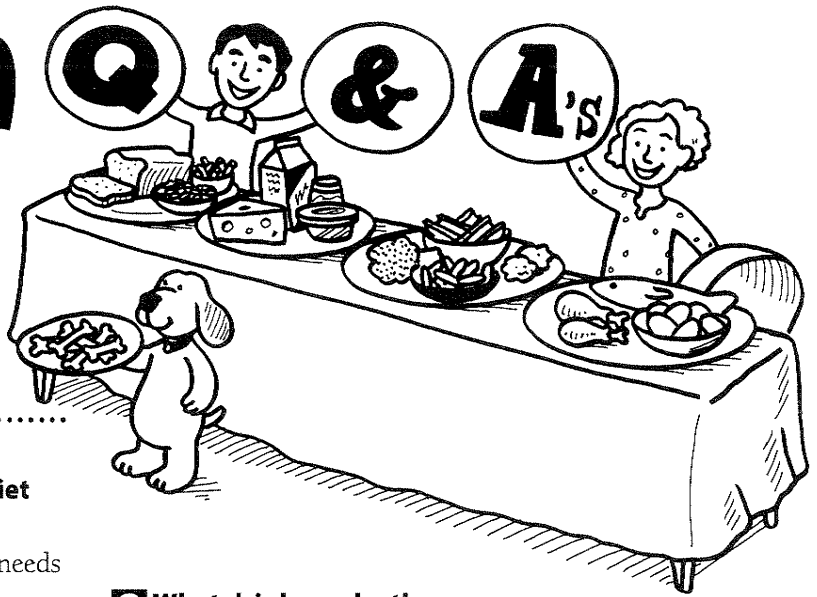


Nutrition

Building good eating habits is a surefire way to boost your child's health. These answers to common questions can help your family make wise decisions when it comes to food choices.



Q What foods should I try to get into my child's diet each day?

A To have a healthy and balanced diet, your youngster needs foods from these groups every day:

- whole grains like whole-wheat bread, brown rice, or multi-grain pasta
- vegetables—raw or cooked, in a variety of colors
- fruit, preferably fresh or frozen with no sugar added
- dairy products (fat-free milk and low-fat cheese or yogurt)
- lean protein from meat, poultry, fish, eggs, or beans

Note: The amount of each food your child needs will vary according to age, gender, and level of physical activity. Ask your pediatrician or school nurse, or look online at www.choosemyplate.gov.



Q My youngster won't eat vegetables. What should I do?

A This is a common problem. Try these ideas:

- Make sampling new vegetables a family adventure. It can be fun to try artichokes or bok choy when it's

new to everyone. Let your child pick out a different vegetable during each trip to the grocery store and then help you find a recipe for it.

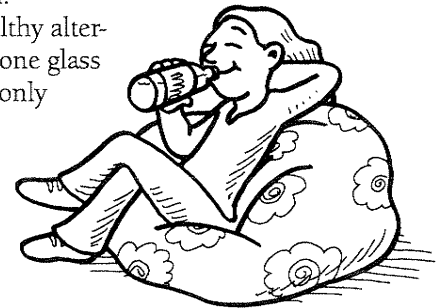
- Offer vegetables raw. Some children prefer crunchy vegetables over cooked ones. *Tip:* Kids love to dip. Put out vegetables (sugar snap peas, green beans, baby carrots) with low-fat ranch dressing, salsa, or hummus.

- "Hide" vegetables in foods your youngster likes. Try adding frozen chopped spinach (thawed) to his favorite meatloaf or diced cooked cauliflower to macaroni and cheese. For other ideas, look through cookbooks like *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals* by Missy Chase Lapine.

Q What drinks make the healthiest choices?

A Water is the best option—it can keep your child's digestive system healthy and quench her thirst without adding extra sodium, sugar, or calories. It's also important for your child to drink fat-free milk so she gets the calcium she needs for strong bones and teeth.

Fruit juice can be a healthy alternative, if limited to about one glass a day. Make sure you buy only juices labeled 100% real fruit juice.



Q What can we do to make our weekly menus healthier?

A Little changes can mean a lot. You can get started with simple steps like these:

Step 1: Try to eat more foods prepared from scratch. Processed foods (quick-to-prepare boxed dinners, for example) are often high in salt, fat, and calories. To save time, plan a day when you can cook double batches of healthy recipes—then eat one, and freeze the other for later.

Step 2: Incorporate more fruits and vegetables into meals and snacks. You might stir a handful of berries into your child's oatmeal at breakfast, tuck spinach leaves into his sandwich for lunch, give him celery sticks with peanut butter for an afternoon snack, serve asparagus and baked acorn squash with dinner, and offer him a fresh orange or apple before bedtime.

Step 3: Add flavor without adding sugar or salt by trying different herbs and spices. Basil, oregano, and marjoram are good in pasta and tomato dishes, for instance. Dill, chives, and tarragon liven up salads. And red pepper flakes, chili powder, and cumin make spicy additions to Mexican-style dishes like burritos and enchiladas.

continued

Nutrition Q&A's

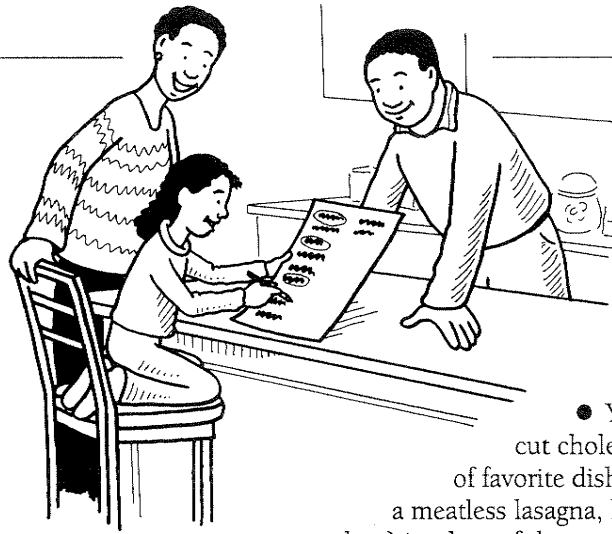
Q How can I encourage my child to choose healthy snacks?

A Teach her to think of snacks as a way to get part of her daily nutrition. Consider making a snack “menu” together.

First, ask her to list snacks she likes. Then, go through the items with her, and have her circle the ones that include whole grains, fruits, vegetables, protein, and low-fat dairy. *Examples:* fruit smoothies, popcorn, frozen waffles.

Next, your youngster can use markers to rewrite and illustrate the list on a small poster board. She could separate the items into two columns—one for snacks to grab on the go (a box of raisins, a hard-boiled egg) and the other for items taking a little time (baked sweet potato “fries,” a cheese-and-bean quesadilla).

Hang your child’s menu on the fridge. You can use it as a handy checklist when writing a grocery list, and she’ll have an instant reminder of nutritious foods that make tasty snacks.



butter). Use fat-free versions of ingredients like milk, sour cream, or cheese.

- When you make tacos, nachos, and spaghetti, use lean ground beef, chicken, or turkey, and drain after browning it. You’ll lower the cholesterol and calories.

- You can boost nutrients and also cut cholesterol with vegetarian versions of favorite dishes such as lasagna or chili. For a meatless lasagna, layer vegetables (zucchini, eggplant) in place of the meat. For chili, use more beans and skip the meat.

- Add fiber by switching to whole grains. Swap brown rice for white rice in stuffed peppers, or use whole-grain noodles instead of white noodles in chicken chow mein, for example.

Note: Remember, every now and then it’s okay to enjoy a treat, whether it’s a main course your family likes or a special dessert.

Q How can I help my youngster manage his food allergies away from home?

A Food allergies can cause everything from rashes to life-threatening emergencies. If your child has been diagnosed with a food allergy, help him take control with these suggestions:

- Teach him to read food labels and know the names his allergen might be called. For example, if he’s allergic to milk, he’ll need to watch for ingredients like casein, lactose, and whey.

- When your youngster’s going home with a friend or to an after-school activity, have him pack something

he can eat. He can also take his own snacks to parties in case he can’t have the foods served.

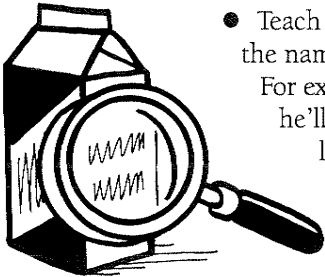
- If he’s not sure what a snack or meal contains, he should politely decline it. Remind him that it is better to gently refuse food than to get sick from eating it.

- For severe food allergies, make sure your child carries an epinephrine kit with him in case of emergencies.

Q Does eating healthy mean giving up our favorite dishes?

A Sometimes our favorite foods are those that are high in fat, sugar, salt, or calories. Try giving your recipes a makeover with ideas like these:

- Reduce fat and calories by replacing half the fat (butter, oil) with unsweetened applesauce ($\frac{2}{3}$ cup applesauce = 1 cup



Q How can we change our eating habits to lose weight?

A Small steps can make a big difference when your family is trying to lose weight. Start with these suggestions:

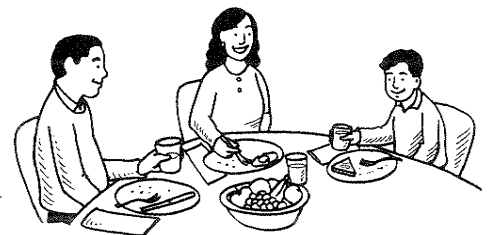
- Eat breakfast. Skipping the morning meal can leave you hungry and often leads to overeating later in the day.

- Make calories count. Try not to eat foods that add calories without nutritional value (soda or chips, for instance). Instead, look for “nutrient-rich” foods—those that are packed with healthy vitamins and minerals and will fill you up. *Examples:* brightly colored fruits and vegetables, lean poultry, fish, fat-free milk, beans, whole grains.

- Put salad dressings and sauces on the side, and dip your food into them. You’ll still enjoy the flavor but will have fewer calories and less fat.

- Read food labels and measure out portions to learn what a healthy serving size looks like.

Tip: Talk to your family doctor, the school nurse, or a registered dietitian to create a healthy eating plan that will help your family meet weight goals.



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

Nutrition Nuggets™

Quick—and Healthy— Recipes

Good, nutritious meals don't have to take a lot of time. And you don't need a whole grocery list of ingredients to make something your kids (and you!) will enjoy eating.

Here are easy recipes you can use to get dinner on the table in a hurry. Pick your speed—fast for lunches or dinners that come together in 30 minutes and even faster for meals that take about 15 minutes.

Each recipe makes 4 servings.



FAST: CHICKEN STIR-FRY

Mix, cut, heat, and stir—and dinner is on the table!

Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 package Asian frozen vegetable mix
- 1 tbsp. olive oil
- 2 cups brown rice, cooked

Sauce

- ½ tsp. cornstarch
- ¼ cup low-sodium chicken broth (or water)
- 3 tbsp. low-sodium soy sauce
- 1 tsp. sugar

Mix the sauce ingredients, and set aside. Cut the chicken into bite-sized pieces. Microwave



the vegetables until heated through. Heat the oil to medium high in a wok or large nonstick skillet. Add the chicken; stir until it's no longer pink. Then, toss in the veggies, and continue stirring. Gently pour in the sauce, and bring to a boil. Turn off the heat, and let sit 1–2 minutes. Serve over rice.

FASTER: "FRIED" RICE

Eggs replace the chicken in this tasty Asian-inspired dish.

Ingredients

- 1 package frozen peas and carrots
- 1 tbsp. olive oil
- 3 eggs
- 2 cups brown rice, cooked

Sauce

- 2 tbsp. low-sodium soy sauce
- 1 tsp. sesame oil

Microwave the vegetables until heated through. Bring the olive



oil to medium-high heat in a wok or large skillet. Whisk the eggs and cook them in the skillet, breaking them apart as you would scrambled eggs. When the eggs are nearly set, add the cooked rice, vegetables, and sauce. Heat for another minute, and serve.

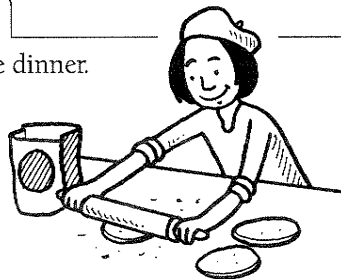
FAST: CHEESY CALZONES

Fill and fold for a yummy pizza-type dinner.

Ingredients

- 1 lb. pizza dough
- 1½ cups low-fat ricotta cheese
- ½ cup low-fat mozzarella cheese, shredded
- ½ cup fresh spinach, torn into small pieces
- 1 egg, lightly beaten
- ½ tsp. dried oregano
- salt and pepper to taste
- 1 jar spaghetti sauce

Preheat the oven to 425°. Mix the cheeses, spinach, egg, and seasonings. Then, divide the dough into fourths. Form each section into a ball, and roll into a circle on a floured



surface. Top each circle with ¼ of the cheese filling. Fold the dough over, and squeeze the ends together. Prick the top of each calzone with a fork three times, and place on a cookie sheet sprayed with nonstick spray. Bake 15 minutes or until golden. Heat the sauce for dipping.

FASTER: PITA PIZZAS

The pita bread replaces the dough in this recipe—providing a ready-made crust.

Ingredients

- whole-wheat pitas
- 1 jar spaghetti sauce
- cut-up vegetables
such as green peppers, broccoli, zucchini
- low-fat mozzarella cheese, shredded

Preheat the oven to 375°. Split the pitas in half. Spread about ¼ cup sauce on each pita half, and place on a lightly greased cookie sheet. Top with vegetables and cheese. Bake 10 minutes until the cheese melts and the pita is crisp. Serve with the extra sauce.



continued

Quick-and-Healthy-Recipes

FAST: TURKEY TACOS

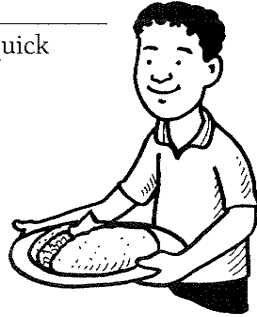
Who doesn't like tacos? Here's a quick turkey version.

Ingredients

- 1 tbsp. olive oil
- 1 lb. ground turkey
- 1 packet low-sodium taco seasoning mix
- 1 package corn tortillas
- 1 cup shredded lettuce
- 1 cup salsa

Heat the oil in a large skillet, and add the ground turkey. Cook until the meat is no longer pink, and drain. Stir in the taco seasoning mix and $\frac{3}{4}$ cup water. Remove from the stove, and cover to keep warm.

Then, heat the corn tortillas on a hot griddle or in the oven until they are crisp. For each tortilla, top with about 3 tbsp. ground turkey mix, a little lettuce, and a dollop of salsa.

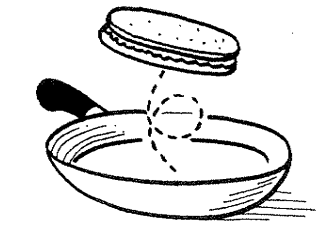


FASTER: QUESADILLAS

Swap turkey for black beans in this cheesy Mexican-style dish.

Ingredients

- 4 large whole-wheat tortillas
 - 2 cups low-fat cheddar cheese, shredded
 - 1 can black beans, rinsed and drained
 - garlic powder
 - chili powder
 - salsa
- Top each tortilla with $\frac{1}{2}$ cup cheese and 2 tbsp. black beans. Sprinkle on garlic



and chili powders (use more or less chili powder to control the spiciness). Fold each tortilla in half. Then, heat two skillets to medium high, and add the tortillas. Flip when the bottoms become crisp. Serve with salsa.

FAST: SAVORY SALMON

Put healthy fish on the table with this yummy recipe.

Ingredients

- $\frac{1}{8}$ cup yellow mustard
- $\frac{1}{8}$ cup honey
- $\frac{1}{2}$ tsp. vinegar
- 1 lb. salmon fillets (or other firm fish)
- salt and pepper



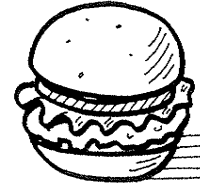
Preheat a grill or broiler. Mix the mustard, honey, and vinegar together, and brush onto the fish fillets. Add salt and pepper to taste. Grill (or place onto a foil-lined cookie sheet and broil 6 inches from the heat) for 8 minutes or until the fish is opaque. Serve with salad.

FASTER: SHRIMP SANDWICHES

Use cooked shrimp to make a meal in a snap.

Ingredients

- 1 lb. cooked shrimp
 - $\frac{1}{3}$ cup reduced-fat mayonnaise
 - $\frac{1}{4}$ tsp. hot sauce
 - 4 whole-wheat sandwich rolls
 - 1 cup shredded lettuce
 - 1 tomato, sliced
- Chop shrimp into pieces, and mix with mayonnaise and hot sauce.



Fill each roll with the shrimp mixture, and add lettuce and a tomato slice.

FUN SNACKS

CINNAMON APPLE POPS

Here's a clever treat to take to the park.

Ingredients

- 1 tsp. cinnamon
- 1 tbsp. sugar
- 2 apples
- juice from $\frac{1}{4}$ lemon
- 12 lollipop sticks (available at craft stores)



Mix the cinnamon and sugar together. Core the apples, and cut each one into 6 wedges. Place the pieces into a large zipper bag along with the lemon juice and the cinnamon and sugar. Seal tightly, and shake. Remove from the bag, and insert a lollipop stick in each apple piece. *Do-ahead note:* You can cover the apple pops in plastic wrap and refrigerate for up to one day.

CUCUMBER CUPS

Scoop and fill cucumber pieces for this tasty nibble.

Ingredients

- 2 large cucumbers
- 1 cup cooked corn kernels, cooled
- 4 oz. whipped cream cheese
- salt and pepper to taste



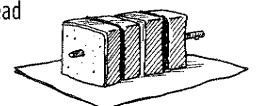
Cut each cucumber into 1-inch slices (if desired, remove the skins with a vegetable peeler). Use a melon baller or small spoon to scoop out the soft center of each slice, making sure not to go all the way through. Mix the corn and cream cheese, add salt and pepper, and fill each "cup" with the mixture. Chill for 15 minutes, and eat immediately.

PRETZEL SANDWICH SKEWERS

Combine a ham sandwich with a pretzel for a bite to remember!

Ingredients

- 4 slices whole-wheat bread
- 4 slices low-sodium ham
- mustard
- 9 thin pretzel sticks



Make 2 ham sandwiches, using 2 slices of bread, 2 slices of ham, and a little mustard for each one. Cut the sandwiches into 1-inch squares (about 18 pieces total). Using a chopstick, gently push a hole in the center of each square. Then, thread two sandwich bites onto each pretzel.

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

Nutrition Nuggets™

Resources for Educators, a division of CCH Incorporated ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 540-636-4280

© 2011 Resources for Educators, a division of CCH Incorporated

NN11xx353E

PLAY BALL!

It's hard to imagine a better toy than a ball. Your children can have endless fun—and build muscles, coordination, and stamina—while playing a variety of games with different kinds of balls. These ideas can encourage hours and hours of active play.



MONKEY IN THE CIRCLE (six or more players)

You'll need: a basketball

The object of this game is to keep the "monkey" from catching the ball.

Choose one player as the monkey. All the other players stand in a circle, arm's width apart, with the monkey in the middle. The players take turns tossing the ball to any other player across the circle. If the monkey steals the ball, the player who passed it becomes the new monkey, and play starts again.

any time while the ball is in motion, the runner can try to dash to the other base. If she makes it there before the fielder catches the ball and tags her with it, she's safe and gets to run again. If the fielder tags her with the ball before she reaches the base, the two trade roles.

HACKY SACK PASS (two or more players)

You'll need: a hacky sack or a soft sponge ball

In this game, players bat the ball back and forth using their hands, but there's a "catch."

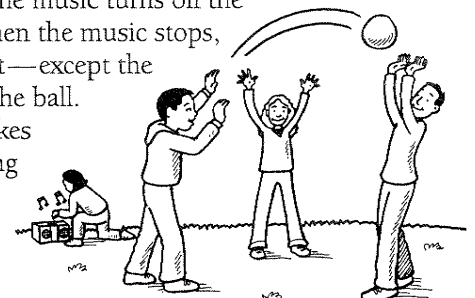
Each player must bat the hacky sack once with the palm of his right hand, then once with the palm of his left hand before batting it to the next player (a total of three hits). If a player drops the ball or fails to bat it with each hand, he gets a point. But in this game, you don't want to score points! The low score at the end of five rounds wins.

HOT POTATO VOLLEY (four or more players)

You'll need: a volleyball, a radio

The goal of this fast-paced game is to avoid being the last person to touch the ball when the music stops.

Before you begin, put one person in charge of the radio. She stands with her back to the other players and turns the radio on. While the radio is on, players keep the ball moving by quickly bumping it to any other player volleyball-style. The person in charge of the music turns off the radio at random. When the music stops, everyone gets a point—except the last player to touch the ball. Then, that person takes over the job of playing the radio. Whoever reaches 15 points first wins the game.



THE BIG BOUNCE

(two or more players)

You'll need: a playground ball

This silly contest lets players test each other's coordination.

One player starts by naming a bouncing challenge. *Examples:* Bounce the ball, and spin in a circle before catching it. Stand on one foot and dribble the ball 10 times with your left hand (or right hand, if you're left-handed).

Then, all the players take turns trying the challenge, one at a time. If successful, you score a point. Then, it's the next player's turn to issue a challenge. Play to 15 points.

BASEBALL TAG (three players)

You'll need: a baseball or softball, two baseball gloves, two rugs or other items to use as bases

In this old favorite, one player must dash from base to base without getting tagged by a player with the ball.

Set the bases about 15 feet apart. Two players are fielders, and one is the runner. The fielders each guard a different base. The runner chooses a base to stand on. Play starts when the fielders begin tossing the ball back and forth to each other. At

PLAY BALL!



GOLF RACE (two players)

You'll need: two golf balls, two large spoons

Try this race game indoors or out.

First, choose the course. It can be a straight or zigzag line, or you might design a simple obstacle course. Each player stands at the starting line and places a golf ball on a spoon. At a starting signal, players carry the balls through the course. You can't touch the ball with your other hand or use it to hold the ball in place. If a player drops the ball, she must return to the starting point and put it back on the spoon. The first player to finish wins. *Variation:* Try this as a relay race between two teams with an equal number of players.

SHOT SPOTS (two or more players)

You'll need: a basketball, sidewalk chalk, a basketball hoop
Any season is basketball season with this fun game.

Before playing, players take turns numbering "shot spots" on the court with sidewalk chalk. The first player chooses a spot and marks it "1." The next player picks a spot and marks it "2," and so on, until 10 spots have been marked. Players take turns shooting the ball, starting at "1." When a player

makes a basket, he advances to the next spot for another turn. If he misses, he tries again next turn. The first player to advance around the court making a basket from every spot wins. *Variation:* For indoor play, use a trash can and a wadded-up newspaper "ball." Mark spots with bits of masking tape.

BEACH TOWEL TOSS

(four players divided into two teams)

You'll need: two beach towels, a beach ball

Not at the beach? No problem! Here's a beach game for your backyard or a park.

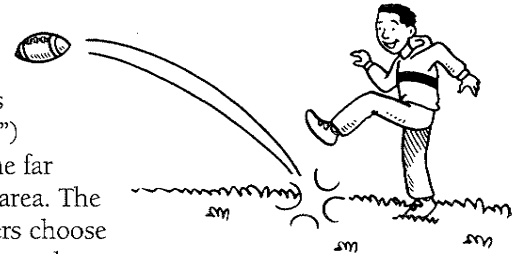
Each pair of players holds a beach towel between them like a hammock, standing close enough to each other so the towel sags a bit in the middle. One team places the beach ball in the center of their towel and launches it into the air by pulling the ends of the towel away from each other. The other team runs to catch the ball with their towel and launch it back to the other team the same way. When one team drops the ball, the other team scores a point. Eleven points wins the game.

KICK-'N'-CATCH-'EM (three or more players)

You'll need: a football

Here's a game of tag with a twist.

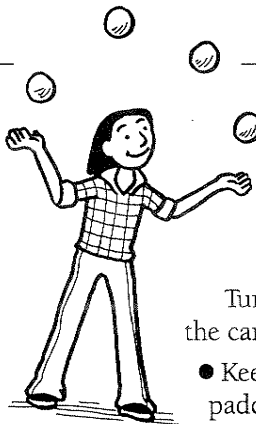
One player is the receiver ("It") and stands at the far end of the play area. The remaining players choose a kicker, who starts the game by kicking the ball to the receiver. Once the receiver has the ball, he tries to tag any other player by touching him with the ball. When a player is tagged, he becomes the new receiver, and the game starts over. *Tip:* Let a different player be the kicker for each round.



BALL GAMES FOR ONE

No friends or siblings around? Your child can still enjoy active time with these ideas:

- Hit a tennis ball against an outdoor wall with a tennis racquet.
- Juggle sponge balls (the ones used as pool toys work well). Or use a pool "noodle" to bat a sponge ball across the yard.
- Bounce a Ping-Pong ball into a row of plastic cups.



- Kick a soccer ball as far as you can, jog to where it lands, and dribble it back. Try to kick it farther each time.

- Make your own carnival game by stacking empty cans in a pyramid on the ground and throwing a softball to knock them down. *Variation:*

Turn it into a bowling game, and roll the ball to knock the cans down.

- Keep a beach ball in the air by hitting it with a Ping-Pong paddle.

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

Nutrition Nuggets™

Resources for Educators, a division of CCH Incorporated ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 540-636-4280

© 2011 Resources for Educators, a division of CCH Incorporated