



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

Volume 8 Number 1

September 2017

Welcome Back!

It is important for kids to have a healthy, balanced diet for proper growth and development. Eating lunch at school is a great way for your child to get one-third of their recommended daily nutrients.



The Nutrition Group is pleased to be your school's food service provider. As part of the National School Lunch Program there are specific guidelines that need to be followed daily.

Every day all 5 food groups are offered. Students are offered 1 serving of meat, grains, and milk and they are offered 2 different fruits and/or vegetables. From these five servings offered, they must select three different items. One item must be a fruit or vegetable to make up a complete, reimbursable lunch.

At The Nutrition Group, we encourage students to take all 5 items. A variety of choices are available. This enables students to choose his or her favorite items to make lunch their way... a healthy way. Choosing all 5 items provides students with a complete and balanced meal.

Chef Basil's Wellness Wednesday

To start the school year on a healthy note, our first recipe is Tomato and Cucumber salad. Some recipes might not be familiar to your child, but we are optimistic that these unique tastings will be a hit! When students sample this healthy, delicious recipe they will receive a colorful sticker letting everyone know "I tried something new today". Watch for your child's school lunch menu for October's Wellness Wednesday Event!



RECIPE

Tomato and Cucumber Salad

Ingredients:

- 3 Medium tomatoes
- 1 Medium cucumber
- 1 Small red onion
- 1 tsp garlic powder or fresh chopped garlic
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- Salt/pepper to taste



Directions:

Wash tomatoes and slice into wedges. Peel cucumber, then slice or cube. Peel and slice red onion into small pieces. In a separate bowl, combine vinegar, oil, garlic, salt and pepper and whisk together. Pour mixture over tomatoes, cucumbers, onion and toss. Refrigerate until ready to serve.

For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these foods made with tomatoes.

Word List

BARBECUE, BRUSCHETTA, CHILI, CHIPOTLE, JUICE, KETCHUP, LASAGNA, MARINARA, PIZZA, RELISH, SALAD, SALSA, SAUCE, SOUP, SPAGHETTI

C	A	A	R	A	N	I	R	A	M
O	T	S	S	O	R	D	N	M	P
C	T	P	A	L	K	G	K	U	I
H	E	A	L	U	A	X	O	T	A
I	H	T	S	S	C	S	T	P	T
P	C	B	A	R	B	E	C	U	E
O	S	L	W	Z	H	Q	D	H	P
T	U	U	D	G	M	T	P	C	I
L	R	D	A	L	A	S	E	T	Z
E	B	P	J	U	I	C	E	E	Z
J	S	R	E	L	I	S	H	K	A
J	L	T	I	L	I	H	C	J	G

Words may be vertical, horizontal, diagonal or backwards and upside down.

TOMATO FUN FACTS

The small Spanish town of Bunol holds a tomato fight every year! The festival is called La Tomatina, and involves some 40,000 people throwing 150,000 tomatoes at each other!

Tomato juice is the official state beverage of Ohio.

The largest tomato on record was grown in 1986 and weighed 7lbs. 12oz.!

There are more than 7,500 tomato varieties grown around the world.

Tomato seedlings have been grown in space!

Tomatoes come in every color except for blue!

