

W.O.W

Working on Wellness

@ Deep Creek Elementary

February Newsletter



It's
**HEART
MONTH!**

Coming in
February

**Make a healthy
choice...**

“Eat healthy stuff!”

“Move around enough!”

“Live tobacco and drug
free!”

From Coach Goody, *Health Talk Videos*

January's
**Food
Facts!**

We had a great start to 2011, the Wellness Committee at DCE has been busy planning great activities to our students and families busy in the new year. During our “WOW on Wednesday” segments in January, we shared great information about bananas, black-eyed peas, cabbage/leeks, and papaya. Just like in previous newsletters, you will find some interesting notes on these foods below. Toward the end of January we hosted another Family Fun Run called the “Run and Read Challenge”. It was a bit cold out but we had about 50 people come and run. In addition, we were able to collect over 75 books that were donated to the Chesapeake Library.

As we begin a new year, we will be sharing information on these delicious and nutritious food items; oatmeal, grapefruit, cheese, and almonds. On Valentine's Day, all students will receive a heart-healthy treat, dark chocolate! The WOW Committee will also co-sponsored DCE's first ever JUMP DAY! This special Family Activity Day will showcase the skills your children have learned during the month. Come ready to jump in and have some fun. Students and family members can join in some fun contests and activities designed to get your heart pumping. Jump Day will take place on Saturday, February 26th at 10:00 A.M. (we encourage all participants to bring in a small donation for the American Heart Association).

BANANA – Alexander the Great discovered bananas in his conquest of India in 327 B.C. Bananas do not grow on trees as is commonly thought. They grow on leaf stalks that can grow up to 25 feet high. Bananas have significant amounts of Vitamin B6 and potassium.

BLACK-EYED PEAS – Black-eyed peas are really a member of the bean family. They are technically a type of legume. They are an excellent source of calcium, folate, Vitamin A, and protein. Eating black-eyed peas on New Year's Day is an old Jewish tradition that was adopted in the southern parts of the US in the 1700's.

CABBAGE/LEEKS – Cabbage/leeks are in season during the month of January. Cabbage is one of the oldest vegetables in the US, dating back to the 1600's. They are an excellent source of fiber and Vitamin C. Ancient Greeks and Romans believed that eating leeks has a beneficial effect on the throat and made the voice stronger.

PAPAYA - Did you know that the papaya plant is not really a plant at all? It is an overgrown herb known as herbaceous perennial. The two most popular types of papaya come from Hawaii and Mexico. It is also a good source of Vitamins A, C, E, and potassium.

The Wellness Committee

Mr. Triolet, Ms. Bradshaw, Mrs.
Koonce, Mrs. Fitzgerald, Mrs.
Abrams, Mrs. Byrd, Mrs. Hill (RN)

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!

February Healthy Recipes

Best Chiquita Banana Bread Recipe

(<http://www.chiquitabananas.com/Banana-Recipes/best-easy-Banana-Bread-recipe.aspx>)

Ingredients

4 whole Chiquita Bananas
1 cup All-purpose flour
1 cup Unprocessed wheat bran
1 1/2 tsp. Baking soda
1/2 cup Sugar
1/2 cup Brown sugar
1 cup Unsalted butter, soft
2 whole Eggs
1 tsp. Vanilla extract
1/2 cup Walnuts
1 Tbsp. Honey

Directions

Preheat oven to 350 degrees F. Grease loaf pan. Whip 2 Chiquita Bananas and sugars until mix is creamy (about 3 minutes). Add butter, eggs and vanilla and whip until smooth. Mix in all dry ingredients until blended then add walnuts and blend for additional minute. Slice two Chiquita Banana and toss with honey until Chiquita Bananas are well coated. Pour mix in loaf pan and place honey coated bananas on top. Bake in oven for 60 minutes. Let cool for 5 minutes then place plate on top of pan and flip pan upside down so loaf falls onto plate. Slice and garnish the loaf with your choice of fresh fruit, powder sugar, yogurt etc.

Roasted Papaya with Brown Sugar

(<http://www.marthastewart.com/portal/site/mslo/menuitem.fc77a0dbc44dd1611e3bf410b5900aa0/?vgnextoid=4c3ec9e5b1154110VgnVCM1000003d370a0aRCRD&vgnnextfmt=default>)

Ingredients

2 tablespoons light-brown sugar
1/4 teaspoon ground ginger
2 medium Solo papayas (14 ounces each), halved lengthwise and seeded
1/4 teaspoon cayenne pepper
1 lime, cut into 4 wedges

Directions

1. Preheat oven to 450 degrees. Stir together sugar and ginger in a small bowl. Arrange papaya halves, cut sides up, in a 10-by-13-inch baking dish. Sprinkle sugar mixture evenly over halves.
2. Bake, brushing papaya edges with melted sugar mixture (it will collect in well of fruit) 2 or 3 times, until mixture is bubbling and papaya edges are beginning to darken, 35 to 40 minutes.
3. Sprinkle each serving with a pinch of cayenne. Serve with lime wedges.