

Nutrition Nuggets™

Food and Fitness for a Healthy Child

May 2019



BEST BITES

Salad + whole grains

Here's an easy idea for getting more whole grains into your youngster's diet. Toss cooked grains like brown rice or whole-wheat pasta into salads. He will probably enjoy the contrast of the warm grains and cool greens. *Tip:* Keep things interesting by swapping in different grains like barley or farro.

Active musical chairs

Put a twist on musical chairs the next time your child has friends over. For each round, call out a movement to do when the music stops and before players sit down. *Example:* "Jump up high to touch the sky." If a player forgets, or doesn't get a chair, she's out. The last person left wins the round and calls the next movement.



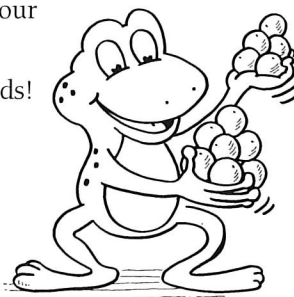
DID YOU KNOW?

If your child gets free or reduced-price meals at school, he can continue getting free meals through the summer under the Summer Food Service Program. Ask the school counselor about sites in your community. These may include schools, parks, or rec centers, and transportation may be provided.

Just for fun

Q: What do you have when there are five oranges in your left hand and seven in your right?

A: Big hands!



Liberty Charter School, Victory Charter School
and Legacy Charter School

Smart summer snacking

Without the routine of school days to structure your youngster's eating, she may need a little extra guidance to make good choices. Consider these tips for healthy summer snacking.

Stock up

Let your youngster choose nutritious snacks at the grocery store and keep them in convenient spots at home. Maybe she'll put string cheese, carrot sticks, and grapes in a refrigerator drawer. Or she might place whole-wheat crackers, plain popcorn, and unsalted nuts in a basket in the pantry. *Idea:* Stick notes on the snacks with messages like "Pick me! I'm good for you!"

Make a menu

Does your child need snacks for day care or camp? Let her post a weekly snack menu, just like her school lunch menu. She'll have a say in what she eats, and she'll know what to take each morning. You might help her roll up apple slices and cheese in a whole-wheat tortilla or



leftover chicken and vegetables in a lettuce wrap, for instance.

Go on a snack-nic

Combine snacking with physical activity. Together, pack healthy snacks like hummus and celery sticks or bananas and peanut butter. Then, take along a ball, and walk or bike to a playground for a "snack-nic." Spread out a blanket on the grass or eat at a picnic table. Afterward, play a game of catch. 🍎

Fun under the stars

Playing outside on a warm summer night can create wonderful memories for your child. Get inspired with these active ideas.

● **Follow the stars.** Point out constellations, such as the Big Dipper. Your youngster can copy the "star picture" in the grass by laying small toys in the same pattern. Have him walk or jump along the starry path. *Tip:* Use a library book or smartphone app to identify constellations.

● **Flashlight tag.** In this version of tag, "It" tags other players with a beam of light. If the flashlight shines on a player, he's caught. Continue until only one player is left. That person becomes "It." 📡



Around the world

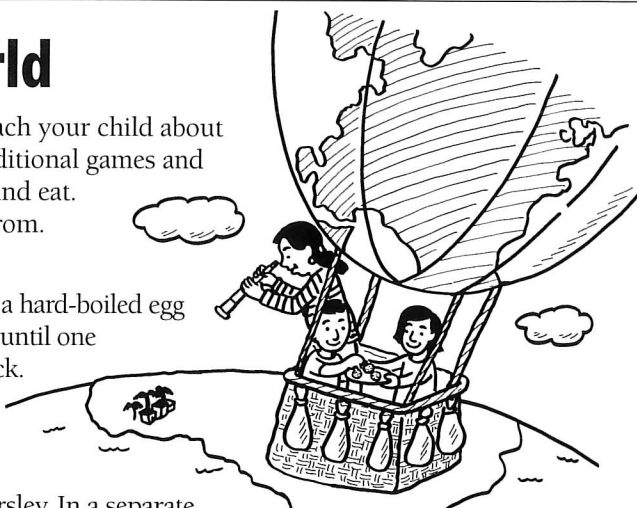
Looking for a healthy way to teach your child about different cultures? Try a mix of traditional games and foods to explore how people play and eat. Here are two countries to choose from.

Armenia

Play egg jousting. Each player holds a hard-boiled egg like a sword. Tap your eggs together until one cracks. Then, save the eggs for a snack.

Eat cucumber and tomato salad.

Cut 3 cucumbers and 2 tomatoes into 1-inch chunks. Combine with $\frac{1}{3}$ cup each chopped cilantro and parsley. In a separate bowl, stir together 2 tbsp. lemon juice and $\frac{1}{4}$ cup olive oil, then drizzle over the salad.



Ghana

Play *pilolo*. With a group of five or more, paint a dozen rocks, and have a “leader” hide them around a yard. For each round, he stands at a finish line and yells *pilolo* (“time to search for”). The first player to find a stone and cross the finish line with it scores a point and becomes the leader. The new leader hides the rocks and the group plays again. The player with the most points after 10 rounds wins.

Eat *omo tuo* (rice balls). Prepare rice according to package directions, mash with a potato masher until smooth, and use an ice cream scoop or melon baller to form balls. Place *omo tuo* in bowls of your favorite soup.

Tip: Help your youngster locate each country on a map. He could research foods from nearby countries—he’ll notice that similar dishes may be popular within the same region. 🍷

PARENT TO PARENT

Sunday brunch

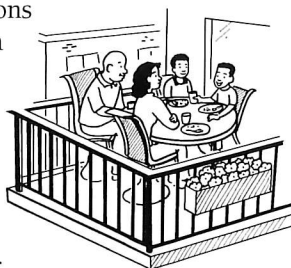
Between school, work, soccer practice, and Cub Scouts, our family’s life had become so busy there was barely time for dinner together. So I came up with the idea of a regular Sunday brunch.

I told my sons about the plan and asked for menu ideas. Pancakes, my younger son suggested. Scrambled

eggs, my older

one said. We decided on a month of menus and agreed we would all help to prepare the food.

After just a few weeks, Sunday brunch has become a family tradition. We look forward to a healthy meal—and each other’s company! Here’s the recipe for one of our favorites, cinnamon French toast. Beat 3 eggs with 1 tsp. cinnamon and 1 tsp. sugar. Dip 6 slices of whole-grain bread in the mixture. In a pan coated with nonstick spray, saute until crisp. 🍷



ACTIVITY CORNER

Discover your parks

Trails, nature programs, sports... parks are full of opportunities for your family to stay active. And many are free! Get to know your county, regional, state, or national parks with these suggestions.

● **Explore trails.** Hike trails that will interest your youngster—perhaps she’d like one with a waterfall or stream crossing. Or if a trail has fitness stations along the way, stop to do chin-ups, crunches, or other exercises.

● **Sign up for a special event.** Help the environment or learn about nature while you stay active. Maybe you can participate in a park cleanup day or go on a bird-watching expedition with other families.

● **Try a sport.** Look for courts or courses where your child can play tennis, disc golf, or beach volleyball, for example. She may find something she’d like to play regularly. 🍷



IN THE KITCHEN

Fruity desserts

Celebrate the juicy fruits of summer with desserts that taste as good as they look. Your youngster will have fun making them with you, too.

Watermelon “layer cake”

Cut three round slices from a watermelon. Let your child stir together 1 cup plain fat-free Greek yogurt, 1 tbsp. honey, and $\frac{1}{4}$ tsp. vanilla extract. Then, she should spread the mixture on each watermelon slice and stack the “layers” into a cake.



Berry sundae

Have your youngster mix blueberries, raspberries, and blackberries with fat-free whipped cream. She can fill an ice cream cone with the mixture and top with chopped walnuts.

Fruit kebabs

Help your child thread a wooden skewer with grapes and chunks of apple, banana, and cantaloupe—alternating to make a colorful pattern. 🍷

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
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ISSN 1935-4630

Nutrition Nuggets

Alimentación y forma física para niños sanos

Mayo de 2019



Liberty Charter School, Victory Charter School
and Legacy Charter School

BOCADOS SELECTOS

Ensalada + cereales integrales

He aquí una fácil idea para introducir más cereales integrales en la dieta de su hijo. Cuezca cereales como arroz integral o pasta integral y añádalos a las ensaladas. Es probable que le guste el contraste de los cereales templados y las frescas verduras. *Consejo:* Mantenga el interés usando cereales diferentes como la cebada o el farro.

Sillas musicales activas

La próxima vez que su hija invite a sus amigas a venir a su casa, jueguen a una variación de las sillas musicales. En cada turno, diga un movimiento que deben hacer cuando se detenga la música y antes de que las jugadoras se sienten. *Ejemplo:* "Salta todo lo alto que puedas para tocar el cielo". Si una jugadora se olvida, o no consigue silla, es eliminada. Gana la última persona que quede en el turno y ella se encarga de proponer el nuevo movimiento.



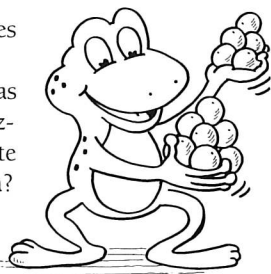
¿SABÍA USTED?

Si su hijo recibe en la escuela comidas gratis o a precios reducidos, puede seguir recibiendo durante el verano con el Summer Food Service Program. Pregunte al orientador escolar por la ubicación de los servicios en su comunidad. Quizá se encuentren en escuelas, parques o centros de recreo y es posible que se incluya el transporte.

Simplemente cómico

P: ¿Qué tienes cuando hay cinco naranjas en la mano izquierda y siete en la derecha?

R: ¡Manos grandes!



Meriendas veraniegas bien pensadas

Sin la rutina de los días escolares que estructuran la alimentación de su hija, quizá necesite algo más de dirección para elegir bien. Tenga en cuenta estos consejos para que coma meriendas sanas durante el verano.

Abastecerse

Deje que su hija elija en la tienda ingredientes nutritivos para la merienda y en casa guárdelos en lugares de cómodo acceso. Podría poner el queso de hebra, los palitos de zanahoria y las uvas en un cajón de la nevera. También podría colocar las galletitas saladas integrales, las palomitas sin condimentos y las nueces sin sal en una cesta de la despensa. *Idea:* Ponga notas en los tentempiés con mensajes como "¡Elígeme! ¡Te sentaré bien!"

Hacer un menú

¿Su hija necesita llevar la merienda a la guardería o al campamento? Dígame que se haga un menú semanal de meriendas, igual que el menú de almuerzos de su escuela. Tendrá voz y voto en lo que coma y sabrá que llevarse cada mañana. Échele



una mano cuando envuelva rodajas de manzana y queso en una tortilla de trigo integral o restos de pollo y verduras en una hoja de lechuga, por ejemplo.

Meriendas al aire libre

Combinen la merienda con la actividad física. Preparen meriendas sanas como hummus y palitos de apio o bananas y manteca de cacahuete. Luego llévense un balón, y vayan a merendar a un parque cercano caminando o en bici. Extiendan una manta en la hierba o coman en una mesa del parque. Cuando terminen, jueguen al balón. 🏀

Juegos bajo las estrellas

Jugar al aire libre en una cálida noche de verano puede crear recuerdos maravillosos para su hijo. Inspírense con estas activas ideas.

● **Sigan las estrellas.** Indíquelo las constelaciones como la Osa Mayor. Su hijo puede copiar la "imagen de la estrella" en la hierba colocando juguetes pequeños que reproduzcan la forma. Dígame que camine o que salte por el camino estrellado. *Consejo:* Usen un libro de la biblioteca o una aplicación del teléfono para identificar las constelaciones.

● **Pilla pilla con linterna.** En esta versión del pilla pilla, el que "la lleva" pilla a los otros jugadores con un rayo de luz. Se atrapa a los jugadores iluminándolos con la linterna. Jueguen hasta que sólo quede un jugador. Esa persona "la lleva" a continuación. 🏠



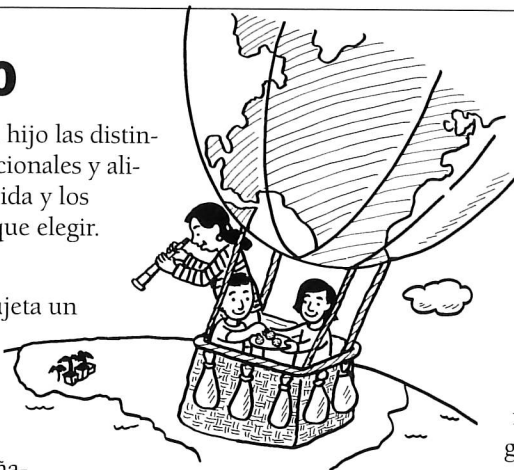
Alrededor del mundo

¿En busca de una forma sana de enseñar a su hijo las distintas culturas del mundo? Combinen juegos tradicionales y alimentación para explorar la diversidad en la comida y los juegos de la gente. He aquí dos países entre los que elegir.

Armenia

Jueguen a un torneo de huevos. Cada jugador sujeta un huevo cocido como una espada. Un huevo da golpecitos al otro hasta que uno de los dos se casca. Guarden los huevos para la merienda.

Coman ensalada de pepino y tomate. Corte 3 pepinos y 2 tomates en trozos de 1 pulgada. Añadan $\frac{1}{3}$ de taza de cilantro picado y otro tanto de perejil. Combinen en un tazón 2 cucharadas de jugo de limón y $\frac{1}{4}$ de taza de aceite de oliva y aliñen con esto la ensalada.



Ghana

Jueguen a pilolo. Con un grupo de cinco o más personas, pinten una docena de piedras y que el "líder" los esconda por el jardín. En cada turno, el líder se coloca en la línea de meta y exclama *pilolo* ("tiempo de buscar" en ghanés). El primer jugador que encuentre una piedra y cruce con ella la línea de meta, se anota un punto y se convierte en el líder. El nuevo líder esconde las piedras y el grupo juega otra vez. Gana el jugador con más puntos al cabo de 10 turnos.

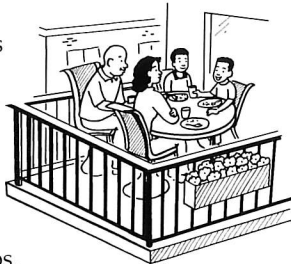
Coman *omo tuo* (bolas de arroz). Preparen arroz siguiendo las instrucciones del paquete, aplástenlo con un majador de papas y hagan bolas con una cuchara para helado o un sacabollos para melón. Pongan *omo tuo* en platos de su sopa favorita.

Consejo: Ayude a su hijo a localizar cada país en un mapa. Podría informarse sobre los alimentos de los países vecinos: verá que en la misma región pueden existir platos parecidos. 🍷

DE PADRE A PADRE Almuerzo dominical

Entre la escuela, el trabajo, el entrenamiento de fútbol y los Lobatos nuestra vida familiar estaba tan ocupada que apenas nos quedaba tiempo para cenar juntos. Así que se me ocurrió la idea de establecer un almuerzo dominical regular.

Les conté el plan a mis hijos y les pedí ideas para el menú. Mi hijo menor sugirió panqueques. El mayor dijo que huevos revueltos.



Nos pusimos de acuerdo sobre los menús para todo un mes y coincidimos en que todos ayudaríamos a preparar la comida.

Al cabo de unas cuantas semanas, el almuerzo dominical se ha convertido en una tradición familiar. ¡Nos hace ilusión la comida sana y la compañía! He aquí la receta para uno de nuestros platos favoritos, tostada francesa con canela. Batan 3 huevos con 1 cucharadita de canela y 1 cucharadita de azúcar. Mojen 6 rebanadas de pan integral en la mezcla. Cocinen las rebanadas en una sartén recubierta de aerosol de cocina, hasta que el exterior esté crujiente. 🍷



RINCÓN DE ACTIVIDAD

Descubran su parques

Los senderos, los programas de la naturaleza, los deportes y los parques ofrecen muchas oportunidades de que su familia realice actividad física. ¡Y muchos son gratis! Conozcan los parques de su condado, regionales, estatales y nacionales con estas sugerencias.

- **Explore los senderos.** Caminen por senderos que interesen a su hija, quizá le guste uno en el que haya que atravesar una cascada o un arroyo. Si un sendero tiene puestos para hacer ejercicio a lo largo del camino, deténganse para hacer flexiones en barra, abdominales u otros ejercicios.
- **Apúntense para un evento especial.** Contribuyan al medio ambiente o aprendan sobre la naturaleza mientras realizan actividad física. Pueden participar en un día de limpieza en el parque o en una expedición con otras familias para observar pájaros.
- **Prueben un deporte.** Busquen campos o circuitos donde su hija pueda jugar al tenis, al disco golf o al voleibol de playa, por ejemplo. Quizá halle algo que le apetezca practicar con regularidad. 🍷



EN LA COCINA

Postres con fruta

Celebren las jugosas frutas del verano con postres que tengan tan buen sabor como buen aspecto. Además su hija se divertirá haciéndolos con usted.

"Pastel de capas" de sandía

Corte tres rodajas redondas de sandía. Que su hija mezcle 1 taza de yogurt griego natural desnatado, 1 cucharada de miel y $\frac{1}{4}$ de cucharadita de extracto de vainilla. A continuación, que extienda la mezcla sobre cada rodaja de sandía y coloque las "capas" en forma de pastel.

Helado de bayas

Dígale a su hija que mezcle arándanos, frambuesas y moras con nata montada descremada. Puede llenar un cucurucho de helado con la mezcla y espolvorear nueces por encima.

Kebabs de frutas

Su hija puede ensartar en una brocheta de madera uvas y trozos de manzana, banana y melón, alternándolas para hacer una secuencia vistosa. 🍷



NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan la alimentación sana y la actividad física de sus hijos.

Resources for Educators, una filial de CCH Incorporated
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La revisión de Nutrition Nuggets™ corre a cargo de un especialista en dietética. Consulte a su médico antes de introducir cambios importantes en la dieta o en el ejercicio físico.

ISSN 1935-4673

Eat a Rainbow

Show your kids how delicious—and fun—fruits and vegetables can be! From fruity “jigsaw puzzles” to vegetable art, this page will spark your child’s interest in eating her greens...and reds...and yellows. And every time she eats a fruit or veggie, she can color part of the rainbow on the back. Now, who’s ready to get started?



Snack-time activities

Turn your youngster’s next snack into a produce-filled adventure. Here’s how.

3-D fruit puzzles

Can your child solve a watermelon jigsaw puzzle? Cut a firm fruit like melon, pineapple, pear, or apple into “puzzle pieces.” After your youngster reassembles the fruit, she gets to eat it. Next, she could make a fruit puzzle for you to solve.



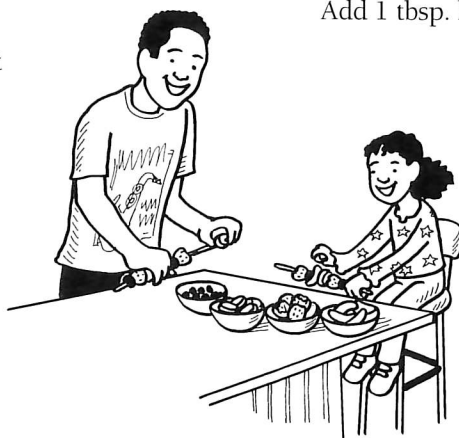
Veggie painting

Let your youngster create a masterpiece by “painting” with a variety of vegetables and dips. He could use celery stalks, asparagus spears, or jicama sticks as “paintbrushes.” And

his “paints” might include guacamole, edamame hummus, or beet dip. Have him take a photo to save his picture. Now, he can dip the paintbrushes into his artwork and enjoy a veggie-and-dip snack.

Fruity patterns

Encourage your child to enjoy fruit and practice math at the same time. Using colorful fruit like blueberries, strawberries, sliced bananas, and cut-up peaches, make patterns on skewers to solve and eat. You might start a pattern like blueberry, blueberry, peach, blueberry, blueberry, _____. Then, she has to figure out the next fruit to add (peach). Ask her to make a pattern for you to finish, too.



A tasty ad campaign

Suggest that your youngster create posters to promote fruits and vegetables he enjoys. He might cut out pictures of the produce from magazines or grocery circulars and glue them on paper. Then, he could write slogans (“Guava is cooler than lava!”) and draw and label snacks that include the item (tropical fruit salad, guava parfait). Help him unveil his ad campaign with a tasting event for friends or family.

Side dishes

Include more fruits and vegetables at mealtime with these ideas.

Replace grains with veggies

Finely sliced or shredded vegetables can stand in for pasta or rice. Serve your family’s favorite spaghetti sauce over zucchini “noodles.” Or grate carrots to make a bed of “rice” for a chicken and vegetable stir-fry.

Serve fruit salsa

Add flavor to tacos, grilled fish, and salads with this easy salsa recipe. Peel and dice 1 mango and $\frac{1}{2}$ cucumber. Toss with 1 tbsp. each chopped jalapeno, red onion, and cilantro. Add 1 tbsp. lime juice. *Tip:* Let your child help you experiment with different fruit salsas, such as apple, strawberry, peach, or pineapple.

Roast vegetables

Cooking vegetables at high temperatures brings out their natural sweetness. Cut 1 lb. broccoli, yellow squash, potatoes, or eggplant into small pieces. Place in a large plastic bag, and add 1 tbsp. olive oil. Your youngster can shake it vigorously, then spread the veggies in a single layer on a cookie sheet. Roast at 425° for 10 minutes.

continued

Color me healthy



Fruits and vegetables come in every color of the rainbow. As your youngster eats each one, he can color in one section of the rainbow's matching stripe.

YELLOW	
Mango	Pear
Pineapple	Star fruit
Grapefruit	Quince
Yellow squash	Corn

GREEN	
Broccoli	Zucchini
Arugula	Kale
Kiwi	Artichoke
Peas	Okra
Avocado	Spinach

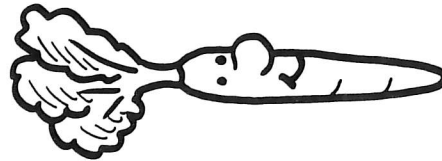
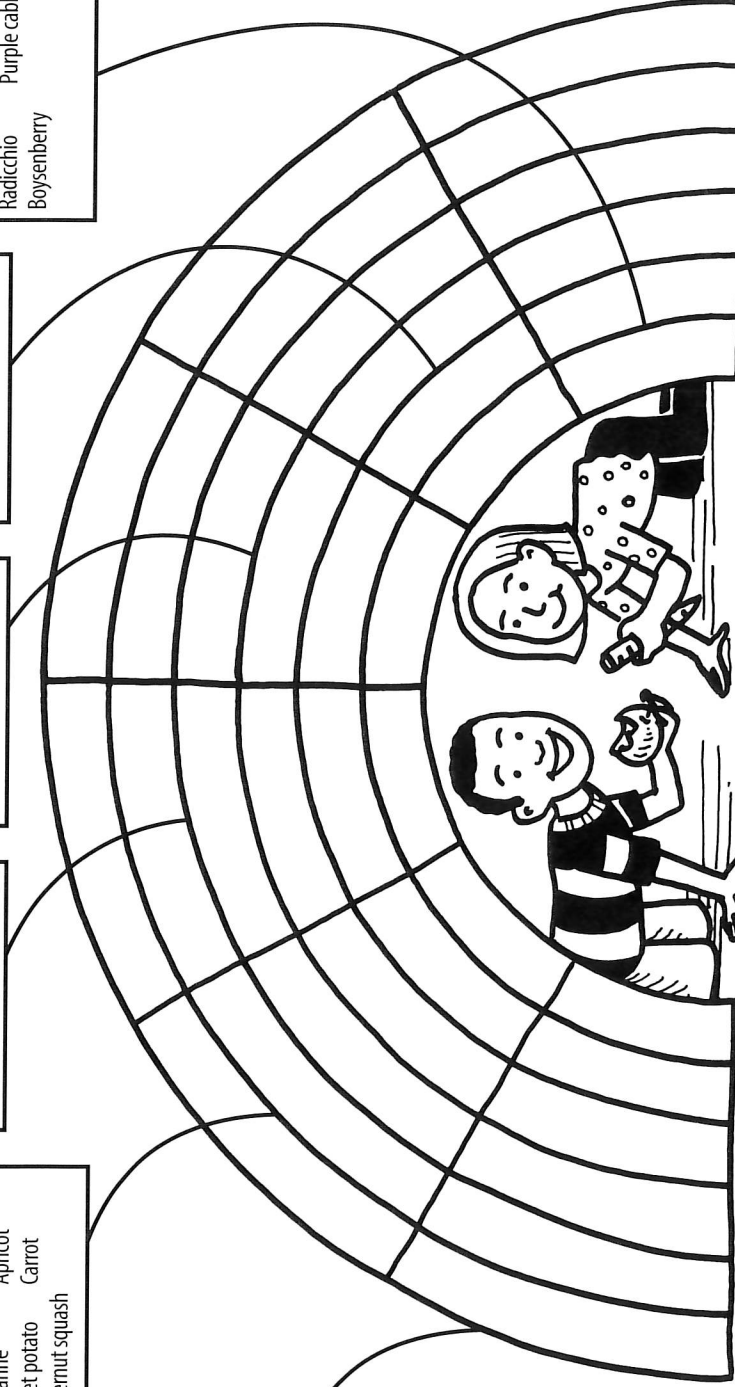
BLUE	
Blueberry	Concord grapes
Blackberry	Elderberry

ORANGE	
Cantaloupe	Pumpkin
Peach	Papaya
Nectarine	Apricot
Sweet potato	Carrot
Butternut squash	

PURPLE	
Plum	Beet
Eggplant	Fig
Radicchio	Purple cabbage
Boysenberry	

RED	
Tomato	Guava
Strawberry	Radish
Cherry	Pomegranate
Watermelon	Apple

WHITE	
Cauliflower	Hearts of palm
Jicama	Kohlrabi
Coconut	Parsnip
Onion	Turnip



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Nutrition Nuggets™

Tip: Many fruits and veggies, such as apples, carrots, and chard, are available in more than one color. Potatoes may be red, yellow, or even blue, for example. Your child will think it's fun to eat more than one variety in the same meal!

Best Recipes

2016
Edition

Get your family cooking together with the kid-friendly —
and healthy — recipes on these pages!



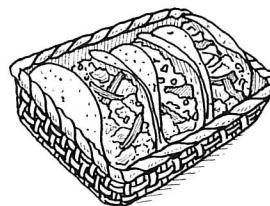
Nutty granola

- 1 cup rolled oats
- 1 cup raisins
- 1 cup sliced almonds (or other nuts)
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup flour
- 1 tsp. cinnamon
- $\frac{1}{4}$ cup softened butter



Combine rolled oats, raisins, and sliced almonds. Stir in brown sugar, flour, cinnamon, and softened butter. Drop spoonfuls on a cookie sheet and bake 8–10 minutes at 350°. Makes 3 cups.

Tuna tacos



- 1 can tuna packed in water (5 oz.), drained
- 1 tbsp. low-sodium taco seasoning
- $\frac{1}{4}$ cup water
- 4 small whole-wheat tortillas
- $\frac{1}{4}$ cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup shredded lettuce
- $\frac{1}{4}$ cup salsa

In a nonstick pan, heat the tuna with taco seasoning and water until warm and no water remains. Spoon into tortillas along with cheese, lettuce, and salsa. Serves 2.

Beef stew hot pot

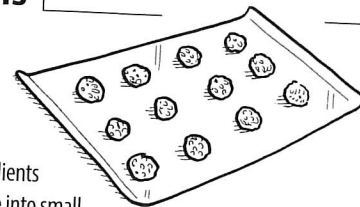


- 1 tbsp. olive oil
- $1\frac{1}{2}$ lb. lean ground beef
- 2 potatoes
- 2 carrots, peeled
- 1 bag frozen peas (16 oz.)
- 1 can tomato soup (10.75 oz.)
- 1 cup water

Heat olive oil in a skillet, and brown ground beef. Drain the meat, and place in a soup pot. Cut potatoes (leave skin on) and carrots into chunks, and add to pot. Stir in peas, tomato soup, and water. Bring to a boil. Simmer for 45 minutes, until the vegetables are tender. Serves 4.

Peanut butter balls

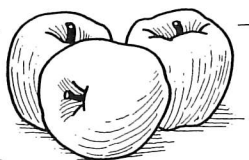
- 1 cup creamy peanut butter
- $\frac{1}{3}$ cup honey
- 1 tsp. vanilla
- 1 cup crispy rice cereal



Have your youngster mix all the ingredients together. Then, let him roll the mixture into small balls. Refrigerate for an hour. Enjoy as a snack or dessert. Makes 12 balls.

Awesome applesauce

- 4 apples
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ tsp. cinnamon



Peel and core the apples. Cut into small pieces. Place in a microwave-safe bowl, and add water and cinnamon. Microwave for 5–6 minutes. Put the mixture into a blender, and blend until chunky. Serves 4.

Quick frittata



- 5 eggs
- $\frac{1}{4}$ cup fat-free milk
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ cup chopped asparagus
- $\frac{1}{2}$ cup broccoli pieces
- Nonstick spray

Whisk together eggs, milk, cheese, salt, and pepper. Stir in the vegetables, and pour into a pie pan (coated with nonstick spray). Bake at 375° for about 20 minutes, until eggs are set. Serves 4.

Roasted honey pineapple



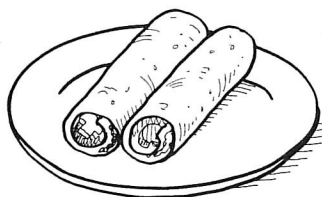
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{4}$ cup honey
- 2 cups sliced fresh pineapple, core removed

Heat orange juice with honey in a small saucepan until honey dissolves. Pour over pineapple slices, and let stand for 30 minutes. Place slices on a baking sheet, and roast at 450° for 10 minutes. Serves 4.

Pizza roll-ups

- 1 large whole-wheat tortilla
- 2 tbsp. marinara sauce
- $\frac{1}{4}$ cup fresh spinach
- $\frac{1}{4}$ cup sliced mushrooms
- $\frac{1}{4}$ cup shredded skim mozzarella cheese

Spread a thin layer of marinara sauce on a tortilla. Cover with spinach and mushrooms. Sprinkle on mozzarella. Microwave until cheese melts, 30–45 seconds. Cool slightly, and roll up. Cut in half. Serves 2.



Sweet potato “butter”

- 1 sweet potato
- $\frac{1}{4}$ tsp. brown sugar
- $\frac{1}{4}$ tbsp. chopped pecans

Use a fork to poke holes in the sweet potato. Bake at 400° for an hour or until soft (or cook in a microwave for 5–8 minutes). Scoop out the flesh, and mash. Then, mix in the brown sugar. Use as a spread on whole-grain English muffins or whole-wheat toast, and top with chopped pecans. Serves 2.



Vegetarian BBQ mix



- 1 head cauliflower
- 2 carrots, peeled
- 1 container extra-firm tofu (12 oz.)
- $\frac{1}{2}$ cup barbecue sauce

Separate cauliflower into florets, and slice the carrots. Cut tofu into cubes. Stir the cauliflower, carrots, and tofu with barbecue sauce, and place on a foil-lined baking sheet. Bake at 425° for 25 minutes. Serves 4–6.

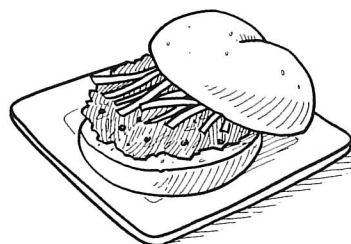
Tortilla bake

- 1 medium onion, diced
- 1 tbsp. olive oil
- 1 zucchini, grated
- 1 can black beans (14 oz.), drained, rinsed
- 1 can diced tomatoes (14.5 oz.), drained
- 1 cup frozen corn, thawed
- 2 cups shredded chicken
- 8 corn tortillas
- 1 can low-sodium enchilada sauce (10 oz.)
- 1 cup low-fat shredded Mexican-blend cheese

Heat olive oil, and saute onion for about 5 minutes. Add zucchini, black beans, tomatoes, and corn. Cook until hot. Mix in shredded chicken. Cover a 9" x 13" baking dish with tortillas, and top with half the mixture, half the enchilada sauce, and half the cheese. Repeat the layering. Bake at 400° for about 25 minutes, until the cheese melts. Serves 8.



Turkey sloppy joes



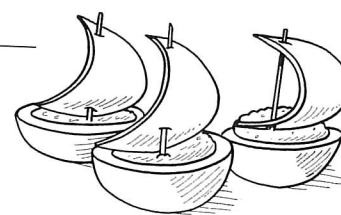
- 1 lb. lean ground turkey
- 1 diced onion
- 2 cups chopped mushrooms
- 1 can diced tomatoes (15 oz.)
- 2 tbsp. flour
- $\frac{1}{4}$ cup water
- 2 tbsp. apple cider vinegar
- $\frac{1}{2}$ cup ketchup
- 6 whole-wheat buns

Saute turkey, onion, and mushrooms together until the mushrooms and onion are soft and the meat is cooked through (8–10 minutes). Drain. Stir in tomatoes, flour, water, apple cider vinegar, and ketchup. Cook 10 minutes until the sauce thickens. Serve on whole-wheat buns. *Idea:* Top with shredded cabbage for a crunch. Serves 6.

Egg sailboats

- 4 hard-boiled eggs
- 2 tbsp. light mayonnaise
- 2 slices cheese (any kind)
- Toothpicks

Slice hard-boiled eggs in half lengthwise. Scoop out the yolk and mash with mayonnaise. Spoon yolk mix back into the egg whites. Cut each slice of cheese into 4 small squares. Make a sail by sliding a toothpick through a square of cheese, and place it in the center of an egg half. Repeat. Serves 2.



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Nutrition Nuggets™

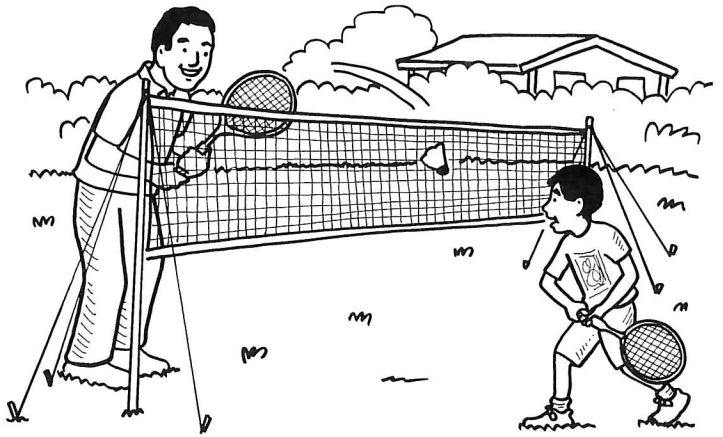
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Power Up! Power Down!

Screens may be everywhere these days, but that doesn't mean your child needs one to have fun! In fact, your youngster can have even more fun—and stay healthier—by powering down the screens and powering up the physical activity. Here's how.



Tip #1: Keep a log

With this poster, family members will see at a glance how much time they spend being active vs. in front of a screen. Let your child divide a poster board into two columns: "Active time" and "Screen time." For every 15 minutes a family member does something like badminton or yoga, he can draw a picture in the first column (birdie, yoga pose). And for every 15 minutes spent on a screen, he should draw the device used (TV, laptop, video game, smartphone) in the second column. Help your youngster tally up your totals once a week. If your family had more screen time than active time, aim to improve by at least 15 minutes the following week.

Tip #2: Promote playtime

Encourage your child to play actively for at least 60 minutes every day. Chances are she'll get so caught up in playing, she'll forget all about screens. Try this: Make a "play door." You and your youngster could write ideas for active play on sticky notes ("fly a kite," "juggle balls"). Place these notes on her bedroom door or inside the front door. When she has free time, she can pick an activity—or think of a new one to add.

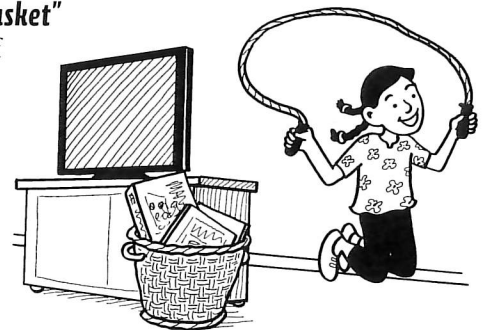
Tip #3: Find your niche

Your child can't play a video game if he's climbing an indoor rock wall or tumbling across a mat! Give him healthy ways to

use his time by letting him take a class or join a team. Check out classes and groups at community centers, after-school programs, or places of worship. He can try various activities until he finds ones he likes. He might decide on rock climbing, running, gymnastics, or even pickleball.

Tip #4: Fill a "TV basket"

Keep a basket of your youngster's toys near the TV. Then, instead of watching shows, she gets to play with something from the basket. Switch up the contents each week to keep things interesting. Include a Twister game, a jump rope, or a library book of children's poems to act out, for instance.



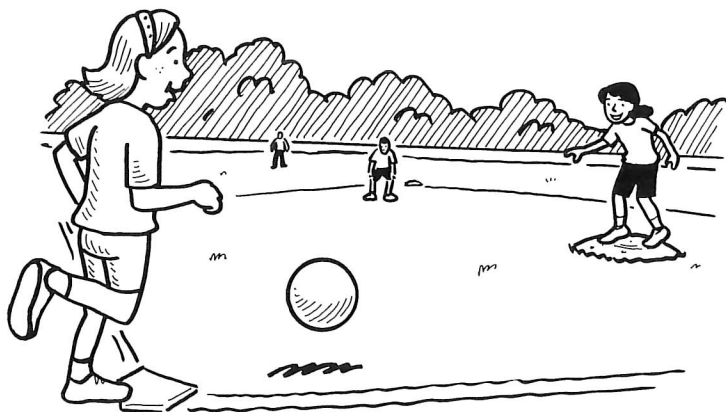
Active alternatives

Here are 10 quick, easy, and screen-free activities your youngster can enjoy indoors or outdoors.

1. Form a marching band with toy instruments (or pots, pans, and wooden spoons).
2. Play leapfrog.
3. See which foot you can balance on the longest.
4. Form a conga line—stand in a row, hold onto the shoulders of the person in front of you, and "snake" through the house or yard.



5. Make up and perform cheers.
6. Hold a limbo contest.
7. Tape down a long piece of yarn as a "tightrope," and walk on it.
8. Do the hokey-pokey.
9. Have an egg-and-spoon relay race—hard-boil the eggs first!
10. Play hopscotch.

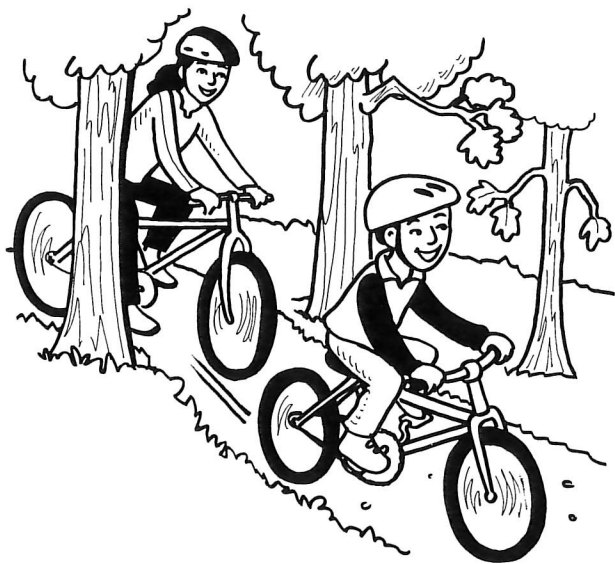


Tip #5: Start a club

Suggest that your child launch a “Fitness Club” with her friends. Members should agree on a time to meet and take turns hosting. Each week’s host gets to choose the activity. One week they might play follow the leader through a sprinkler, while another week they could organize a kickball game. *Idea:* Mix things up by offering to take them on field trips for activities they haven’t tried—say, to play volleyball at a sand volleyball pit in the park.

Tip #6: Enjoy the outdoors

There’s so much to discover outside. Look for active ways to enjoy nature together. For instance, your youngster could take a blank notebook on a family walk and draw pictures of the trees and plants. Or you might ride bikes on a path you haven’t explored before. Gardening is good exercise, too—and you’ll boost your family’s health even more by eating the vegetables and herbs you and your child grow.



Tip #7: Be the star

Challenge your youngster to develop her own active versions of favorite TV shows or video games. If she enjoys a reality dance program, she and her friends might put on music and make up dance routines. Or if she likes a video game with an obstacle course, she could set up her own course in the backyard to race over, under, around, and through with friends.

Tip #8: Volunteer to help others

Look for a place in your community where you can volunteer as a family. Check the parks and recreation department and your local United Way for active ideas. Perhaps you’ll find a playground cleanup day or a trail-clearing event. Or train for a “fun run” or a 5K to support a good cause. Another idea is to help neighbors in need, perhaps ones who are older, have new babies, or are ill. You could offer to do yardwork, wash cars, or walk dogs.

Give screens a break

It’s easier to avoid watching TV or using your phone if you plan ahead. Consider these ways to manage screen time for the whole family:

- Set a “screen bedtime” at least an hour before your youngster’s bedtime. Your child may enjoy “tucking in” the TV or computer for the night by covering it with a blanket and placing a stuffed animal beside it.
- Keep TVs and other devices out of your youngster’s bedroom. He’ll have less screen time, and it’ll be easier for you to supervise his activities.
- Switch off computers, video game systems, and TVs when you’re not using them. After your family watches a show, turn off the TV rather than channel surfing to find more programs. And if your laptop is off, you’ll be less tempted to constantly check work email or social networks.
- Turn your car into a screen-free zone. Make a point of showing your child how you put your phone in your bag or glove compartment before you start the car. Then, enjoy time together by talking about the scenery, counting cars of a specific color, or singing songs.



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