Placemat More Than a MEAL: Delivering Compassion Through the Joy in Food

Welcome aboard the Joy Bus activity placemat! Please enjoy working on this with our UA COM-Phoenix medical students.

Your name:		
Student name:		

A **Theme:** Superfoods and Super Spices

Superfoods are loaded with antioxidants and nutrients that lower inflammation and boost our immunity. Some superfoods/spices are berries, leafy greens, nuts and seeds, olive oil, ginger, garlic, turmeric, vinegar, avocado, and cruciferous vegetables like broccoli.

⚠ Recipe To Try

Dr. Shad's Superfood Salad

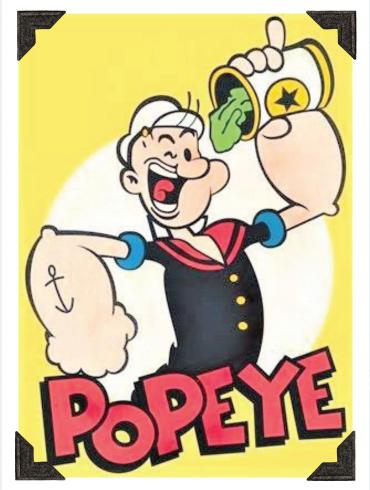
INGREDIENTS

- 1 cup broccoli
 1 cup leafy greens
- 1 cup leafy greens olive oil (spinach, lettuce, kale) 2 tsp Himalayan pink
- 2 tbsp raw sunflower seeds
- 2 tbsp raw pumpkin seeds
- 2 tbsp raw nuts (pecans, almonds, walnuts)

- 4 tbsp of extra virgin olive oil
- 2 tsp Himalayan pink salt
- 1 tbsp garlic powder
- 1 tbsp apple cider vinegar
- 2 tomatoes
- 1 avocado

Wok stir-fry broccoli with 1 tbsp of olive oil and 1 tsp of salt and garlic powder on medium heat for 4 minutes until blanched. Combine broccoli with remaining ingredients in a salad bowl, mix together, serve and enjoy!

A Moment in Time



Popeye the Sailor Man always said, "I'm strong to the finich cause I eats me spinach," and he proved it in hundreds of cartoons.

A Nutrition



Spinach contains protein, iron and vitamins and is important for skin, hair and bone health.

⚠ My Story

When I was a kid, my mom always

(no television, no friends, no dessert, etc.)
until I finished eating. As I got older, I
learned that green vegetables didn't
taste that bad and that some dishes
could be made more flavorful with them!
Now some of my favorite superfoods are

_____ (okra, artichokes, steamed carrots, steamed broccoli, etc.).

▲ People & Profiles

Henry Hurd Rusby (1855-1940), an American pharmacist, is called the father of economic botany. He collected more than 60,000 botanicals, discovering several new species and documenting their medicinal and health benefits. Many are now used as food and herbal remedies.

Image: NYBGLibrary Archive.

▲ Brain Teaser

Have fun writing the name of the preferred food beneath the character's picture. Clues: carrot, honey, strawberry, cookie, picnic basket, hamburger













⚠ Collaborative Art Activity

HAIKU

Since the theme of this placemat is SUPER FOODS, in this activity, you will work together to think of 10 nouns, 10 verbs, and 10 adjectives to describe Super Foods.

NOUNS	VERBS	ADJECTIVES

Now, using some of the words from above, create a 3-lined Haiku using 5 syllables in line 1, 7 syllables in line 2, and 5 syllables in line 3.

5:		
7:		
5:		
Example:		

It begins with seeds Growing into mighty plants Real food born from Earth

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How is your appetite?	2. How do you feel this cancer has affected your health?	3. How is your activity level?