

Section 4:

Music CD and Resources

Music CD

One music CD, *Veggie Power*, is included in the Power Panther Preschool kit. Songs from the CD are recommended in each lesson. Use your imagination and the music can be incorporated into the lessons in ways other than those suggested.

This fun, educational 12-song CD is aimed at teaching children the importance of good nutrition. Upbeat songs with funny lyrics will keep children engaged while delivering important fruit and vegetable messages. The CD was produced by Mark McLelland for the Produce for Better Health Foundation, www.fruitsandveggiesmorematters.org.

The track listing is as follows:

1. Veggie Power
2. Green Light, Red Light
3. Broccoli Blues
4. Phyto Fighters
5. Fruiti Fruiti Breakfast
6. Runny Noses
7. Just Like That
8. I'm A Little Fuzzy Peach
9. Karate Carrot
10. Mother Nature
11. Get In The Habit
12. It's All Up To You

Fruit and Veggie Color List

Did you know that each different color fruit and vegetable contains unique nutrients that are essential to our health? That's why it's important to eat fruits and vegetables in a variety of colors. This list gives fruit and veggie choices from each color group to help you incorporate many different colors into your daily snacks and meals. The list was developed by the Produce for Better Health Foundation, www.fruitsandveggiesmorematters.org.

Red

FRUITS	Red Apples	Red Pears	VEGETABLES	Beets	Red Onions
	Blood Oranges	Pomegranates		Red Peppers	Red Potatoes
	Cherries	Raspberries		Radishes	Rhubarb
	Cranberries	Strawberries		Radicchio	Tomatoes
	Red Grapes	Watermelon			
	Pink/Red Grapefruit				

Yellow/Orange

FRUITS	Yellow Apples	Nectarines	VEGETABLES	Yellow Beets	Rutabagas
	Apricots	Oranges		Butternut Squash	Yellow Summer Squash
	Cape Gooseberries	Papayas		Carrots	Sweet Corn
	Cantaloupe	Peaches		Yellow Peppers	Sweet Potatoes
	Yellow Figs	Yellow Pears		Yellow Potatoes	Yellow Tomatoes
	Grapefruit	Persimmons		Pumpkin	Yellow Winter Squash
	Golden Kiwifruit	Pineapples			
	Lemons	Tangerines			
	Mangoes	Yellow Watermelon			

White or Tan/Brown

FRUITS	Bananas	White Peaches	VEGETABLES	Cauliflower	Onions
	Dates	Brown Pears		Garlic	Parsnips
	White Nectarines			Ginger	Potatoes (White Flesh)
				Jerusalem Artichokes	Shallots
				Jicama	Turnips
		Kohlrabi	White Corn		
		Mushrooms			

Green

FRUITS

Avocados
Green Apples
Green Grapes

Honeydew
Kiwifruit
Limes

VEGETABLES

Artichokes
Arugula
Asparagus
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprouts
Chinese Cabbage
Green Beans
Green Cabbage
Celery
Chayote Squash
Cucumbers

Endive
Leafy Greens
Leeks
Lettuce
Green Onions
Okra
Peas
Green Peppers
Snow Peas
Spinach
Sugar Snap Peas
Watercress
Zucchini

Blue/Purple

FRUITS

Blackberries
Blueberries
Black Currants
Concord Grapes
Dried Plums
Elderberries

Grape Juice (100%)
Purple Figs
Purple Grapes
Plums
Raisins

VEGETABLES

Black Olives
Purple Asparagus
Purple Cabbage
Purple Carrots
Eggplant

Purple Belgian Endive
Purple Peppers
Potatoes (Purple Flesh)
Black Salsify

Educational Web Sites

Fruits and Veggies More Matters www.fruitsandveggiesmorematters.org
Information on how to fill half your plate with fruits and vegetables

Kids Gardening www.kidsgardening.org
Includes a teachers' resource room, free e-mail newsletter and activities for children

National Food Service Management Institute www.nfsmi.org
Nutrition and nutrition education materials available for sale

National SafeKids Campaign <http://safekids.org>
Information on how to keep kids safe

Nutrition for Kids www.nutritionforkids.com
Information on how to teach nutrition to kids, weekly nutrition messages, fruit and vegetable of the month and other links for children

Open the Door to a Healthy Heart www.healthyfridge.org
Just for kids section includes heart-healthy recipes

Tiny Tummies www.tinytummies.com
Newsletters with advice from a professional about children's eating issues

Government Web Sites

- Center for Nutrition Policy and Promotion (USDA)**.....www.usda.gov/cnpp/
- Centers for Disease Control and Prevention**.....www.cdc.gov
- Food and Nutrition Information Center (USDA)**..... www.nal.usda.gov/fnic
Information on MyPlate and Dietary Guidelines for Americans as well as detailed nutrient information on foods
- Healthfinder**.....www.healthfinder.gov
- Kansas State Department of Education, Child Nutrition & Wellness**www.kn-eat.org
Information about Child Nutrition Programs in Kansas
- Kansas Department of Health and Environment**.....www.kdheks.gov/wash_em/
Materials and information on statewide hand washing campaign, “Did You Wash ‘Em?” stickers, signs and posters to download
- Kansas Nutrition Network**..... www.kansasnutritionnetwork.org
Resources for parents with young children (some information available in Spanish)
- Kansas State University Research and Extension**www.ksre.ksu.edu
- Kansas State University Kids a Cookin’** www.kidsacookin.ksu.edu
- Kansas State University Human Nutrition**www.ksre.ksu.edu/humannutrition
- Nutrition 4 Kids (USDA’s Agricultural Research Service)** www.ars.usda.gov/is/kids
- Power Panther (USDA)** www.teamnutrition.usda.gov/Resources/eatsmartmaterials.html
Power Panther information and materials
- Team Nutrition (USDA)** www.fns.usda.gov/tn
Team Nutrition information and materials

Organization Web Sites

American Association of Physical education, Recreation and Dance-National Association of Sports and Physical Education.....www.aahperd.org

Preschool Physical Activity Package to order that includes the Active Start booklet with activity guidelines for toddlers and preschoolers

American Diabetes Association..... www.diabetes.org

Dairy Management Inc......www.dairyinfo.com

Links to other dairy related sites with information for children

Fight Bac!.....www.fightbac.org

Fuel Up to Play 60 www.fueluptoplay60.com

Grains Nutrition Information Center..... www.wheatfoods.org

Links and downloads

Kansas Beef Council..... www.kansasbeef.org

Resources for teachers

Kansas Wheat Commission www.kswheat.com

Field of Gold lesson book for preschool for download

Presidents Challengewww.presidentschallenge.org

Physical fitness section about kids ages 6–12

Vegetarian Resource Groupwww.vrg.org