



Teachers'
Edition!

November 2011

Team up with your Cafeteria!

The holidays are right around the corner, and as we all know, food is often the focus. What better way is there to celebrate than to team up with your school's cafeteria this month?

Your school's cafeteria should be a fun place to be, a place where kids can sit down and enjoy an uninterrupted meal with their classmates. You and your class can help make your cafeteria more kid-friendly! Talk to your cafeteria manager about having your students make posters or design a bulletin board to add a little color! You may even want to team up with the other teachers in your grade level to re-decorate the board every other month.

Here are some great topics and themes to jump start your project!

- Fruits and vegetables
- Breakfast
- Balanced meals (containing all the food groups)
- After-school snacks
- Paint your Plate
- Dive into Dairy

You may find that as your students reach out to other students through their artwork, they may begin to adopt these practices themselves!



For program
information, please
visit our website at:
www.smartbodies.org

Get Fit—And Get Things Done!

Exercising with an Active Schedule

As a teacher, you probably find yourself standing for hours each day. This can drain your energy and make you want to simply collapse and relax once you get home.

To help your body cope with the stress of standing all day, try stretching out your lower back and other muscles in the morning and/or in the evening. You may find soon that this helps you feel energized in the morning.

Visit this website to get started on your stretching routine:
<http://www.mayoclinic.com/health/stretching/sm00043>



Always consult your physician before beginning an exercise routine.

Healthy Hints

Quick Tips for Becoming and Staying Healthy

Watch your portions. Many Americans have lost sight of healthy portions. Visit www.choosemyplate.gov, and click on the different food groups for details about healthy portion sizes.



Skillet Noodles with Beef

Ingredients

- 1/2 pound ground beef
- 1/2 cup chopped onion
- 1 can (15 ounce) tomato sauce
- 1 1/2 cups water
- 1/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 3 cups noodles, uncooked, 1/2 inch wide
- 1 package (10 ounce) spinach, frozen, chopped
- 1 cup cottage cheese, nonfat
- 1/2 cup cheese, part-skim mozzarella, shredded

Instructions

1. Brown ground beef in a large skillet. Drain fat.
2. Add onion, tomato sauce, water, and spices.
3. Cover and bring to a boil.
4. Add noodles. Cover and simmer for 5 minutes.
5. Defrost spinach in microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes.
6. Stir mixture. Spoon the cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

Serves 8; <http://snap.nal.usda.gov/>