Nutrition

Many families begin to homeschool their children due to behavioral problems or health issues. Homeschool families then may have the opportunity to assess nutritional deficiencies or monitor allergies since the children eat at home more often.

Some families discover that while we have always thought about the brain connected to learning and thinking, the brain is also connected and affected directly by our nutritional choices each day.

With the children home, parents can see direct correlations to what their child is eating and memory, behavior, and attitudes. We know more fruits, vegetables, and good fats, balanced with other food groups, help their children become more happy, attentive, active, and strong. Parents then take responsibility and make sure their children receive optimal nutrition and address any food allergies. The outcome is usually a more content child (and family!). While putting healthy food directly on a child’s plate or providing nutrient dense snacks is very helpful and important for young children, the challenge is to teach the children to make these important and wise nutritional choices for themselves. For many homeschool families, teaching their children to do tasks for themselves is a high priority. Why not also teach them the important science and health information background concerning ongoing and lifelong food choices for strength and vitality?

Families may even choose to conduct experiments by letting the children choose nutrient dense foods and wait to see how the child feels after 30 minutes, then let them choose among a nutrient depleted food (but not an allergen!) and conduct a physical challenge such as an obstacle course in the backyard. The children will see and feel for themselves how much better they feel with water and good food choices. Go one step further and have the children try to read or do difficult math calculations after each food choice! What happens? Brain function is directly affected by food choices, because our brains are fueled by what we put in our stomachs! Since the brain also runs our muscles and nerves, then again, we should be putting the best fuel into our brains via the stomach!

It is important to always make sure the children are provided with nutrient rich foods they can choose at home. Stock the refrigerator and pantry with whole foods and rich, fresh grocery items they can win with! Then visit the library and check out recipe books together and try some awesome and creative ways to make choosing wisely easy! Here are a few to get you started:

Awesome Foods for Active Kids: The ABCs of Eating for Energy and Health by Anita Bean

Eat, Play, and Be Healthy (A Harvard Medical School Book) by W. Allan Walker

A Gluten-Free Birthday for Me! by Sue Fliess

Good Enough to Eat: A Kid’s Guide to Food and Nutrition by Lizzy Rockwell

It’s Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating by Dina Rose, Ph. D.

Teen Cuisine by Matthew Locricchio

To contact PPLD’s Homeschool Committee, please email gsohns@ppld.org.
Have you heard the news?

Pikes Peak Library District has opened a new library!

Come see and explore Library 21c located at Chapel Hills Drive and Jamboree.

What will you find?

• Over 55,000 items ready to check out
• Family Place Children’s Library with new toys, blocks, dolls, books, AWE Computers, Interactive Table, tween area, parent/child work areas, and more beautiful books!
• Makerspaces
• Separate teen and adult video gaming
• Business areas
• Meeting rooms
• Internet and WiFi
• Teen area and special collection
• Awesome self-check machines!

This new library will not be a secret for long!
Come in and spend the entire day with your family!

P.S. Curious about the Family Place Library? Be sure to access familyplacelibraries.org to read all about it and visit PPLD’s other Family Place Library in Fountain, 230 S. Main St., Fountain, CO 80817.
Homeschool Programs

Science Lab Orientation Meeting
Come to a brief orientation meeting about East Library’s Homeschool Science Lab and then check out the Lab itself. You’ll find out about the equipment we have available and what you can do in the lab with your children.
Fri., Sept. 12 • 1 - 2:30 p.m. • East Library

Homeschool Science Lab
Use PPLD’s science equipment for parent-assigned experiments. Watch for news about occasional special lessons and programs planned during lab time. Contact Tori at vsparrow@ppld.org for more information or visit ppld.org/homeschool-hub.
3rd Friday of each month (beginning Sept. 19, 2014)

Homeschool Tools
Come and learn about the many library resources available to homeschool families. During this drop-in program you choose what you want to learn! We can show you some of our best online resources, answer your questions about our catalog and library services in general, introduce you to the Homeschool Science Lab, and offer library tours. We’ll even have some craft activities for the kids!
Fri., Sept. 26 • 9 a.m. - noon • East Library

Homeschool Lunch Bunch
There’s a different family learning experience every time. Enjoy your sack lunch while socializing with other homeschooling families after the program. Programs are held at Fountain, High Prairie, Monument, and Rockrimmon libraries. Contact your closest location for days and times.

Study Buddies
Teen volunteers help students in kindergarten through fifth grade with homework or reading practice. Call 531-6333, x1407 or x1403 for more information (and starting date).
Tuesdays • 6:30 - 8 p.m. • East Library

Family Fun
Enjoy performers, animals, crafts and much more at monthly programs. Fun for the whole family! Check online at ppld.org, or at your local library, to find out what’s happening at that location.

AfterMath
Is math homework getting you down? Do you need to brush up before the ACT, SAT, or GED? Our experienced math tutors can help you improve your grades and take the stress out of math. No appointments - Drop in!
Grades K - 12 only.
Mondays • 3:30 - 7 p.m • Monument Library
Mondays • 4 - 6:30 p.m. • Manitou Springs Library
Wednesdays • 3 - 6 p.m. • Library 21c
Thursdays • 3:30 - 6 p.m. • East Library

Intergenerational APPR Booktalk
Join readers of all ages to discuss All Pikes Peak Reads teen book: Matched by Ally Condie. Everyone is welcome! Light refreshments provided. Part of East Teen Centers Wig Out Wednesdays!
Wed., Sept. 17 • 3:30 - 5 p.m. • East

Teen Top Chef
Three top teen chefs battle it out for the title in a competition to whip up a gourmet treat using surprise ingredients and their own creativity. Bring your friends and family to watch the action! Any teens interested in participating should call the Rockrimmon Library for more information.
Sat., Nov. 8 • All Day • Rockrimmon Library

What is the Dewey Decimal System?
The Dewey Decimal Classification (DDC, also called the Dewey Decimal System) is a system of library classifications developed by Melvil Dewey in 1876. This system organizes books on library shelves in a specific order.
The Dewey Decimal System organizes information into 10 broad areas, which are broken into smaller and smaller topics. It is the same in the adult materials and children’s materials.

000 General/Dictionaries/Encyclopedias
100 Feelings
200 Religions
300 Communities
400 Languages
500 Nature/Science
600 Technology/Applied Science
700 Arts/Sports
800 Poetry/Writing
900 History/Geography

Different topics are assigned numbers, known as “call numbers.” For example, “tigers” are given the number 599.756.

Our Newsletter theme this fall is “Nutrition.” You will find cookbooks and Health resources in the 600s.


Websites to try are:
mcp.info/childrens/how-use-dewey-decimal-system
library.thinkquest.org/5002/
www.cf.k12.wi.us/library/deweydecimal.htm

Some PPLD Resources about the library are:
The Library by Sarah Stewart. STEW Children’s-J-Easy
Library Lil by Suzanne Williams. WILL Children’s-J-Easy
Lola at the Library by Anna McQuinn. MCQU Children’s-J-Easy
Web Picks 2014

Homeschool Connections

Pikes Peak Library District serves children and their families with access to many resources on Health and Nutrition. Websites especially for children that pertain to health and nutrition can be found by clicking on the Kids Web from the PPLD home page at ppld.org. Once in Kids Web, click on Explore the Web then go to Great Web Sites for Kids. From here your children may access human biology, nutrition, and health on Brain Pop (brainpop.com/health/) then click on Health and go to Nutrition. Another website would be A Guided Tour of the Human Body (madsci.org/~lynn/VH). Both these sites are accessed from Kids Web to Great Websites for Kids. Encourage your child to explore the science behind nutritional choices and how mindful eating will help them be strong in mind, spirit, and body!

Nonfiction

641.5 B162U
The Unofficial Hunger Games Cookbook
by Emily Ansara Baines

641.5 B329B
The Batalli Brothers Cookbook
by Benno Batalli

613.7 G957O
101 Ways to Get in Shape for Teens
by Charlotte Guillain

641.5622 G798
The Green Teen Cookbook
by Laurane Marchive

Teen Fiction

The Secret Ingredient by Stewart Lewis
LEWI

Hope was Here by Joan Bauer
BAUE

The Espressologist by Kristina Springer
SPRI

Love and Peaches by Jodi Lynn Anderson
ANDE

The House on Mango Street
by Sandra Cisneros
CISN

Children’s Activity: Make Your Own Pizza (Dough)!

Ingredients:
- 2¼ cups self-rising flour (extra for dusting)
- ½ tsp salt
- ½ cup low fat milk
- 4 tbsp olive oil
- Mozzarella cheese
- Your favorite pizza toppings

Procedure:
1. Preheat the oven to 400°F.
2. Mix the flour and salt in a bowl. Make a pit in the center, forming soft dough.
3. Pour the milk and oil into the pit. Mix together with a wooden spoon.
4. Knead the dough on a flour-dusted flat surface for about 1 minute to form a smooth ball.
5. Divide the dough into 4 balls and flatten.
6. Carefully place the flattened dough on two flour-dusted baking sheets.
7. Spread 1-2 tablespoons of pizza sauce on each pizza. Add the cheese and toppings.
8. Bake the pizzas for 10 minutes or until the top is golden.

Teen activity: Homemade Fresh Tomato Sauce

Ingredients:
- 2 tablespoons olive oil
- 2 large garlic cloves (chopped fine)
- ½ cup finely diced onion
- 2 very ripe tomatoes
- 4 large fresh basil leaves
- ½ cup low fat milk
- 4 tbsp olive oil
- Mozzarella cheese
- Your favorite pizza toppings

Procedure:
1. Put oil, garlic, and onion in a medium saucepan. Cook over medium-high heat until the onion is soft but not brown (about 3 minutes).
2. Add the basil, cover, and cook for 10 minutes over medium heat.
3. Pour the milk and oil into the pot. Mix together with a wooden spoon, forming soft dough.
4. Knead the dough on a flour-dusted flat surface for about 1 minute to form a smooth ball.
5. Divide the dough into 4 balls and flatten.
6. Carefully place the flattened dough on two flour-dusted baking sheets.
7. Spread 1-2 tablespoons of pizza sauce on each pizza. Add the cheese and toppings.
8. Bake the pizzas for 10 minutes or until the top is golden.

JEasy (picture books)

Jack & the Hungry Giant Eat Right With MyPlate
by Loreen Leedy

Nutley and the Nut-Free Squirrel
by Stephanie Sorkin

Chew, Chew, Gulp!
by Lauren Thompson

A World of Food
by Carl Warner

JFiction (chapter books)

The Secret Lunch Special
by Peter Catalanotto

Mouse Noses on Toast
by Daren King

The Perfect Hamburger and Other Delicious Stories
by Alexander McCall Smith

Recipe for Adventure
series by Giada De Laurentiis

JNonfiction

The Most Disgusting Foods on the Planet
by John Perritano

Fizz in the Kitchen
by Susan Martineau

Farming for the Future
by Gerry Batley

Cookbooks of all kinds

Food Art
by Jeanette Ryall