

Colorado Harvest of the Month

August/September...Corn



You would be hard pressed to find a friend who has never eaten corn. This is because corn comes in hundreds of different forms. From eaten fresh off the cob, to being ground into flour to dried and popped for popcorn, corn is one of the most widely used vegetables in the world.

Corn originated in South America where it was a staple crop of ancient Indians. In fact, Native Americans called corn “mahiz”, which means “that which sustains us”. Corn is considered a vegetable when in its full kernel form, like when you eat it fresh off the cob, but it can also be broken down into a grain to be used as flour for baking or to make corn chips and tortillas.

Corn boasts a variety of nutritional benefits when consumed as a vegetable or as a whole grain. It contains Vitamin A, which is very important for your eyes to help you see in the light and the dark. Corn also has antioxidants, which are little warriors that can live in your body to fight off germs and other invaders that might make you sick. Now is the time to enjoy fresh sweet corn. You can boil or grill it, then top with salt and pepper or paprika and a pat of butter. Toss kernels with black beans, tomatoes and onions for a fresh salsa or air pop some colorful kernels and sprinkle with parmesan cheese for a crunchy snack. You might even be able to find a corn maze to get lost in!

Sources: <http://www.twingardenfarms.com/family-corner/sweet-corn-facts>,
<http://wholegrainscouncil.org/whole-grains-101/corn-october-grain-of-the-month>

Physical Activity Topic for August/September...

Improving Academic Success through Nutrition & Physical Activity

Did you know that it takes more than classroom time and studying for kids to learn well? Eating well and staying active are very important to help your brain and body do their best!

Students who eat healthy and do not skip breakfast will perform better in school. Research has shown that students who eat breakfast are absent less often, do better on tests, can concentrate better and are better behaved. Physical activity is important not only for health, but also improves how well you learn. When kids are active, they have improved behavior, brain development, attitudes and grades.

Did you know??

Students need more physical activity and playtime to develop the problem solving part of their brain.

Do you find it hard to focus during homework time? Do you ever have ‘ants in your pants’ or have a hard time sitting still? Brain breaks are a great way to re-charge your brain and help you focus, as well as have fun and get moving! Brain breaks are short breaks of physical activity taken from time to time during homework. They do not have to last long, as little as 30 seconds can help you to recharge and be able to focus better on your homework! Try to keep them less than 3 minutes each.

Try these brain breaks to help your students stay focused:

- Jumping jacks
- One-minute dance party
- Jump up and down
- Simon Says
- Jog in place



Be creative and make up your own brain breaks! The important thing is to re-energize your brain and have fun!

Source:
www.kidseatright.org