



# Where Do I Get It? Nutrition

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September 2015

Volume 2, Issue 9

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### Smart Bodies Body Walk

**Is your school interested in participating in a teacher-tested wellness program that is fun, innovative, and effective?** **Smart Bodies** is an interactive educational program designed to help prevent childhood obesity. A joint initiative of the LSU AgCenter and Blue Cross and Blue Shield of Louisiana Foundation, **Smart Bodies** integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds.



The Louisiana Body Walk Exhibit is a 35 foot by 45 foot walk-through exhibit representing the human body, targeting kindergarten through 5<sup>th</sup> grade youth. During their walk-through, students explore the brain, mouth, stomach, small intestine, heart, lungs, bones, muscles, and skin, stopping at learning stations to participate in activities focused on the effects that different foods have on each organ. This exhibit has been a successful model for teaching human nutrition, physiology and the importance of healthy lifestyle behaviors in a manner that children can understand. Students will also receive an activity book to share with their families.

If interested, please contact Cynthia Clifton, LSU AgCenter at **985-497-3261**.

## Nutrition Blog

### Fun at the Farmers Market

Do you want to have fun? Visit your local farmers market and see all the fun you can have learning about new foods. If there is a food that you cannot identify, ask the grower questions about the food so that he/she can explain what the food is, how it's grown, how to cook and what it should taste like.

The farmers market is also a good place for children to learn math if they are having some problems. They can learn to count and sort shapes and colors of the different fruits and vegetables at the farmers market. They can learn how to weigh the fruits and vegetables and figure out the price per pound of the fruit or vegetable when selling to customers.

The farmers market is a great place to have taste testing done of new foods that are not normally cooked at home. Trying new foods can help families to broaden their eating ability of eating new foods. If there is a fruit or vegetable that taste good, take it home and try it for the family and see how they react to trying a new fruit or vegetable.

Here are some questions that you can ask the farmers at the farmers market:

- Is this a sweet or sour fruit or vegetable?
- What is the growing time on this fruit or vegetable?

## Contact Us

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- What month is it ripe to pick?
  - When will I know if the fruit or vegetable is ready to be picked?
  - How is a fruit or vegetable picked that is at the top of a tree?
  - Does it grow from a seed, flower, stem, leaf or root?
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### Healthy Recipe

#### Red, Bite & Blue Salad

##### Ingredients:

1 pound Texas Star skirt steak, ¼ to 1 inch thick trimmed and halved cross wide  
3 tablespoons Rouses olive oil  
Rouses salt and pepper  
½ head Butter lettuce, rinsed and dried  
6 cherry tomatoes, sliced in half  
10-12 fresh snap beans, blanched  
Blue cheese dressing

##### Instructions:

Preheat grill to highest temperature. Pat steak dry and season both sides with salt and pepper. When grill is hot, brush rack with olive oil, and place steak in center. Cover and grill steak for 3 minutes. Flip steak and continue cooking to desired taste. Transfer steak to a cutting board and let rest for 5 minutes. Thinly slice steak on the diagonal, across the grain. Arrange lettuce and steak on a platter. Top with blue cheese dressing, cherry tomatoes and snap beans.

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### Basics of Safe Home Canning Workshop



Do you know the basic of safe home canning? If not, **THEN**, maybe you should attend this workshop and learn the basic steps to safe home canning.

We will also learn how to maintain color and flavor when canning fruits and vegetables. Methods of pack (raw and hot), controlling headspace, jars and lids, sterilization of empty jars, lid selections and processing time.

The workshop will be held:

**WHERE:** Reserve Library

**WHEN:** September 17, 2015

**TIME:** 5:30 – 7:00 p.m.

If interested, please **RSVP** by contacting **Cynthia Clifton at 985-497-3261**.

The LSU AgCenter is a statewide campus of the LSU System and provides equal opportunities in programs and employment.

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