



Wellness Wakeup Call

Newsletter for K-5

Month #4: Legumes and Foods from Around the World

Welcome to Wellness Wakeup Call! This newsletter contains messages to be read each morning in school over the loud speaker for morning announcements. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated Local Wellness Policies. If there are more messages than school days in the month, please combine a few so that you will be able to read them all. New messages are available on our website each month, and are generally ready by the 25th. We encourage you to photocopy this newsletter double sided to send home with students so parents can learn, too, and have a healthy recipe to try. In addition, we encourage you to notify parents about this program through the district or PTA/PTO newsletters to learn what their children are learning, and so they can try a healthy recipe! This document is available as PDF files at www.healthylunches.org and you are welcome to post these files on the district website.

- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
- Then read the message for the day. End each message with **"Enjoy your day, the healthy way!"**

1. It is fun to try foods that are what people eat for breakfast, lunch or supper in another part of the world. You might get the chance to taste some foods from other countries at a restaurant or if you visit the home of a friend whose family comes from another place.
2. Children in different parts of the world have diets that keep them healthy and yet the foods that are eaten can be completely different from those in another part of the world.
3. Beans, peas and lentils help our bodies to build muscles, bones and blood. They can help us last for a long time between meals without getting hungry. Peas grow in pods that have a string along one side, like a little zipper. Beans and lentils also grow in pods.
4. People from Mexico, Spain, and South America put beans, rice, and colorful vegetables such as tomatoes, avocado, and lettuce in wrappers made from wheat or corn. We call these tasty wraps burritos or tacos.
5. Mexican and Spanish people use many types of colorful beans in their meals. Can you think of any beans they use? Black beans, brown and white pinto beans, dark red kidney beans, white lima beans, and green beans are five different types.
6. Spanish and Mexican food can be spicy because chili peppers are sometimes used. Some chili peppers are very hot; some are not. If we like mild tastes, we can add just a little bit of chili pepper or use none at all.
7. Mexican meals often start with a soup. Soups can be made from onions, garlic, beans, tomatoes, and other vegetables so these soups give us vitamins and protein.
8. Soups are a wonderful way to try flavors from other lands! A thick Indian soup is dahl (pronounced "DOLL"), a popular Italian soup is minestrone ("min eh-STRONEE"), a Spanish soup is gazpacho ("gahs-PAcho"), and in Japan people enjoy miso ("MEE-so") soup.
9. People who come from Russia and Eastern Europe eat a soup called Borscht that is made from beets. They also eat a grain called buckwheat. When these are cooking the kitchen is filled with wonderful aromas.
10. People from Italy use tomatoes, eggplant, olives, green or red peppers, and white beans to make tasty dishes that are very good for us.
11. In Italy, people eat spaghetti, made from wheat, with delicious tomato sauces. The herbs basil and oregano, taken from leafy plants, give special flavor and aroma. Now spaghetti and other pastas are available in whole grain varieties, and these are great because they have fiber.
12. In China and other parts of Southeast Asia, even small children learn to eat with chopsticks. People eat rice from a bowl, along with colorful vegetables and high protein foods such as tofu that is made from soybeans.
13. In Chinese diets, the calcium that builds strong bones comes from broccoli and other green vegetables, tofu, and almonds.
14. In Africa, people eat peanuts, which are a very healthful food. Peanuts also are called groundnuts because they grow underground where the plant's roots are. Some people are allergic to peanuts and must be very careful to avoid them.
15. Peanuts and peanut butter (that is made from ground-up peanuts) are excellent sources of protein, iron, B vitamins, and energy. Many brands of peanut butter contain added sugar and oils that are not healthy for us, although some more healthy brands contain only peanuts.
16. George Washington Carver was an American man, born in Missouri, who taught people excellent ways to use healthful foods such as peanuts, sweet potatoes, soybeans, and pecans.
17. Some favorite and nutritious foods in the Southern United States are sweet potatoes, corn, collard greens, black eyed peas. A meal made with these foods provides vitamins, iron, calcium, and protein. .
18. Green vegetables that are eaten by children in the Southern states give calcium that makes strong bones. Collard greens, okra, turnip greens, mustard greens, kale, and broccoli are good sources of calcium.
19. A nori roll is a Japanese sandwich that is easy to eat and very tasty. It is made of special sticky rice that helps to hold the roll together. In the center of the roll are strips of tofu and strips of colorful vegetables such as carrots, avocados, and radishes. Around the roll is a thin sheet of dried nori, which is a vegetable from the ocean.
20. A falafel is a delicious sandwich from the Middle East and Israel. It contains little patties made from beans or chickpeas, plus chopped vegetables such as lettuce, and sauces made from sesame seeds or tomatoes. These are placed in a pita bread pocket. Usually falafels are deep fried, which is not healthy, but falafels can be baked and are just as delicious. Falafels give us protein, B vitamins, and iron.
21. In Finland, Sweden, Denmark, Germany, and Eastern Europe, people eat bread that is dark, is much heavier than white bread and is made from rye and wheat flours. The children grow healthy and strong because of the protein, iron, and B vitamins in this bread. Next time you go to the store, see if you can find rye or pumpernickel ("PUM-pernikel") bread.
22. In India, people cook with special mixtures of spices, such as curry, that makes the food very tasty and helps protect them from getting sick. They get protein to build strong muscles from chickpeas, mung beans, and lentils. Often these are cooked with onions and curry to make a thick soup called dahl ("DOLL").



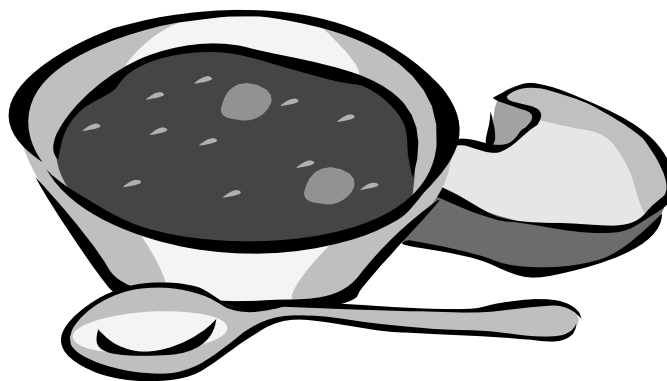
Recipe of the Month

Black Bean Soup

Black beans are favorites in Mexico, Central and South America, and Spain, and are used to make wonderful salads, stews and soups. Vegetable stock can be made from stock cubes or powder or purchased readymade. Water can be used instead of stock, though your soup will be less flavorful. If you use a little less liquid, this recipe makes a fine stew. Lime juice, added just before serving, gives a bright note.

You will need:

- 1 cup diced carrot
- 1 cup diced celery
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 tbsp olive oil or other vegetable oil
- 3 cups cooked or canned black beans
- 4 cups vegetable stock or water
- 1/4 cup tomato paste
- 1-1/2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp lime juice
- salt and pepper to taste



What to do:

In a large pot, sauté carrot, celery, onion, and garlic in oil over medium heat for 5 minutes. Stir in beans, stock, tomato paste, cumin, oregano and thyme. Cover and simmer for 20 minutes or until vegetables are cooked. Just before serving, stir in lime juice. Add salt and pepper and adjust the seasoning. (Editor's note: you can also blend the soup using a hand blender so that it is partially or fully pureed.)

Makes 6 cups (4 servings)

Recipe from *The New Becoming Vegetarian* by Vesanto Melina and Brenda Davis (The Book Publishing Company).