



Volume 1, Issue 2
Fall Edition

(Coordinated Approach to Children's Health)

Background

Thank you to those who read our first newsletter. We had a great first month and our now on lesson two. For those of you who were not able to read it, CATCH, stands for "A coordinated Approach to child health" and is an evidence-based program proven to prevent childhood obesity. CATCH reinforces 3 focus areas to encourage children to adopt healthier food choices by increasing fruits and vegetables and also following the USDA "My Plate" guidelines. The CATCH program also strongly encourages kids about the importance of being physically active. CATCH Kids know that they need 60 minutes of play and exercise every day to keep their bodies and hearts strong. The last component of CATCH stresses decreasing screen time. We hope this newsletter continues to share some of the information that your children are learning every month during one of their 6 CATCH Classes. If you have any questions about the program or just want to share some CATCH stories, please email lisa.cumings@nm.org. Thank you so much for your support!

Nutrition Center

Pumpkin Smoothie

Ingredients:

- 1 cup pumpkin puree (canned or fresh)
- 1 cup unsweetened vanilla almond milk (or low-fat or fat free milk)
- ½ frozen banana
- Handful of ice cubes
- Dash of pumpkin pie spice

Instructions: Blend and Enjoy!

Summary of Lessons

Kindergarten: Kindergarteners were introduced to GO and WHOA foods where they learned distinguish between GO and WHOA foods and identify GO foods as healthy foods and WHOA foods as foods with less nutrition.

First Grade: First Graders were introduced to MyPlate where they learned about the five food groups of fruits, vegetables, grains, protein and dairy and learned to put together healthy meals and identify the food groups missing from menus.

Second Grade: Second Graders discovered how the heart works and how it gets stronger through physical activity in addition to comparing and identifying physical activities based on their level of intensity.

Third Grade: Third Graders learned the size and function of the heart and identified different activities that good and bad for your heart.

Fourth Grade: Fourth Graders were introduced to the concept of Energy Balance and learned where energy comes from, how it is used and five ways to achieve energy balance in addition to identifying ways energy balance can contribute to a healthy lifestyle.

Fifth Grade: Fifth Graders reviewed MyPlate, learned how different types of foods provide different types of nutrients and applied this information to school lunch menus.

