get most of their nutrients by eating leaves. Spinach and other leafy greens are superfood for animals - and people too!

3. This month's vegetable *Harvest of the Month* is spinach, the vegetable that gave the cartoon character, *Popeye*, his super strength. In real life, spinach has lots of vitamin K, to help wounds to stop bleeding, and help the healing process to begin.

4. Spinach and other leafy greens (like broccoli) are delicious and super nutritious in soups and salads - even smoothies. Try blending spinach with fruit and ice for a gloriously green smoothy, like the kind *Iron Man* drinks for his super brain power!

## Over for Spring Fruits...



## The Daily Scoop... *Spring* fruit alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. To use, simply substitute the following nutrition tips where you see asterisks (\*fruit, \*\*vegetable) in the original *Daily Scoop* series. Alternate announcements are intended for use as part of the comprehensive *Daily Scoop* series.

### Berries (phytonutrients)



1. Our fruit *Harvest of the Month* is berries... raspberries, blueberries, strawberries and more! Small but mighty, berries have super nutrients - so you can play like a champ!

2. Strawberries. Blueberries. Raspberries. Berries are small but mighty, jam packed with *phytonutrients*. Like the name suggests, phytonutrients help *fight* serious diseases (like cancer).

3. Ditch the sugary bottled beverages that drain your brain. Better idea: A dash of fruit juice added to your water, and some brain boosting blue berries dropped in for an all natural “boba” (bubble) experience!

4. Shopping at the local *Farmers Market* is a great place to find berries *in season*; picked fresh - for more nutrition. Farmers Markets are good for you and the planet too, because food grown locally doesn't have to travel long distances in gas guzzling trucks.

5. Food is energy for our body and brain. Energy in food is *measured* in “calories,” similar to how height is measured in inches. Berries measure low *in calories*, so they're a smart snack for good energy and a healthy weight.

### Strawberries (Vitamin C)



1. Our fruit *Harvest of the Month* is America's most popular berry - the strawberry. And because it's a berry, it's packed with super nutrients like vitamin C, which helps your immune system fight germs.

2. Your immune system is different organs inside your body working together - like a team - to fight germs and sickness. Sweet red strawberries are a scrumptious snack with Vitamin C, to help build a stronger immune system and fight disease.

3. Spring is in full swing, and the Farmer's Market is full of delicious and nutritious spring *harvests* like sweet red strawberries and crunchy orange carrots. Eating a rainbow of fresh fruits and vegetables each day can definitely help keep the doctor away.

4. Natural food that grows from the earth is *real* food - nutritious and delicious just how nature intended us to eat. Strawberries are healthy and real food, but... strawberry Pop Tarts (*alternate*: cupcakes) are not.

5. Did you know the White House has a big garden that grows food for the President and his family? The White House garden is an *organic* garden, which means no bug poison allowed. The White House is harvesting *organic* strawberries this month - good for you and the planet too!

### Cucumber (water)



1. Our fruit *Harvest of the Month* is the cool cucumber, a fruit because it has seeds inside. An important nutrient in cucumbers is water. Water is an important nutrient just like vitamins and minerals.

2. If you had to, you could survive for weeks without food, but only a few days without water. It's important to drink plenty of water everyday, and equally important to eat fruits with water in them - like watermelon, strawberries and cucumbers.

3. Cucumbers add a cool crunch to salads, sandwiches and wraps... and the *water* in cucumbers helps nutrients flow *all* through your body to the different cells - all 100 trillion living cells. So... water them well.

4. Our fruit harvest of the month is a cucumber that adds a cool crunch to salads and wrap sandwiches. Cucumbers are a good source of water in your diet, and their skin is a good source of Vitamin K - for healing cuts and wounds.

### Avocado (healthy fats)



1. This month's fruit *Harvest of the Month* is a rich and creamy Avocado - technically a fruit because it has a seed inside. Avocado's creamy texture is a good source of vitamins, minerals, and... healthy fat.

2. Avocados are the fruit *Harvest of the Month* and they're an important source of the nutrient... fat. That's right, your body requires protein, carbohydrates, and a small amount of healthy fats. The healthiest fats come from plants - like avocados and nuts.

3. Our fruit *Harvest of the Month* is an avocado - famous for its creamy, delicious flavor in sandwiches and tacos - and you can feel good knowing that the healthy fat in avocados actually boosts your body's ability to absorb vitamins.

4. Avocados are rich in healthy fats and they're also rich in a nutrient called folate, Folate and fat work together to build new cells, and your body is made up of more than 100 trillion living cells... Feed them well!

5. Avocados are a very versatile food, which means that they can be eaten in a variety of ways. They're delicious in salads and sandwiches, on tacos and chili - and adding them to these dishes helps your body absorb more nutrients from your meal.

**Find *Dried Fruit* nutrition tips in Winter Supplement Over for Spring Vegetables...**