

Nutrition Nuggets

Food and Fitness for a Healthy Child

February



BEST BITES

Give this a whirl!

Bring out the gymnast in your children with this colorful idea. Help them knot different-colored ribbons securely to yardsticks or wooden dowels. They'll build coordination as they spin or dance around and wave their arms to create figure 8s, circles, and ripples with the ribbons.



Turn to turnips

Loaded with fiber, potassium, vitamin C, and protein, turnips deserve a spot on your child's plate. Peel a raw turnip, and grate it over his salad. Cut it into matchsticks and serve with hummus. Or dice turnips and add to soups, stews, and casseroles. *Note:* Try other root vegetables like rutabaga and parsnips, they contain similar health benefits.

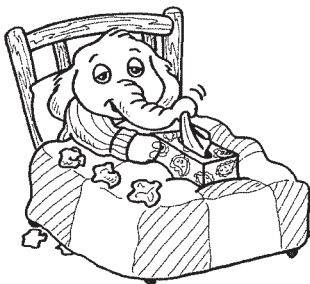
DID YOU KNOW?

Vitamin K helps blood clot and keeps bones healthy. To be sure your youngster gets the recommended amount, try adding spinach, kale, lettuce, and other leafy greens to her diet. More good sources of vitamin K include brussels sprouts, blueberries, broccoli, and figs.

Just for fun

Q: What can you catch in the winter with your eyes closed?

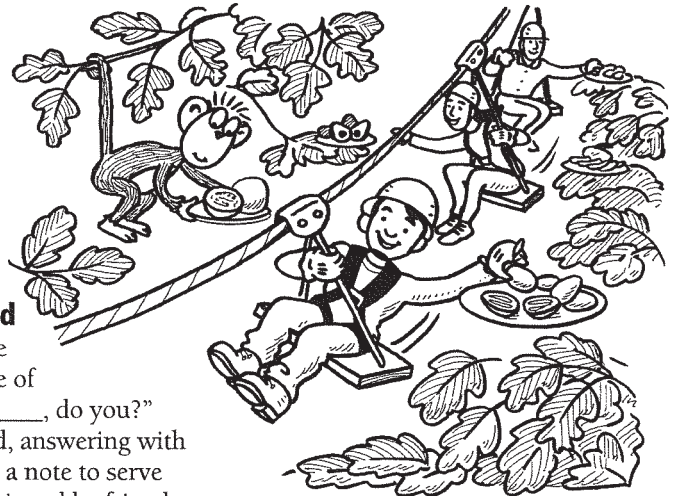
A: A cold.



Mark Rodriguez, Food Service Director

Raise an adventurous eater

You want your child to eat a variety of fruits, vegetables, lean protein, and whole grains. He wants macaroni and cheese. *Always.* Try these strategies to break through his picky-eater pattern.



Get friends involved

The next time you're carpooling, lead a game of "I like to eat healthy _____, do you?" The kids can go around, answering with foods they enjoy. Make a note to serve some of the foods mentioned by friends. Your youngster just may be willing to try ones that his peers like!

Guess the mystery ingredient

Add an unfamiliar food to a dish that includes a few of your child's favorite ingredients. For example, toss kiwi into a fruit salad. Or put lima beans in mixed vegetables. Have him close his eyes and take a few bites. Let him name the familiar foods and guess the new one.

Explore as a dinner guest

When your youngster eats at someone else's house, encourage him to sample a little of whatever is served. He could add a spoonful of beets to his plate, for example, or take a small piece of salmon. When he gets home, ask what he tried. Can he describe its taste? Then, consider making it at home—he might be willing to eat a dish "like the one at Joey's house." ♣

Fitness coding

When does ABC mean *hop*, *crawl*, and *skip*? When kids combine coding with fitness in this game! Here's how.

1. Have your youngster write the alphabet down the left side of a sheet of paper and fill in a movement beside each letter. For example, A = hop on one foot for 10 seconds, B = crawl like a crab, C = skip to the tree and back.

2. Now take turns secretly choosing a word and doing the movements for each letter. Other players consult the list and write the "code" by figuring out which letter matches each movement. So if the code is s-n-o-w, the secret word is *snow*. The first person to say the word picks the next one. ♣

