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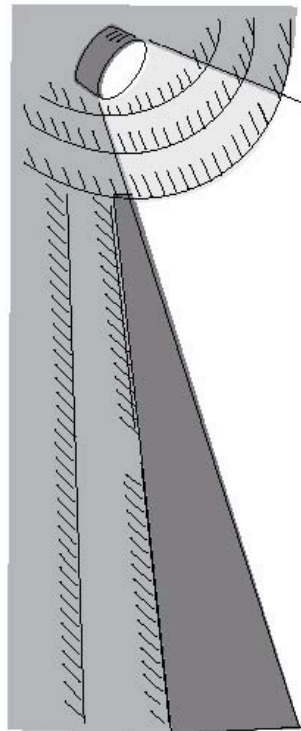
The Cafeteria: Partner in Nutrition Education

Eat Well & Keep Moving Promotions

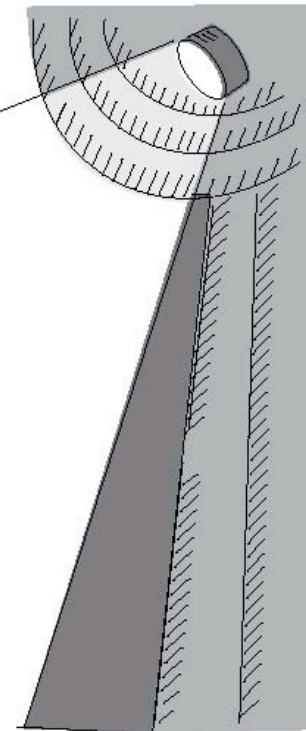
- ***Eat Well & Keep Moving* menu board**
- **Eat Well cards**
- **Food posters**

Eat Well & Keep Moving Menu Board

Eat Well & Keep Moving
Mondays



This Monday
presenting



Eat Well Cards in the Classroom and the Cafeteria



Stir-Fry With Healthy Fat!

Stir-fry means to cook over high heat while briskly stirring the ingredients so that they cook evenly. Because the vegetables are cut into small pieces, they cook quickly, stay crisp and delicious, and retain most of their nutrients and fresh flavor.

Unlike foods fried in butter, which is high in saturated (unhealthy) fat, stir-fry dishes often have healthy fat, because they are often cooked in vegetable oil and sometimes with another liquids like chicken broth.



From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

Posters

- **Throughout the school year, cafeteria managers can order posters that support *Eat Well & Keep Moving* goals.**
- **Poster sources include the USDA and food vendors.**
- **Consult principals on the best locations to hang posters.**

Sample *Eat Well & Keep Moving* Menu

- **Cycle 1**

- Chicken stir-fry with vegetables on brown rice*
- Ham and cheese sandwich
- Tossed green salad with olive oil salad dressing
- Orange wedges

- **Cycle 2**

- Tarragon tuna pita pocket*
- Roasted chicken on pasta
- Steamed broccoli*
- Lettuce and tomato
- Fresh fruit in season

- **Cycle 3**

- Caribbean chicken on brown rice*
- Pizza
- Sweet potatoes and orange juice*
- Seasoned collards*
- Chilled pineapple

- **Cycle 4**

- Beef 'n' macaroni
- Turkey roll-up on whole wheat tortilla*
- Green beans
- Lettuce and tomato
- Peach slices

* = *Eat Well & Keep Moving* item

Questions?