

March 2021

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## Harvest of the Month

### Bok Choy

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Julia, an FBISD dietitian says,

"Bok Choy has been cultivated for over 5,000 years in China!"

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#### Did someone say Bok Choy?

- **Vitamin A**
  - Vitamin A plays a role in regulating the growth of cells and helps keep your eyes healthy as you age.
- **Vitamin K**
  - Vitamin K promotes blood clotting and bone health.

#### Where does Bok Choy come from?

- Grown best from December to March in Texas.
- Seeds are sown directly into soil and start to grow 5 to 10 days later.
- It is a type of Chinese cabbage.

#### How can you eat Bok Choy?

- Salads
- Dip in your favorite hummus or spread
- Use in stir-fry



# Trying New Foods

1. Encourage the 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 your 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.

