



Create Your Healthy School Lunch!

Lunch Room!

Did you know school lunches now include fruits, vegetables and whole grain – rich foods? New school lunch standards have helped improve the quality of school meals. Offering nonfat or low fat milk along with lowering amounts of saturated and trans fat have been some of the changes.

Encourage your children to choose milk with their school lunch. Studies show children who drink milk at lunch take in more nutrients that are typically low in children’s diets, such as Zinc or Vitamin A. Start the conversation about a healthy school lunch with your kids using the game below:

Make sure your lunch _____ is filled with nutritious _____ food. Don't
 _____ (container) _____ (adjective)
 go to the _____ convenience store across the street from school. The
 _____ (adjective)
 hamburgers they serve are fried in _____ and are made of _____ meat. So
 _____ (noun) _____ (animal)
 take a sandwich made of _____ or _____. It's healthier! Choose
 _____ (lean meat) _____ (vegetable)
 _____ milk instead of _____ colas. Don't forget the fruits and veggies.
 _____ (color) _____ (adjective)



Drink like a Pro - by Jourdan Mercurio, Weighing In Intern



There would not be any touchdowns on the football field, slam dunks on the court or even grand slams out of the ballpark if the professionals were not drinking enough water. Water makes up more than half a person’s body weight and it’s needed for all we do.

LeBron James, professional basketball player for the Cleveland Cavaliers, drinks at least one gallon of water every day; that is 16 glasses of water! James says drinking that much water helps him stay energized throughout a normal day and through a big game.

Now you are probably thinking, I am not a

professional athlete, so I don't need much water. Wrong! Don't you want to win that race at recess, kick a homerun in kickball or get an A+ on your test? If so, water is key. It is recommended each person should consume 6-8 glasses of water each day. That is just the amount you should drink for a normal day. On a hot summer day, when you are playing outside and sweaty, you NEED more water. Sweating when it is hot outside is a good thing. It is a sign your body is properly hydrated.

Finally, drinking water does not have to be boring. The professionals have water bottles with cool designs on them. Make

yourself a cool water bottle with this fun decorating activity:

What you need:

- Plastic water bottle
- Any art supplies you like (markers, stickers, sparkles, paint)

What to do:

- Drink your bottle of water until empty.
- Dry any water off the outside of the water bottle and remove the label.
- Decorate your bottle however you like.
- Add your own cool design.

Volume 4, Issue 4
 Fall 2015
 Did You Know?

- ⇒ Raking leaves can be a great fall exercise! You can burn 350-450 calories per hour while raking and bagging leaves.
- ⇒ 3,000 calories are consumed by the average adult at a Thanksgiving dinner.
- ⇒ Holiday shopping can burn up to 260 calories in just one hour. Plus, shopping keeps you mentally active and improves your psychological wellbeing.

In The News

Kansas City Kids Marathon

Registration is now open!

Date: Oct. 17, 2015

Race start: 9:30 a.m.

Location: Washington Square Park

<http://www.sportkc.org/marathon/register/kids-marathon/>



Don't slack. School is back!

School is back in session and that means so is homework. The mind is thinking about playing outside, not on studying. Getting in at least one hour of physical activity can help increase memory and decrease confusion and stress. Let your kid take a homework break to help improve their learning ability. You can even split up the time to go play outside into 15 or 30 minute breaks, giving your child the opportunity to get an A the healthy way.

What's in Season this Fall?



- Broccoli
- Cauliflower
- Grapes
- Kumquat
- Pumpkin
- Pineapple
- Sweet potato



www.fruitandveggiesmorematters.org

Have you had your Kumquat today?



Kumquats are commonly passed by at the grocery store but can be a great addition to your taste buds this fall. This fruit resembling a "little tangerine orange" can be great in many different ways. Try slicing one and adding it to a salad or if you want to get really fancy, kumquats are great dried for a healthy, sweet snack.



Recipe Corner Turkey Taco Chili

Serves: 9-1 1/4 cups each

Ingredients:

- 1 pound lean ground turkey
- 1 c. onion, chopped
- 1 red bell pepper, chopped
- 10 oz. can Rotel tomatoes with green chilies, mild
- 15 oz. canned corn, drained
- 15 oz. canned kidney beans, drained
- 8 oz. tomato sauce
- 16 oz. fat free refried beans
- 1 packet reduced sodium taco seasoning
- 2.5 c. fat free, low sodium chicken broth

Preparation:

1. Brown turkey on medium heat. When cooked through, add onions and pepper. Cook for 2-3 more minutes.
 2. Add remaining ingredients.
 3. Bring to a boil and then simmer about 10-15 minutes on low.
- *After bringing to a boil, you can put it in a crockpot on "Keep warm" or "Low" to eat later.

Nutrition facts per serving: 220 calories; 1.5g total fat; 31g carbohydrate, 7g sugar, 7g fiber, 21g protein



Two Hours of "Healthy" Screen time-by Jourdan Mercurio, Weighing In Intern



Activity 1

"But Mom! I have two hours to watch TV and play video games today." Well, your child is right. Screen time should be limited to no more than two hours a day in order to get kids physically active. However, why can't those two hours be active as well? There are many ways in which you can get creative with your child during screen time to get them up and moving. Commercial breaks are a great opportunity for that. Mix it up with these activities during the two hours of screen time.

- On the first commercial break, do 10 jumping jacks every other commercial. On the rest breaks, take a drink of water.
- On the second commercial break, run in place for the entire commercial for every other commercial. On the breaks, take 5 deep breaths with your eyes closed.
- On the third commercial break, finish strong with as many crunches as you can do.
- Great work!
- Look out for those food commercials. During the first commercial break, each time a food commercial appears, hop like a frog 10 times.
- For the second commercial break, keep an eye out for the car commercials and pretend you are driving a car while walking around the room.
- The last commercial break, sing the entire theme song to your favorite show. While singing, jump side to side for the whole song.
- Looks like you will need a water break after that.



Activity 2

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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