



FUEL for SCHOOL

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

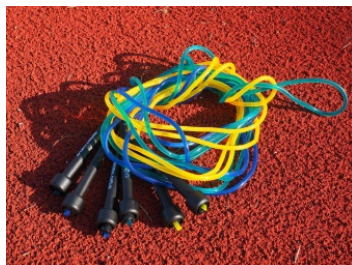
Back-to-School Success

For a healthy school year, begin with these 5 key habits

1. Start every day with a brain-boosting breakfast and be sure to fuel up with a healthy lunch at school.
2. Strive for at least three family meals each week. Kids who eat with their families have a better balanced diet and perform better in school.
3. Set limits for non-educational screen time, including texting, video games, TV and other electronic activities.
4. Keep moving! Set a goal for 60 active minutes each day. Active play, exercise, dance and organized sports all count!
5. Rest up! Skimping on sleep can take its toll on the health, development, and achievement of busy kids. While individual needs vary, it's not unreasonable for kids and teens to require 10 or more hours of sleep each night.

Take Five for Fitness

Jumping rope is a fun way to build bones, strengthen muscles, build cardio fitness and improve balance. Jumping rope can be done alone or as a fun



social activity. Even top athletes jump rope as a part of their fitness routine! Check out <https://www.verywellfamily.com/jump-rope-games-1256809> for more on jump rope, including lots of fun games and ideas.

Nutrition Know-How

Protein Power!

When you look in the mirror, you actually see protein! Skin, hair, muscles, fingernails, and most the rest of a human are made of protein. Every day, our bodies need protein for growing, healing and replacing worn-out cells. Some body cells last only three days!

Foods high in protein include meat, seafood, poultry, eggs, tofu, beans, nuts/nut butters and seeds. Milk, yogurt and cheese are dairy foods that are also high in protein.

Growing kids and teens need about 5-10 total ounces of protein-rich meat, fish, or poultry; or other high protein foods such as eggs, peanut butter and beans. To get an estimate of your protein needs, visit <https://www.myplate.gov/eat-healthy/protein-foods>.

TRUE OR FALSE?

Eating lots of protein will make you have really big muscles.

False! You have to exercise your muscles in order to make them bigger and stronger. While it is important to eat *enough* protein to be healthy and strong, eating more protein than your body needs won't build bigger muscles.

Win a Prize!

Students in classrooms who taste a fruit or vegetable, try a new recipe or complete the attached puzzle page can win a prize. Teachers can verify that students have completed one of these activities by sending Mr. Wayner an email at edward.wayner@gonzalesisd.net



FUEL for SCHOOLS

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

Fruit & Veggie Spotlight: Watermelon and Bell Peppers



Watermelon

In spite of its name, watermelon is not just water (although it is actually 92% water by weight!). This delicious thirst-quenching fruit also packs a good dose of nutrition.

Watermelon is a good source of vitamin A, vitamin C and the important healthy plant chemical lycopene. Lycopene is found in red foods such as watermelon, tomatoes and grapefruit and as a powerful antioxidant, it protects our cells and may prevent diseases such as heart disease and cancer.

Bell Peppers

Sweet bell peppers are loaded with vitamin C and also contribute fiber, vitamin B6 and many other nutrients. They are fun to eat raw, roasted or as an ingredient in dishes such as salads, pizza, kebabs, Mexican food and more! One of the most colorful vegetables, bell peppers can be green, red, orange, yellow, white, purple and even brown!



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

This recipe can be served as a thick, hearty soup, as a filling for tortillas or as a topping for baked potatoes.



Easy Lentil Chili

The recipe below is vegetarian but you can easily mix in 1 pound of thoroughly browned ground turkey or

lean ground beef if desired.

Ingredients

- 1 pound lentils, rinsed
- 5 cups water
- 1 can tomato sauce (15 oz.)
- 1/2 cup chopped onion
- 3 teaspoons chili powder
- 1/2 teaspoon salt
- 1 cup grated sharp cheddar cheese

Directions

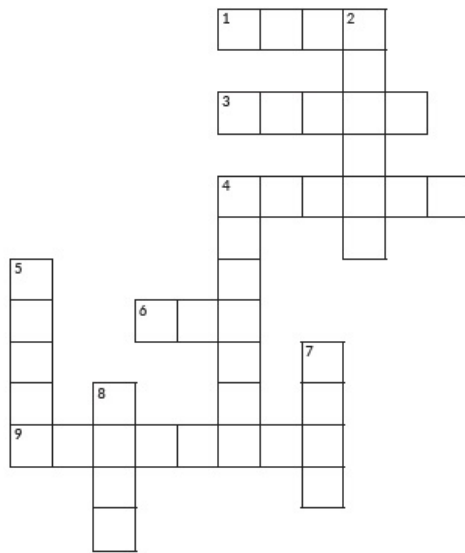
Combine lentils and water in a large pan. Place on the stove and bring to a boil. Turn the heat down, cover with a lid and simmer for 30 minutes. Add tomato sauce, onion, chili powder and salt. Simmer for 30 minutes more. Top each serving bowl with 2 tablespoons of grated sharp cheddar cheese.

This basic recipe can be adapted for personal taste. Add sweet or hot peppers, cilantro, minced garlic or hot sauce as desired.



THE PROTEIN SCENE

NAME: _____



ACROSS

1. Some kids like them scrambled.
3. Shown as a blue circle on MyPlate, this food group is also high in protein.
4. Grind this nut into butter for a popular sandwich filling.
6. Lean meats and chicken without skin are low in _____.
9. For good health, eat four to six ounces, or about two to three _____ of protein-rich foods each day.

DOWN

2. Foods from the protein group help to build a _____ body.
4. A nutrient that provides the building blocks for growth.
5. Also known as legumes, you can find these in burritos.
7. A protein food that lives in the water.
8. Get bigger.

WORD LIST: ACROSS: 1 EGGS, 3 DAIRY, 4 PEANUT, 6 FAT, 9 SERVINGS; DOWN: 2 STRONG, 4 PROTEIN, 5 BEANS, 7 FISH, 8 GROW

