

Chef Combo's™

ISSUE 13

CONNECTIONS

A Newsletter for Teachers Using
Chef Combo's Fantastic Adventures in Tasting and Nutrition



On the road with Chef Combo

During the NAEYC Conference Chef Combo explores the sights and sounds of the city of New Orleans in the traditional way—a horse and carriage ride beginning at Jackson Square and going through the French Quarter.






TEACHER-TO-TEACHER

If it's Friday it's "Chef Combo Day" at the Providence Head Start, Mary T. Dean Center, in Pawtucket, RI. "Fridays can be challenging," explains Sharon Tariq, Center Manager. "Chef Combo is the right educational tool to capture the children's attention!" Teachers use an expanded **Tasting Chart** (page 30) developed for each Tasting Activity. "The charts are more interactive and further highlight food variety and develop pre-math skills."




MATERIALS

- A **Tasting Chart** on poster board for each Chef Combo recipe, as shown, with each child's name in the first column:

TASTING CHART	Frozen Milk Shakes			Try Again
Child's Name				
Jessica				
Scott				

- Drawn symbols (one per child) of each Theme or Tasting Activity (e.g., glasses of chocolate milk for **Frozen Milk Shakes**)
- Double stick tape


WHAT TO DO

- Follow the Steps in the Teacher Guide for each Tasting Activity.
- After each Tasting Activity give each child the appropriate symbol with double stick tape attached.
- Have each child put their symbol in the column indicating their reaction.
- Count the responses in each column with the children. If more than half the responses are under "Try Again," repeat the Tasting Activity the following week and compare responses.
- Save the charts and display them at the end of the year. Help the children review the year by counting the number of tasting adventures and the results. 

BRIEFS




Milk break time at the NAEYC Conference

Chef Combo brought a healthy snack for attendees at the National Association for the Education of Young Children's Conference (NAEYC) held in New Orleans, LA on November 10-13. Early childhood educators snacked on deliciously cold white or chocolate milk. They chose chocolate milk four to one. It's an excellent choice for children and adults since the nutrients in chocolate and white milk are exactly the same. 

Don't miss this new millennium celebration!


What's the most important event to celebrate in the Year 2000 for Chef Combo? It's National Nutrition Month®, which is in March and sponsored annually by the National Center for Nutrition and Dietetics of The American Dietetic Association. This year's theme, *Food & Fitness: Health for a Lifetime*, reinforces the importance of proper nutrition and physical activity and emphasizes the enjoyment of eating delicious foods. Let the children celebrate with a National Nutrition Month "party" in your **Chef Combo's™ Fantastic Adventures** activities planned for March. Do the **My Favorite Bug**

activity from the **Seasons** Theme (page 66) that includes a nature walk to look at insects before making the recipe. During the walk, talk about how important it is to get fresh air and in combination with healthy eating, to get a lot of exercise. If time and weather permit, let the Chef lead an active game—perhaps "Chef Combo Says!" 

American Academy of Pediatrics speaks out on calcium

In the November 1999 issue of *Pediatrics*, the American Academy of Pediatrics (AAP) published a policy statement on calcium intake for children and adolescents. It encourages pediatricians to recommend milk, cheese, yogurt and other calcium-rich foods for children's daily diets to help build bone mass.

According to Susan Baker, M.D., Ph.D., Chairperson of the AAP's Committee on Nutrition, "Government studies have shown that more than half of children in America do not meet current calcium recommendations. Three or four servings of milk or other dairy foods every day is an easy way to meet these requirements."

The statement recommends children get calcium through food first since eating patterns developed during childhood are usually followed throughout their life. 

Get caught in the Web... and find the best nutrition information

Everywhere you look today you see www."something".com! Use of computers and the Internet, at school and home, have become incredibly prevalent. In 1998 about 50% of U.S. households owned a personal computer and 51% of classrooms had Internet connections. The World Wide Web has penetrated our lives! There's a Website for everything imaginable.

Fortunately, this includes a multitude of nutrition education Websites for teachers and parents to browse and obtain information—even for preschool aged children. The challenge is locating what you are looking for and determining if the information is credible. Here are some guidelines to help get the most out of looking for quality nutrition online.

Evaluate the site's sponsor

According to Julie Smith, M.S., R.D., Electronic Projects Manager at the Center on Nutrition Communication at Tufts University, the most reliable nutrition Websites list sponsorship information. If it's missing, it may mean the creators lack the training to offer sound advice.

Rely on sites promoting balanced nutrition

Healthy eating is based on eating from the Five Food Groups. While a Website may focus on a specific food or food group, make sure the product is positioned as part of an overall, balanced diet and none of the Five Food Groups are excluded.

Bookmark nutrition Websites for future visits

Once you have carefully screened sites,

bookmark or place the addresses on your "Favorites List" so you can easily return to them. Websites are updated regularly and frequent visits may yield fresh ideas. For example, the Chef Combo program is now on a new Website, www.nutritionexplorations.org. Selections like Teacher-to-Teacher Ideas and Chef Combo Activities provide new material to add to the Chef Combo activities you are now teaching.

Share finds with parents

It's never too soon to get parents on the Web! Statistics support that their preschoolers will be there soon. Children will learn it easier, since they are born with this technology and will assimilate it, while most adults must accommodate it. Providing nutrition Websites to parents helps create valuable links between school, home and children. Many nutrition sites feature activities for parents and children to explore together.

Check out these great nutrition Websites

www.familyfoodzone.com
www.nutritionexplorations.org
www.eatright.org

References:

Tapscott, Don. "growing up digital, The Rise of the Net Generation."
New York: McGraw-Hill, 1998

U.S. Department of Education, 1998 

IMPORTANT NEWS ALERT

The U.S. Food and Drug Administration has issued a health advisory that warns people not to eat raw sprouts. Grown under warm, moist, nutrient-filled conditions, which are ideal for the rapid growth of bacteria, commercially produced sprouts can cause foodborne illnesses.

The **Chef Combo's Fantastic Adventures** program always puts food safety first. Therefore it is recommended that the **Making Sprouts Pockets**

Tasting Activity (pages 48, 52 and 53) in the **Farm Theme**, be eliminated. The **Farming in a Bag** Nutrition Activity (page 47) which has children grow sprouts, can still take place, but modify Step 5 by not allowing the children to taste the sprouts. Also, the English version of the recipe in the **Food Matters Family Newsletter** (page 56) lists sprouts in the "veggie choices." Please delete this by using correction fluid before making copies to send home.

The Chef Combo program has 45 other activities to be enjoyed throughout the year.



\$25 FOR IDEAS...

National Dairy Council® welcomes suggestions from newsletter readers for extensions of the current Chef Combo activities.

We are looking for ideas for manipulations, books, songs, finger plays, etc. that will enhance children's learning by building on one of the existing activities in **Chef Combo's Fantastic Adventures in Tasting and Nutrition**.

Contributors will receive \$25 for each idea published. Be sure to include your name, school, full address, phone number, and current position. All submissions become the property of National Dairy Council.

Send your idea, as well as the name of the specific Chef Combo activity associated with it, to:

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