

December 2020

Julia, an FBISD dietitian says,
"My favorite way to prepare Brussels Sprouts is to toss them in olive oil and my favorite seasonings and roast them in the oven."



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Harvest of the Month

Brussels Sprouts

Everything is better in Fun Size!

- Vitamin K
 - 137% of Recommended daily intake per ½ cup of cooked Brussels Sprouts
 - Promotes bone health and important component for blood clotting
- Omega-3 Fatty acids
 - 135mg of omega-3 fatty acids per ½ cup cooked Brussels Sprouts
 - Research suggests omega-3 fatty acids reduce triglycerides in the blood, decrease rate of cognitive decline, decrease insulin resistance and decrease inflammation throughout the body

Where do Brussels Sprouts come from?

- Member of the mustard family and closely resemble cabbage
- Popular in Belgium in the late 1500's
- USDA reports 90% of Brussels Sprouts are grown in the state of California

How do you eat Brussels Sprouts?

- Rinse with water thoroughly before preparation
- Can be shredded and eaten raw in a salad
- Can be whole or cut in half and roasted, baked, sautéed or steamed



Trying New Foods

1. Encourage students to try something new
 - Ask the students, "Is it ok if you don't like it?" and remind them that "YES! That's ok." Many students feel they have to pretend to like something when they try it, but it is great for the students to begin developing opinions about their personal "likes" and "dislikes." Make sure to let them know it is ok and acceptable to not like a food, but it is important to try new things!
2. Lead by example
 - If our Harvest of the Month product is one of your favorites, let the students see you taste it (just remember to change you gloves if you do!). Research shows, students are much more likely to try something new when they see adults and peers trying it.
 - If you are not a fan of what we are offering, keep that information to yourselves. An adult's opinion can influence a student and discourage a student from trying new foods.
3. Perfect opportunity for a quick lesson in etiquette
 - Sometimes students will be very vocal about how much they dislike a food. This can influence peers and is not respectful of the staff that prepared the food or the volunteers taking the time to share samples and information. A more polite way to express that opinion would be to politely say, "I don't care for that." Encourage students to say this instead.
 - Remind students that it is impolite and unsanitary to spit food out. Encourage students to start with a small bite and remind them that they need to swallow the food they try.

Get Social!

- Tweet @FBISDFoodie or email your pictures of your Harvest of the Month recipe to CNDsocial@fortbendis.com.

Note: We are unable to post picture with students' faces, please be mindful of the pictures you share



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