Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2017

Sauk Centre Elementary School



BEST BITES

Cookbooks for free

Find healthy new recipes for your family and encourage your child to read at the same time. How? Visit the library together to check out cookbooks. You could explore healthy dessert ideas, winter favorites, or recipes from different countries. At home, take turns reading recipes aloud to each other, and choose a few to make for dinner this week.

Wake up, warm up

Start your day with physical activity—and help your sleepyhead wake up!



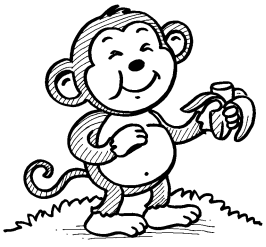
Ask your youngster to create an active morning routine. For example, she might do 10 shoulder shrugs, 10 big arm circles, 6 lunges, and 5 toe touches before getting dressed. In the kitchen, she could do 10 jumping jacks and run in place for 1 minute before breakfast.

DID YOU KNOW? If your child eats just one medium sweet potato, he gets more than enough vitamin A and about half of the vitamin C he needs for the entire day. Substitute sweet potatoes for white ones in his favorite potato dishes like mashed potatoes and french fries. This is one sweet you can happily say yes to.

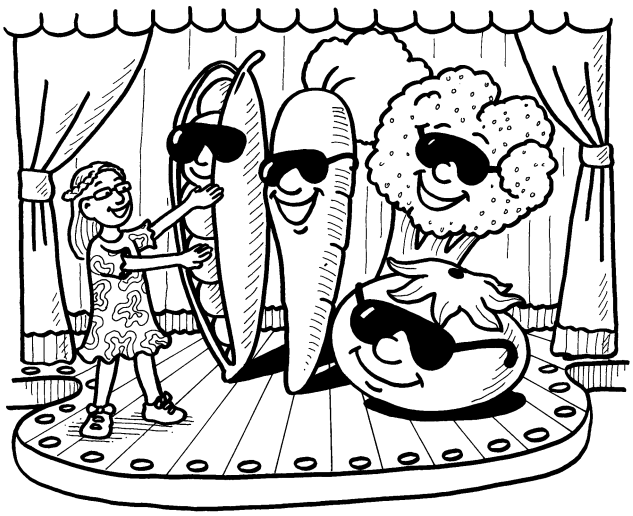
Just for fun

Q: What did the banana say to the monkey?

A: Nothing. Bananas can't talk!



Now starring…vegetables!



Many meals feature meat as the main attraction, with vegetables playing a "supporting role." Why not switch things up? By letting veggies take center stage, you can encourage your youngster to eat more of them. Try these ideas.

Plan around a vegetable

Ask your child, "What vegetable should we have for dinner?" Then, build your entire meal around her choice. Say your youngster picks carrots as the main attraction. Talk about how to prepare them (slices or sticks, roasted or steamed) and what would taste good with them (noodles and tofu).

Put vegetables front and center

The way you serve dinner can give vegetables the spotlight. Have your child place a big bowl of veggies in the middle of the table, perhaps fajita vegetables (green peppers, onions), with side dishes like corn tortillas, black beans, and brown rice. *Tip:* Encourage family members to take a bigger portion of veggies and smaller amounts of everything else.

Add vegetables to favorites

Serve burgers on lettuce leaves instead of buns. Stir cooked peas and diced tomatoes into macaroni and cheese. While you eat these creations, brainstorm fun names for them. Who knows—maybe "leaf-burgers" or "polka-dot mac" will become famous household names.

An outdoor treasure hunt



Get a workout while searching for hidden "treasure" in your yard.

Number 10 sticky notes, and write an active clue on each, telling family members where to find the next one—and how they will move to get to it. To begin, you might stick a note on the front door that says, "Gallop to the place we get letters and cards" (mailbox). Then on the mailbox, you could put a clue that says, "Run to the tree that we see when we are eating" (outside the kitchen window).

The last note should tell players where to find the "treasure"—perhaps a container of syrup with a note that says, "Head indoors for a pancake brunch!"

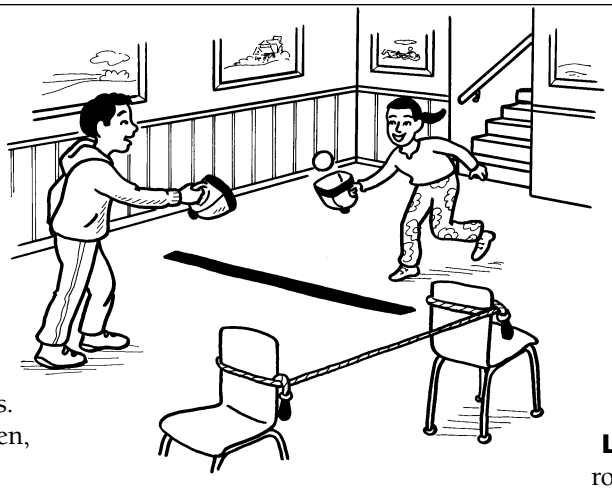
© 2017 Resources for Educators, a division of CCH Incorporated

This institution is an equal opportunity provider.

Make your own fitness gear

Your family doesn't need expensive gym equipment to exercise indoors. Use these common household items for fun workouts.

Catcher's scoop. Wash two empty plastic milk jugs and cut each in half, keeping the top parts with the handles. Cover sharp edges with duct tape. Then, play catch using a foam ball.



Balance beam. Ask your youngster to stick a line of duct tape or masking tape on the floor. Family members can walk forward and backward, tumble, and hop along the "beam."

Hockey goal. Turn a laundry basket on its side, and place it against a wall. Players use a pool noodle to shoot crumpled wastepaper into the goal.

Limbo. Tie opposite ends of a jump rope to two chairs, and separate the chairs so the rope is stretched tight. Play "limbo" by going under the rope without touching it. Slide the rope down a little on each round—how low can you go?



ACTIVITY CORNER Graph family favorites

What kind of bagel is most popular in your house? Which fruit or nut do family members like best? Your child can find out by taking a survey and graphing the results.



Have your youngster choose three foods for family members to sample—at least one should be unfamiliar. *Examples:* grapefruit, pear, persimmon. Then, he could conduct a blind taste test by having everyone try each food without looking.

Encourage your child to graph everyone's favorites. He can list choices on the left side of a sheet of paper, write each person's name across the bottom, and draw one piece of fruit to represent each vote. Let him share his findings at dinner. Do this activity regularly, and you've got an easy way to motivate your youngster to taste different foods and practice creating graphs.

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
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

© 2017 Resources for Educators, a division of CCH Incorporated

Q&A Healthier holiday baking

Q: *I love baking holiday treats with my daughter, but I'd like to make them more nutritious this year. Any ideas?*



A: You can boost the nutrition simply by swapping in some healthier ingredients.

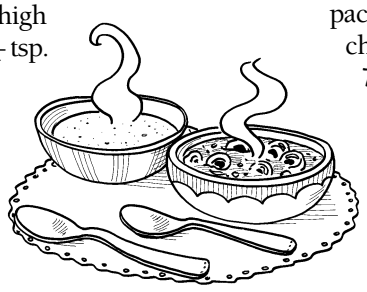
Try using unsweetened applesauce in place of sugar or butter in recipes for muffins and cakes. For every cup of sugar, substitute 1 cup applesauce. Or replace half of the butter with applesauce. For cookies, dried cranberries and chopped dried apricots are colorful alternatives to chocolate chips (choose varieties with no added sugar).

Your treats will still taste delicious, and you'll feel better about enjoying them together!

IN THE KITCHEN "Souper" recipes

A bowl of hearty yet healthy soup makes a perfect winter dinner.

● **Creamy broccoli.** Saute 1 tbsp. crushed garlic in 1 tbsp. olive oil in a large pot over medium-high heat. Add ½ tsp. salt and ¼ tsp. pepper. Cook until soft, stirring constantly. Add 4 cups vegetable broth, 2 lbs. chopped broccoli, and 1 cup fat-free evaporated milk. Simmer 20 minutes or until the broccoli is tender. Transfer to a blender, and puree until thick.



● **Chicken and spinach tortellini.** In a large pot, bring 28 oz. low-sodium chicken broth to a boil. Add a 9-oz. package of refrigerated cheese tortellini, and cook 7–9 minutes. Reduce heat to medium, and stir in 3 cups shredded cooked chicken and 6 oz. fresh baby spinach. Cook until spinach is wilted.