

SNACK FACTS

Don't forget to wash your hands before you eat!

Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

PINEAPPLE

Are pineapples grown in Ontario?

- No
- Pineapple is a popular tropical fruit grown in Central and South America.

The pineapples sent to your school were imported from Costa Rica

When are pineapples grown?

- You can buy pineapples all year round but availability peaks from March to July.

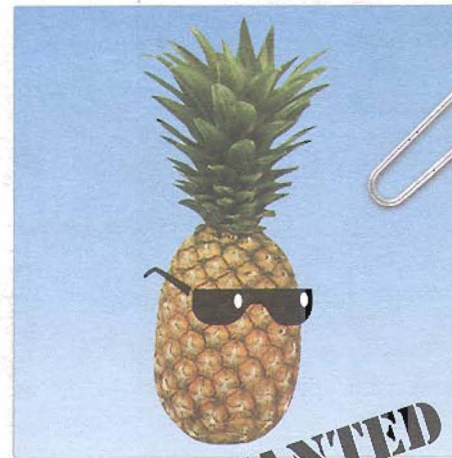
How are pineapples used?

- As a juicy addition to a fruit salad or fruit tray
- Cut into rings and grilled with seafood, ham or other meats
- As a pizza topping

Did you know?

- Pineapple is an excellent source of Vitamin C and manganese and a source of Vitamin B6 and folate.
- Spanish explorers ate pineapples to prevent scurvy which is caused by not eating enough Vitamin C.

PINEAPPLE



Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Pineapples belong to the yellow-orange colour group:

- Yellow and orange vegetables and fruit contain special compounds called *phytochemicals* such as *beta carotene* and *flavonoids* which may lower the risk of heart disease and some cancers.

Reference: *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.

*Paint your plate.
Create a masterpiece.*

Students:

- Can you find Costa Rica on a world map? (Answer on back)
- How do you think the pineapples traveled from Costa Rica to your school?

Parents:

- Look for handouts such as the *Eat Vegetables and Fruit Throughout the Day!* This information sheet is full of great ways to add more vegetables and fruit to your diet.

Teachers:

- For ideas on how to make vegetables and fruit come alive in your class, refer to *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.*



Set **SMART** goals for better health

SMART goals can help you accomplish a variety of personal goals such as healthy eating, being more active and increasing vegetable and fruit intake.

SMART goals are: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely

A **specific** goal clearly defines, what, why and how.

Example: I am going to walk 5 km each day at a challenging pace to strengthen my heart.

A **measurable** goal identifies a way for you to track your progress and accomplishments.

Example: The kids are going to play outside for 45 minutes after school each day.

An **attainable** goal keeps you motivated because it is reachable and leads to success.

Example: I am going to limit the amount of time the children can watch TV by 30 minutes a day by the end of the month.

A **realistic** goal does not mean it is an easy goal but it creates a challenge and is within reach.

Example: Unrealistic Goal – I am never going to eat junk food again.

Realistic Goal – Allow yourself one treat a week.

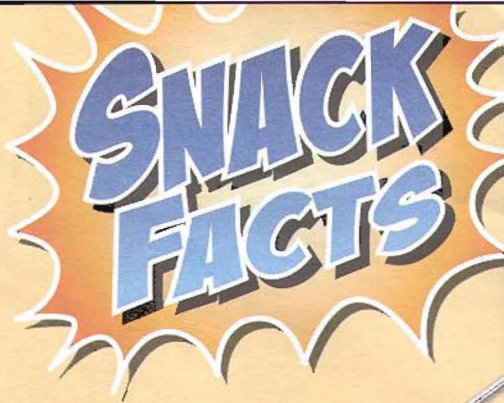
A **timely** goal sets a time-frame for you to achieve your goal.

Example: Set a goal for next week, next month or by an upcoming holiday or event.


Source: *Theme PARC SMART Goal Setting. Physical Activity Resource Centre. 2006 Available at: <http://www.ophea.net/parc/>*

Where is... Costa Rica?

Costa Rica is a country in Central America located between Nicaragua and Panama. Your pineapples traveled over 3,700 kms to get to you!



Pineapple Vegetable Rice

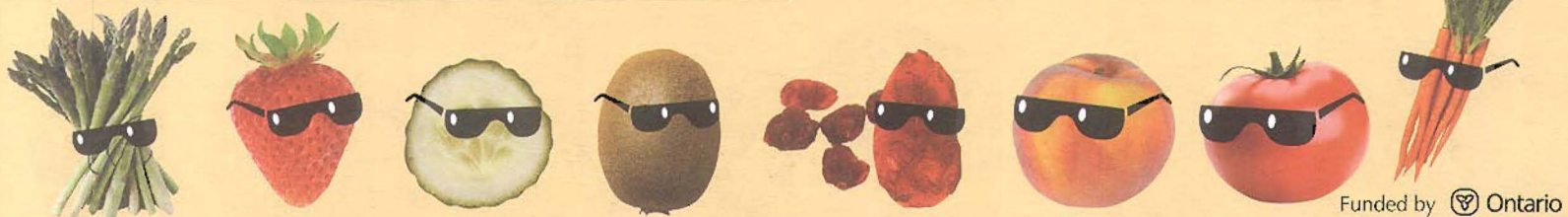
- 
- 2 tbsp (30 mL) vegetable oil
 - 1 clove garlic, finely chopped
 - 1/2 cup (125 mL) chopped yellow onion
 - 1/2 cup (125 mL) diced carrot
 - 1/2 cup (125 mL) red bell pepper
 - 3 cups (750 mL) cooked brown rice
 - 1 cup (250 mL) fresh or canned pineapple chunks
 - 1/2 cup (125 mL) dry-roasted cashew pieces
 - 1/4 cup (50 mL) dried cranberries
 - 3 tbsp (45 mL) reduced-sodium soy sauce
 - 1 tbsp (15 mL) sugar
 - 1/2 cup (125 mL) frozen green peas, thawed
 - 1 green onion, chopped
 - 2 tbsp (30 mL) chopped fresh cilantro


1. In an ovenproof skillet, heat oil over medium heat. Sauté garlic and onion until softened, about 5 minutes. Add carrot and red pepper; sauté until slightly softened, about 5 minutes. Stir in rice, pineapple, cashews, cranberries, soy sauce and sugar.
2. Place skillet in preheated oven and bake for 30 minutes. Remove from oven and stir in green peas. Bake for 10 minutes, until peas are hot.
3. Transfer to a serving bowl and sprinkle with green onion and cilantro.

Recipe reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007 <http://www.dietitians.ca/eatwell>

Remember:

Try to make healthy eating and physical activity a part of your daily routine.



Funded by  Ontario