

The Joy Bus 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: _____

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

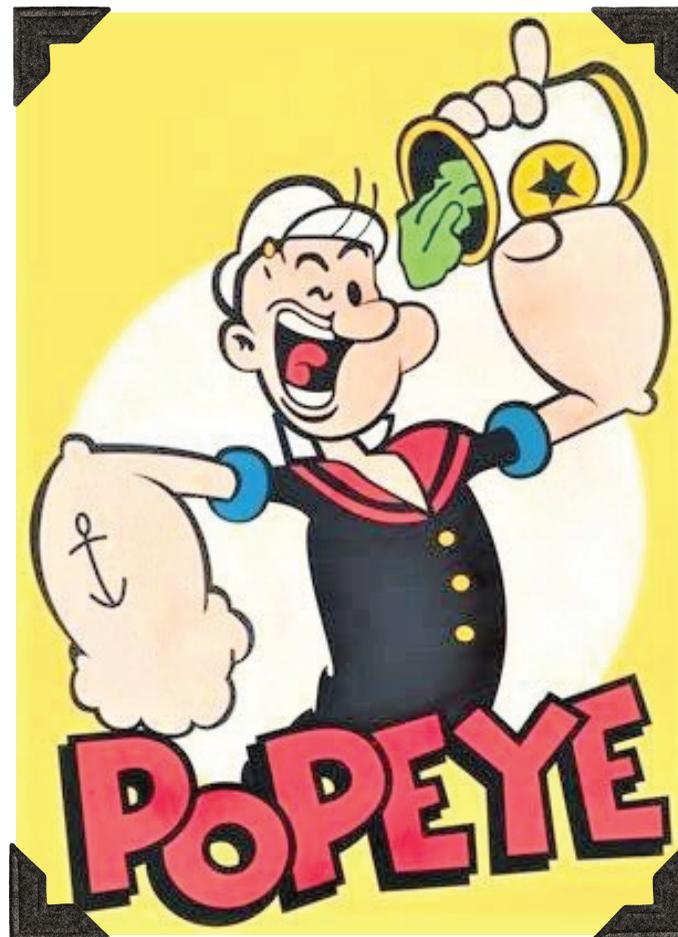
Dr. Shad's Superfood Salad

INGREDIENTS

- | | |
|---|----------------------------------|
| 1 cup broccoli | 4 tbsp of extra virgin olive oil |
| 1 cup leafy greens (spinach, lettuce, kale) | 2 tsp Himalayan pink salt |
| 2 tbsp raw sunflower seeds | 1 tbsp garlic powder |
| 2 tbsp raw pumpkin seeds | 1 tbsp apple cider vinegar |
| 2 tbsp raw nuts (pecans, almonds, walnuts) | 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 finish cause I eats me spinach," and he proved it in hundreds of cartoons.

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 made me eat vegetables like _____ (broccoli, brussels sprouts, etc.). I did/ did not (circle one) like eating anything green because it tasted _____ (bitter, fresh, sour, bland, dry, sweet, etc.). My _____ (parents, grandparents, aunt, uncle, etc.) would get me to eat them by warning " _____ " (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.

