

Quick Notes

A FEW WORDS FROM OUR CHILD NUTRITION DEPARTMENT



Jean Massieu Academy

FEBRUARY 2021

Let's fuel our bodies with nutrients !

To stay healthy, our bodies need good quality food with nutrients in them. Without these 5 nutrients, carbohydrates, proteins, fats, vitamins and minerals, our bodies would not survive. A good balanced diet is needed to get the right amount of each nutrient in your body.



Carbohydrates: Carbohydrates are used for energy. They are broken down into glucose in your gut and used as fuel for your bodies. Carbohydrates are found in sweet and starchy foods such as fruits, bread, biscuits, cereal, rice, potatoes and spaghetti.

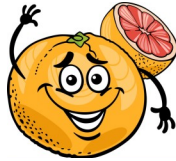
Fats: Fats are used for energy. Muscles use a mixture of fats and glycogen. The mixture depends on how intense your exercise is (how long it lasts and how fit you are).

Protein: Our bodies need protein to build cells, to make blood and to restore and repair tissues. Protein is found in meat, liver, chicken, eggs, fish, beans, peas, lentils and nuts. Our bodies can also use protein for energy, but only if it has run out of carbohydrates and fats.

Vitamins and Minerals: Our bodies need only tiny amounts of vitamins. Vitamins A and D can be stored in your liver. Vitamin C can't be stored. If you eat more than you need, the extra is excreted. That means you must eat it regularly.

Did you know?

Red grapefruit is the state fruit of Texas. In 1929, Texas Citrus growers discovered a special grapefruit with a red color inside. Red grapefruits became the Official State Fruit of Texas in 1993.



Many people think the red grapefruit tastes the sweetest. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means that eating a Texas red grapefruit or drinking its juice is good for the eyes and skin, and strengthens the body's immune system.

JMA Reminders

In an effort to keep our students healthy, JMA does not allow fast food to be brought into the campus. This includes fast food brought in student's lunch bags. Our cafeteria offers delicious balanced meals every day at no cost to any student. Please take advantage of this service and encourage your child to try a new food each day.



Takis and Hot Cheetos contain a very high amount of processed fat full of spice and hundreds of milligrams of sodium. These high levels increase the acid in your stomach and it can cause serious damage. Therefore these items are NOT allowed on campus.

Please help us keep our students and staff healthy

Please do not send your student (s) to school with any of the following symptoms, but instead consult your family physician. Students may return to school when they have been cleared by a physician or are **symptom free for 24 hours WITHOUT medication.**



Feeling feverish or having a temperature of 100.0 degrees Fahrenheit or higher	Loss of Taste or Smell
Cough	Difficulty breathing
Shortness of breath	Headache
Vomiting	Chills
Sore throat	Diarrhea
Shaking or exaggerated shivering	Significant muscle pain or ache

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