



# FUEL for SCHOOL

Fall 2022 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

## Instilling a Healthy Body Image

Body image is how we see ourselves and how comfortable we feel in our body. Many children and teens experience a negative body image as they grow and mature. Caring adults can positively influence youth by keeping the following points in mind.

- **Everybody** has a great body! When kids complain about being too fat, skinny, short, tall or slow, emphasize the positive things about who they are, what they enjoy and what they can do.
- Every child has a unique pattern of growth and will enter growth spurts at different times. For instance, two eight year-olds can vary by as much as eight inches and 35 pounds while both growing in a typical, healthy pattern.
- Remind kids that there is no one “best” or “normal” way to look. We are all born with a one-of-a-kind body. As children grow up, their body will begin to take shape and develop into the person they will look like as an adult.
- The one thing we all have in common is the choice to take the best care of our very own, very great body! Emphasize healthy eating, sleeping and activity habits over body shape and weight.
- The most important way that adults influence children is through positive role modeling. Shared healthy meals and fun physical activities set the stage for a lifetime of good habits.

## Take Five for Fitness

### Bones Under Construction!

Did you know that weight-bearing activities “exercise” your bones and make them stronger? Weight-bearing means your muscles and bones are working against gravity. Activities such as walking, jumping, running, soccer, tennis, basketball, karate, push-ups and planks are all weight-bearing because feet, legs or arms are supporting or carrying your weight.

Below are some ways that adults can encourage weight-bearing exercise for their families.

- Walk to the store together.
- Challenge your child to a free-throw contest.

- Put on some music and dance.
- Find a new place to hike and explore.

## Nutrition Know-How

### Bone Building Nutrients

During youth, minerals from the diet are deposited into bone. By about age 30, this process ends and the skeleton is at its strongest. Calcium and vitamin D are star players when it comes to bone building for kids and teens.

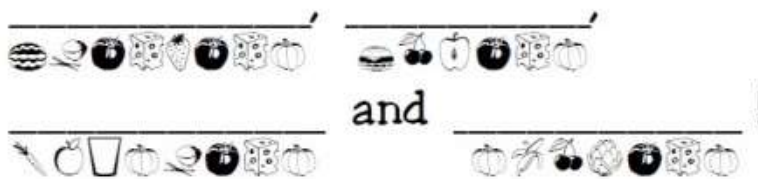
Strive for 3 calcium-rich foods each day such as milk or fortified beverages (e.g. soy milk), cheese, yogurt, canned salmon and sardines, dark greens and tofu. Vitamin D can be found in milk, eggs and canned salmon. In addition, 10 minutes of Texas sun each day will help your body form vitamin D (after 10 minutes, put on sunscreen). Vitamins A and K, magnesium, boron, silicon and protein also contribute to bone building and overall good health. The best way to get these nutrients is to include foods from all of the MyPlate food groups.



Use the key below to finish the sentence.

= A	= B	= K	= P	= U
= C	= G	= L	= Q	= V
= M	= H	= N	= S	= W
= D	= I	= O	= T	= X
= E	= J	= O	= T	= Y

Food fuels your body for jumping, dancing, walking, throwing,





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## Fruit & Veggie Spotlight: Pears and Zucchini

### Pears

Pears are a delicious and nutritious fall fruit. Pears are a fantastic source of fiber and also provide vitamin C and healthy plant chemicals.

Primarily grown in Washington and Oregon, pears are picked from the tree when green and actually ripen best off of the tree. Pears are ready to eat when the neck of the pear is slightly soft. Pears come in many varieties including Bartlett, Bosc, Comice and Anjou. They are green, red and golden in color.

Overripe pears can be used in smoothies or cooked dishes and sauces. USA Pears has a number of delicious recipes that you can find at <https://usapears.org/recipe/>.

### Zucchini

Originating in Northern Italy, zucchini is easy to grow in your home garden. This versatile and nutritious summer squash can be used in so many ways. Raw zucchini can be shredded for use in salads and baked goods and cooked zucchini can serve as a side dish or ingredient in soups, stews, casseroles, stir-fries and more.



One medium zucchini is an excellent source of vitamin C, potassium and vitamin B6 and also contributes fiber, magnesium, folate and important antioxidants such as the eye-health duo of lutein and zeaxanthin.

### Produce Power at School!

Did you know that fruits and/or vegetables are a feature of the school breakfast and lunch choices every day? Encourage your child to pick a fruit or vegetable at every meal and snack.

## Recipe Roundup



### Easy Pear Smoothie

- 1 banana, peeled, cut into chunks and frozen
- 1 pear, cored and cut into chunks ( peeling is optional – the peel will add more fiber)
- 1 cup milk
- 1 Tbsp honey or maple syrup (optional)
- ¼ tsp of cinnamon, cardamom, or ginger (optional)



Place ingredients in blender. Blend until smooth and creamy. Serve chilled. Makes 2 servings.

### Zucchini Pizza Boats

- 2 medium or 3 small zucchini
- ½ cup tomato based pasta sauce
- ½ cup shredded mozzarella cheese
- 2 Tablespoons parmesan cheese

Heat oven to 350 degrees. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.

A fun picture book for young readers is *Zora's Zucchini* by Katherine Pryor. (Readers to Eaters, 2017).

### Source:

Food Hero, Oregon State University  
<https://www.foodhero.org/recipes/zucchini-pizza-boats>.  
For more great zucchini recipes, visit <https://www.foodhero.org/recipes/recipe-categories/zucchini>