



# FUEL for SCHOOLS

February 2022 ♥ Nutrition News & Activities from your Gonzales ISD Food Service Dept.

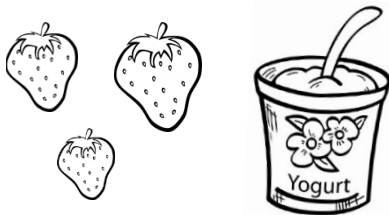
## February is Heart Month!

February is American Heart month<sup>1</sup>, which is a great time to revisit your lifestyle habits and set goals for adopting heart healthy habits. Heart disease remains the leading killer in the United States. We also know that heart disease begins in childhood so adopting healthy family food habits early in life is especially important.



Fortunately, eating well does not mean giving up delicious foods. The Mediterranean diet features heart-healthy foods that are packed with color and flavor. The core of this eating plan centers on fruits and vegetables, legumes, whole grains, flavorful herbs and spices, and healthy fats such as olive oil, nuts, seeds and avocados. Add seafood, poultry, eggs and low-fat dairy to round out most of your meals.

**Oldways: Health through Heritage** has produced a Mediterranean pyramid<sup>2</sup> that illustrates this eating plan in vivid mouth-watering colors.



1. [https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)
2. <http://oldwayspt.org/resources/oldways-mediterranean-diet-pyramid>

\*Examples of heart healthy red foods: apple, beets, cherries, cranberries, pomegranate, radish, raspberries, red cabbage, red onion, red pepper, salsa, strawberries, tomato

## Favorite February Foods

February is both Valentine's month and heart month. Did you know that many red foods are healthy for your heart? List five nutritious red foods\*:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Bonus:** Find your favorite red foods on the GISD school breakfast or lunch menu!

## Try This!

Make this heart-healthy strawberry pop to celebrate both Heart Month and Valentine's Day!

### So-Berry-Good Strawberry Pops

#### You will need:

- 1 cup yogurt (try vanilla, honey or lemon)
- 1 cup fresh strawberries
- 4 3-ounce paper cups
- 4 spoons
- Measuring cup
- Mixing bowl
- Fork or masher
- clean work surface and hands



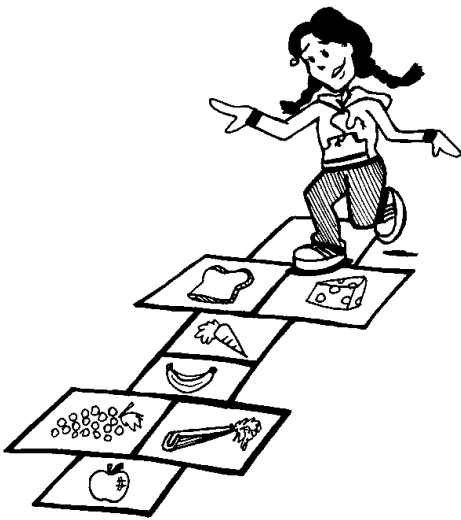
#### Directions:

In medium bowl, mash strawberries with a fork or masher until they are a smooth consistency. Add the yogurt and mix well. Divide the mixture evenly between the four paper cups. Stick a spoon in the middle. Freeze for two hours or until the pops are solid. Peel off the paper cup and enjoy! Makes 4 pops

# Healthy Habits Puzzle

1. Find and circle the following healthy habit words in the puzzle below.
2. Complete the health rhyme at the bottom by writing the first 27 uncircled letters in the blanks.

Activity	Breakfast	Fruit	Protein	Vegetables
Fun	Hygiene	Meals	Rest	Water
Milk	MyPlate	Play	Stretch	Whole Grains



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

**Bonus:**  
Describe why each puzzle word is part of a healthy habit.

To feel great and look your best,

\_\_\_\_\_ ,  
 \_\_\_\_\_ !



# Healthy Habits Solution

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

E a t w e l l , e x e r c i s e ,  
l a u g h a n d r e s t !

