

## Seacrest Studio nutrition programming

- What is Seacrest Studios at Monroe Carell Jr. Children's Hospital (MCJCH)?
  - Seacrest Studios is a partnership between Vanderbilt and [Ryan Seacrest Foundation](#), which has been building broadcast media centers in pediatric hospitals across the country since 2010.
  - Studio programming broadcasts to patient rooms via closed-circuit televisions so that all patients can participate in the fun and learning. Patients can tune to Channel 46 to enjoy the broadcasts. Viewers even have the ability to request songs or ask questions of interviewees by calling 6-RYAN from any hospital phone.
  - The studio is next to the Butterfly Garden on Level 2.
  - Contact information
    - Mamie Shepherd, *Program Manager*  
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    - 2200 Children's Way, Suite 2125  
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## Why are we doing this?

- Education
  - Television remains one of the most powerful sources of communication despite the introduction of other technological innovations such as the Internet<sup>1</sup>
  - Television advertisements include nutrition information that is frequently misleading and inaccurate<sup>2</sup>
  - Television viewing is a major source of nutrition misinformation and *"a strong predictor of unhealthful eating habits"*<sup>3</sup>
  - Educational television can:
    - expose children to topics they might not encounter otherwise;
    - provide compelling experiences that coax children into spending additional time exploring concepts discussed;
    - encourage positive attitudes towards academic subject;
    - motivate children to engage actively in learning both in and outside the classroom<sup>4</sup>
- Entertainment
  - Bryan Mundia, media programs coordinator at Children's Hospital of Orange County (CHOC) says, "Studies show that during the 40 hours of weekly programming at Seacrest Studios, requests for pain medication decrease."<sup>5</sup>



Hello! I'm Kristen Reiman – the mastermind (along with Dianne Killebrew) behind these nutrition segments! I am a member of the 2016-2017 Vanderbilt Dietetic Internship Class. I have a passion for creating healthier families on all levels – physically, mentally, emotionally, spiritually!

My dreams for Nutritainment are to provide nutrition programming that gifts children and their families joy, **entertainment** and **education** to create healthier futures and happier hospital days!

- The vision: A nutrition talk show
  - Segments (10 – 15 minutes in length) focused on food, nutrition, cooking but mostly FUN!
  - These will be strung together in groups of segments and produced as a nutrition talk show that children can help host, participate in (both physically on the set or from their rooms by virtual means) and learn from.
  - Aim to connect by common theme – i.e. a summer theme where the guest is a farmer who grow strawberries, the food demo is a fruit bouquet and the game is “Guess Who” (a fruit/vegetable themed game)
  
- Objectives:
  - Interact with patients on set and virtually
  - Enhance patient engagement with hospital food system by involving chef(s) and dining services for shows and in marketing

## Food Ideas

### ○ **Bears at the beach**

- Jello at the bottom (blue variety) or blueberry yogurt
- Top with vanilla yogurt, gummy bears, drink umbrellas and graham cracker crumbs for beach

### ○ **Cookie dough dip**

- **Ingredients**
  - 5 ounces Greek yogurt (vanilla or plain)
  - 3 ounces light cream cheese
  - 2 tablespoons rolled oats
  - 2 tablespoons peanut butter
  - 3 tablespoons brown sugar
  - ½ teaspoon vanilla extract
  - 1 tablespoon milk (can use any kind-dairy/non-dairy)
  - ¼ cup chocolate chips
- **Directions**
  - Put Greek yogurt in the base of a food processor or blender along with the cream cheese, rolled oats, peanut butter, brown sugar, vanilla, and milk. Puree until creamy and smooth, scraping down sides as you go.
  - The dip's texture should be similar to pudding. Depending on the power of your food processor or blender, you may need to add an additional tablespoon milk.
  - Add in the chocolate chips and pulse three or four times to combine.
  - Remove dip and place in a serving bowl. Enjoy with fresh fruit, graham cracker squares, or lightly salted pretzels for a sweet and savory treat!
- **Serving size:** ¼ cup (*serves 5*)
- **Calories:** 174; **Total fat:** 9g; **Sat. fat:** 3.5g; **Cholesterol:** 10mg; **Sodium:** 406mg; **Carb:** 18g; **Fiber** 2g; **Sugars:** 15g; **Protein** 6g

### ○ **Fruit bouquet**

- Variety of fresh fruit cut into shapes (kids could help cookie cutter melons) and then assemble into flowers
  - Green grapes as stems

- **Fruit salad in ice cream cones**
  - Top with whipped cream/pudding/yogurt and sprinkles!
  
- **Jar salads**
  - Any combination of ingredients – kids pick which they want and can add yogurt or salad dressings and then put lid on mason jar and shake it up!
    - Chef salad
    - Fruit salad
    - Taco salad
  
- **Pancakes**
  - Make from scratch and allow kids to help mix, crack the egg, etc.
  - Use cookie cutters or a squeeze bottle (empty condiment bottle works great) to make fun shapes
  - Can also use food coloring or fruit/veggie juice/puree to make different colors
  
- **Rainbow pasta**
  - Add food coloring to water and create a rainbow variety of pasta colors and then allow kids to pick their own, add cut up veggies, cheese, salad dressing and make their own pasta salad
  
- **Roll-ups**
  - Sweet:
    - Peanut butter or Greek yogurt spread and top with granola and/or fruit (dried or fresh) – roll up and cut!
  - Savory:
    - Could spread with salsa/cream cheese mixture or Greek yogurt mixed with Ranch or taco seasonings
    - Top with shredded carrots, zucchini, spinach, lettuce, cheese, deli meat, etc.

- **Sandwich Sushi**
  - Flatten two pieces of bread
  - Spread Greek yogurt dip, mustard, BBQ, condiment of choice
  - Top with cheese, shredded veggies and/or greens
  - Roll up tightly, pinch to seal and cut into sushi piece
  - Can get chopsticks (Kroger has them for free by their sushi dept.) for kids to use
  
- **Sweet or savory skewers**
  - Sweet:
    - Angel food cake, brownie, doughnut hole
    - Fresh fruit
    - Optional – dip (could be a yogurt base or caramel or chocolate)
  - Savory:
    - “Sandwich” – deli meat, cheese, bread, tomato, lettuce/spinach leaves, zucchini, cucumber,
    - Dip: Greek yogurt with different spices to flavor
  
- **Taco Pizza**
  - Whole grain crust (can get gluten-free variety)-bake beforehand
  - ‘Sauce’ is refried beans
  - Kids can help top with veggies, cheese (omit if any lactose allergy concerns), more beans, lettuce, salsa/tomatoes
  - Can serve cold or return to oven to serve warm
  
- **Trail mix “my way”**
  - Air popped popcorn, nuts (or not if allergy issues), cereals, dried fruit, chocolate chips
  - Let kids scoop their own of whatever they want and put in a baggie and then shake up to mix it all together

○ **Tips:**

- Look for few ingredients
- Try to do recipes that use no/little cooking time
  - Or, can have others cooked beforehand so kids can eat right away
- Aim for no/little chopping or using other equipment that is dangerous
- No open flames (it is against MCJCH regulations)
- Think about all age ranges being able to help in some way

**Guests:**

- **Chef Jason**
  - Or any chef connected with Vanderbilt, MCJCH, Vanderbilt University
- **Area farmers**
  - Bethany Thompson (RD owns a farm; makes her own kefir and flour)
  - Green Door Gourmet (strawberry season is their big time – in May)
- **“Expert” in something**
  - Food writer/critic
    - Nancy Vienneau has a good relationship with the Vanderbilt Dietetic Internship
    - Contact: [nancy@nancyvienneau.com](mailto:nancy@nancyvienneau.com)
- **Athletes** – Vanderbilt Athletes
  - Jessica Bennett, RD would be the contact that could connect to these individuals
  - [jessica.a.bennett@Vanderbilt.Edu](mailto:jessica.a.bennett@Vanderbilt.Edu) - phone: +1 (615) 936-3953
- Have Q&A – kids can come up and ask questions or call in and ask questions

## Guest talking points:

- **Farmer:**
  - What do you on a typical day?
  - What foods do you grow?
  - How do you grow them? How do you use them?
  - What's the hardest part of your job?
    - What's the best part of your job?
  - How long does it take for the (whatever specialty item that farmer grows) to get from a seed to our table?
  - What are your favorite ways to eat the foods you grow?
  - What is your dream item to grow?
  - The kids watching may have a dream to be farmers themselves, what advice would you give them?
  - How can they get started?
  
- **Chef:**
  - How long have you been a chef?
  - Why do you like being a chef?
  - What made you decide to be a chef?
  - What's your favorite dish to make? To eat?
  - What was your favorite food as a kid?
  - How can kids who dream of being a chef start?
  - What advice do you have?
  
- **Athlete:**
  - What sport do you play?
  - How long have you been playing?
  - What else do you like to do in your free time?
  - What types of food do you eat?
  - What do they help you do? (energy, strength, etc.)
  - What advice do you have for future athletes?
  - What's the hardest part of being an athlete?
  - If you could have a secret talent what would it be?

## **Nutrition Games and Activities:**

- **Coloring MyPlate** – potential to be used as coloring contest
  - Or–fill my plate: Instagram post contest (for older kids)
    - Have a certain hashtag to accompany so you can find easily or they can tag Seacrest Studio
  - Coloring plate located in appendix A or can draw on white paper plates
  
- **Eat this, Not that**
  - “Game show-like”
  - Use list below to have kids guess which is the healthier option or use PowerPoint version (Dianne Killebrew has access to) to do over the screen
    - Cheerios or Rice Krispies
      - Cheerios (they have more fiber)
    - Pop-tarts or Fig Newtons
      - Fig Newtons (less sugar, more fiber)
    - Baked Lays or Ruffles chips
      - Baked Lays (less fat and sodium)
    - Chicken & Bacon Ranch Melt or Oven Roasted Chicken
      - Oven Roasted Chicken (and mention getting it on whole wheat and adding lots of vegetables)
    - Apple or Apple Juice
      - Apple (more fiber)
    - Baked Potato or French Fries
      - Baked Potato (less fat, no sodium, more vitamins and minerals – like potassium, more fiber, more protein)
    - Chocolate milk or 1% milk
      - 1% milk (no added sugar)



○ **Food Bingo**

- Cards located in appendix B of toolkit
- Use list below to call our foods (use numbering list in a random number generator online to guide the “food calling”)
- Cut out paper squares or use other trinkets for kids to use as markers on their Bingo cards

1. Strawberries
2. Watermelon
3. Orange
4. Green apple
5. Red apple
6. Banana
7. Blueberries
8. Raspberries
9. Dragonfruit
10. Peach
11. Honeydew melon
12. Kiwi
13. Cherries
14. Pears
15. Grapes
16. Radish
17. Artichoke
18. Asparagus
19. Pepper
20. Onion
21. Sweet potato
22. Squash
23. Pumpkin
24. Zucchini
25. Peas
26. Spinach
27. Lettuce
28. Carrots
29. Eggplant
30. Brussels sprouts
31. Mushroom
32. Milk
33. Cheese
34. Yogurt
35. Cottage cheese
36. Ice cream
37. Bread
38. Brown rice
39. Popcorn
40. Whole grain pasta
41. Crackers
42. Cereal
43. Bagel
44. Tortilla
45. Oatmeal
46. Steak
47. Burger
48. Chicken
49. Ham
50. Fish sticks
51. Salmon
52. Almonds
53. Peanut butter
54. Eggs

- **Guess who** (guess that fruit or vegetable based on the clues)
  - Print out fruit and vegetable cards located in appendix C and cut out each of the cards.
  - Shuffle the cards and deal them all out to each player
  - Take turns, player goes up in front of everyone and they give clues to what their fruit/vegetable is and other players guess
  - *Optional way to change up the game:* The other players have to guess what fruit or vegetable is on the card. The player who can see their card can only answer “yes” or no”. The player that gets the fruit or vegetable correct gets to keep the card. Keep going up to other players one-on-one and playing yes or no guessing game, keeping the card of the other person if you win. The winner is the person with the most cards at the end of the game
  
- **Nutrition Jeopardy – online**
  - <https://jeopardylabs.com/play/food-group-jeopardy4>
  
- **“Taste the Rainbow”** taste testing
  - Have one fruit or vegetable of each color ready (or can have kids help wash and cut/chop/etc.)
  - Optional - can make dips to go along with
  - Go color by color and ask kids to name fruits/vegetables that are that color/guess which one they are going to try
    - After kids name some produce of that color, bring out samples of that colored food
    - I.e. ask what fruits and vegetables are red, after discussing have red pepper chopped and ready to try
  - List of produce by color located on pages 11 – 14
  
- **What’s for lunch / Silly Sandwich making**
  - One kid can be the ‘chef’ or another guest can be
  - Kid can call in or from the audience vote on how to assemble sandwich
    - I.e. do we use a tortilla or a piece of bread?, peanut butter or mayo?, turkey or chocolate chips? and then host (or someone else) eats it

## Produce by Color:

### o Green

- Green vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits.
- Benefits of eating green:
  - Lower risk of some cancers
  - Vision health
  - Strong bones and teeth

*Examples:*

Avocado  
Green apples  
Green grapes  
Honeydew melon  
Limes  
Green pears  
Artichokes  
Asparagus  
Green pepper  
Celery  
Cucumbers  
Okra

Peas  
Bok Choy  
Broccoli  
Collard greens  
Kale  
Mesclun  
Mustard greens  
Romaine lettuce  
Spinach  
Turnip greens  
Snap peas  
Edamame

○ **White:**

- White, tan and brown fruits and vegetables containing varying amounts of phytochemicals of interest to scientists. These include allicin, found in the garlic and onion family. The mineral selenium, found in mushrooms, is also the subject of research.
- Benefits of eating white:
  - Heart health
  - Cholesterol levels that are already healthy
  - Lower risk of some cancers

*Examples:*

Bananas  
Brown pears  
Dates  
White nectarines  
Cauliflower  
Garlic  
Ginger  
Jerusalem artichoke

Jicama  
Kohlrabi  
Mushrooms  
Onions  
Parnips  
Potatoes  
Shallots  
Turnips  
White Corn

○ **Red**

- Specific phytochemicals in the red group include lycopene and anthocyanins.
- Benefits of eating red:
  - Healthy heart
  - Memory function
  - Lower risk of some cancers
  - Urinary tract health

*Examples:*

Red Peppers  
Tomatoes  
Apples  
Strawberries  
Raspberries

Watermelon  
Cherries  
Cranberries  
Beets  
Radishes  
Red onion  
Red potatoes  
Rhubarb  
Radicchio

o **Yellow & Orange**

- Yellow and orange fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health promoting potential.
- Benefits of eating yellow and orange:
  - Healthy heart
  - Vision health
  - Healthy immune system
  - Lower risk of some cancers

*Examples:*

Banana  
Golden delicious apples  
Lemons  
Yellow squash  
Yellow peppers  
Lemon  
Mangoes  
Nectarines  
Pineapple  
Cantaloupe

Sweet corn  
Yellow summer squash  
Rutabagas  
Acorn squash  
Butternut squash  
Carrots  
Pumpkin  
Sweet potatoes  
Papaya  
Orange  
Peach  
Tangerine

○ **Purple & Blue**

- Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits.
- Benefits of eating purple and blue:
  - Lower risk of some cancers
  - Urinary tract health
  - Memory function
  - Healthy aging

*Examples:*

Plums  
Red cabbage  
Purple beans/purple carrots  
Grapes  
Purple sweet potatoes  
Purple figs  
Purple asparagus

Eggplant  
Raisins  
Blueberries  
Blackberries  
Black currants  
Elderberries

## Talking Points:

### ○ **Milk/Dairy**

- Dairy products like milk, yogurt and cheese are a good source of calcium, which builds strong bones.
- Choose fat-free (skim) or low-fat (1%) dairy products to avoid extra calories and saturated fat.
- Leafy greens (like spinach and kale) and milk alternatives be good sources of calcium for those who don't drink milk.
- Limit flavored milks (like chocolate and strawberry) — they can have added sugars and calories.

### ○ Why is milk good for us to drink?

- Milk has nine of the important nutrients that we need every day including calcium, vitamin D and protein.
- These nutrients help keep our teeth and bones strong and help build muscles.
- Milk also helps us stay hydrated and healthy so we can concentrate and stay focused in school, on homework, on the field or at dance class.
- Pick fat-free (skim) or low-fat (1%) milk to avoid extra calories and saturated fat. Also, limit flavored milks like chocolate and strawberry to a special treat now and then, because they can have added sugars and calories.

### ○ How can we get the good stuff in milk if we can't drink milk?

- Leafy greens like spinach and kale and milk alternatives like soymilk and almond milk can provide some of the nutrients we need if we don't drink milk.

### ○ **Lean Meats/Beans**

- Meat, poultry, fish and beans are great sources of protein, which help build and repair cells in your body.
- Choose lean meats such as white meat chicken with no skin, beef round, chuck, sirloin, pork chops or tenderloin, and trim all the fat to avoid getting too much saturated fat.
- Vegetarians and vegans can get protein from many plant sources including beans, legumes, nuts and soy.

- What is protein and why do we need it?
  - Protein is a part of every single cell in our body. Every muscle, tissue, organ and system in our bodies is made up of protein. We need it to help our bodies grow and repair if we get hurt.
- What are some sources of protein?
  - Chicken, turkey, beef, pork, eggs, tofu, milk, yogurt, cheese
- What are the two types of protein?
  - The protein from beans is plant-based because beans come from a plant. The protein from hamburgers comes from an animal
  - Plant-based and Animal-based
  - Complete vs. incomplete
- **Fruits**
  - Fruits provide many essential nutrients such as vitamins, minerals and fiber.
  - They're also sweet, thanks to their natural sugars.
  - Fresh, frozen, dried and canned fruits can all be healthy choices — just be sure to compare food labels and choose products lowest in added sugars.
  - Choose frozen fruits that are 100% fruit with no added sugars.
  - Canned fruit should be packed in water, its own juice or light syrup only (no heavy syrup).
- **Vegetables**
  - Vegetables provide vitamins, minerals and fiber.
  - Vegetables of different colors may have different vitamins and minerals, so try to eat all the colors of the rainbow!
  - If you buy frozen or canned vegetables, compare food labels and choose products with the lowest amounts of sodium.
- What is fiber and what does it do?
  - Fiber has two important roles:
    - 1) It helps you go to the bathroom
    - 2) it helps keep your heart healthy by keeping your cholesterol low.



- Do you know what cholesterol is?
  - It's something that our body makes and it's something we eat in certain foods. If we have too much of it, it's not good for our hearts. So by eating lots of fruits and vegetables, we can help protect our hearts!
- **All Produce**
  - What are health benefits of eating fruits and vegetables?
    - Healthy skin and hair, reduces risk of cancer, increases immune system (less risk of colds, sickness), helps your eyesight, gives you energy, healthy heart
- What gives green foods their color?
  - Green comes from something called chlorophyll (KLOR-o-phil). They also have important vitamins and other nutrients including vitamin A, vitamin C, vitamin K and folate and fiber.
  - What about other colors?
    - All of the colorful fruits and veggies like the reds, oranges, blues, purples and even whites have important nutrients that we need each day.
  - The different colors mean they have different vitamins and minerals!
  - That's why it's good to eat a lot of different kinds of fruits and vegetables each day! Fruits and vegetables can be frozen, canned, dried or fresh. Small amounts of 100% juice counts as a fruit or vegetable, too.
- How many servings should we get?
  - Children (2-6 yrs.), women, and others who typically need about 1,600 calories to reach or maintain a healthy weight:  
**5 servings: 2 fruits, 3 vegetables**
  - Older children, teen girls, active women, and most men who typically need 2,200 calories to reach or maintain a healthy weight:  
**7 servings: 3 fruits, 4 vegetables**
  - Teen boys and active men, who typically need about 2,800 calories to reach or maintain a healthy weight:  
**9 servings: 4 fruits, 5 vegetables**
- What counts as a serving?
  - 1 medium-sized fruit or vegetable

- 3/4 cup (6 ounces) of 100% fruit or vegetable juice
  - 1/2 cup cooked, frozen or canned vegetables or fruit in 100% juice
  - 1 cup of raw leafy vegetables
  - 1/2 cup cooked dry peas or beans
  - 1/4 cup dried fruit
- **Whole Grains**
    - Grains such as bread, pasta and rice provide fiber.
    - Half of all grains you eat should be whole grains.
    - Look for whole-grain products like whole-wheat pasta, whole-wheat crackers, whole-grain bread, rolled oats (oatmeal), and brown or long-grain rice.
    - You'll get more fiber, vitamins and minerals by eating whole-grain products than by eating products made with refined grains such as white our or white rice.
  - Why do we want to use whole grains?
    - The 100% whole-grain or whole-wheat version of a food is usually healthier than the refined version.
    - Whole grains are foods that have the entire grain kernel — the bran, germ and endosperm.
  - What are examples of whole grains?
    - Foods like oatmeal, popcorn, brown rice, whole-wheat pasta, whole-wheat bread and buns, corn tortillas and whole-wheat flour are examples of whole grains.
  - What are some refined grains?
    - Examples of refined grains are foods like white bread, white rice, white pasta, cookies, pies and cakes.
  - Why are whole grains healthier than refined grains?
    - Refined grains do NOT have the whole grain — the bran and the germ are removed. This means lots of the nutrients like fiber, iron and B vitamins are also removed.
    - Most of the refined grains are enriched, which means that certain things — but not fiber — are added back to it.
    - We want to eat more fiber to help keep our hearts healthy, so we want at least half of the grains we eat to be whole grains.

○ **Fats and Oils**

- Eating foods with some fat can be part of a healthy diet. But foods like French fries, chips, cookies and pastry can have lots of fat – too much to have all the time.
- Some types of fats are better for you: monounsaturated and polyunsaturated fats. These better fats are found in foods like oily fish (including salmon, trout and herring), olive oil, canola oil, other liquid vegetable oils, liquid or soft margarine, avocado, seeds and nuts.
- For a healthy heart, choose foods low in saturated fat and trans fat — the bad fats. These fats are usually found in meat, whole and 2% milk, other dairy foods including ice cream, and commercially baked or fried products.

○ **Added Sugars/Sweets**

- Cut back on foods and beverages sweetened with added sugars, such as regular sodas, sports drinks, candy, cookies.
- Foods and drinks with added sugars tend to be low in vitamins, minerals and nutrients, and the calories add up quickly.
- They won't help you keep up your energy throughout the day.

○ **Salt and Sodium**

- Foods like pizza, bread and canned soups can have lots of hidden sodium.
- Try to limit how much sodium you eat.
- When you make food at home, add flavor by using herbs and spices instead of salt.

○ What foods have lots of sodium?

- Lots of sodium: Pizza, chips, pretzels, popcorn, crackers, soups, sauces, lunchmeats, sandwiches, frozen meals, chicken and turkey, and even breads!
- Little or no sodium: plain veggies and fruits, recipes we make at home without much salt.

○ Why should we be careful with salt?

- If we eat too much salt, it can add strain to our heart, making it work harder than it should.
- To keep our hearts healthy, we need to eat less salt.

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## Appendix A – MyPlate Coloring Page



## Appendix B – Bingo Cards

















## Appendix C – Fruit and Vegetable Cards













## Appendix C – Fruit and Vegetable Cards

## Appendix D – This or That Game