

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

May 2017

Palmyra-Eagle Area School District



## BEST BITES

### Go "whole"

Eat healthier by selecting foods that are as close as possible to their natural state. For example, instead of canned fruit



cocktail in syrup, give your child a fruit salad of fresh blueberries, raspberries,

and kiwi. Or offer him homemade chicken nuggets made from boneless, skinless chicken breasts rather than the pre-made frozen ones.

### Tumble together

Want to fit in more exercise at home? Have your youngster take a tumbling break. On a carpeted area, challenge her to do a few forward and backward rolls. Join in the fun—seeing Mom or Dad do somersaults will encourage her to do more. *Note:* Tumbling is a weight-bearing exercise that helps children build bone density.

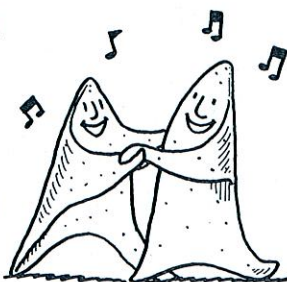
### DID YOU KNOW?

Frozen fish is a bargain. It's nutritionally the same as fish that has never been frozen, it often tastes fresher, and it's usually cheaper. Select fillets without spots or blemishes and that are frozen solid in vacuum-sealed packaging. Store in the freezer for up to five months. To use, thaw in the refrigerator overnight.

### Just for fun

**Q:** Why did the tortilla chips start dancing?

**A:** Because they put on the salsa!



## Food + games = picnic!

A picnic is a terrific way to mix yummy food and active games over the nice summer months. Here are some fun combinations.

### Bunnies in the grass

*The food:* Chow down on a bunny feast. Try carrot sticks with a side of hummus or a cold salad made with whole-grain pasta, chopped vegetables, and a lemony dressing.

*The game:* Race like a bunny. Each person holds a ball between her knees and hops toward a finish line. Drop the ball, and you have to begin again.

### Burgers and bowling

*The food:* Enjoy hamburgers—deconstructed! Thread skewers with cooked turkey or lean beef meatballs and all the fixings—cherry tomatoes, lettuce, sliced cucumbers, and chunks of cheddar or other cheese. Bring mustard and ketchup for dunking.

*The game:* In a grassy area or on a sidewalk, set up "bowling pins" of partially



filled water bottles. Play a few rounds, using a softball to knock down the pins.

### Beach time, anytime

*The food:* Pack "fish" (tuna salad sandwiches), "sand" (a salad of corn, red onion, and crumbled cotija or feta cheese tossed in lime juice and olive oil), and "sails" (triangle-shaped watermelon wedges).

*The games:* Play badminton, toss a Frisbee, or fly a kite. Or try this version of volleyball: Lob a beach ball over a "net" made from a rolled-up beach towel or blanket placed on the ground. 🍓

## Summer safety

Playing outside is one of the best parts of summer. Use these tips to keep your youngster healthy and safe as he plays.

**Stay hydrated.** Children often forget to drink fluids when they're having fun. To prevent dehydration, remind your child to take frequent water breaks.

**Avoid sun damage.** Exposure to sun now can increase your youngster's risk of skin cancer later. Help him apply sunscreen 30 minutes before he goes outdoors. Reapply every 2 hours. *Note:* Clouds don't block all of the sun's harmful rays, so use sunscreen even on cloudy days.

**Beware of bugs.** Insect repellent can protect your child from tick- and mosquito-borne illnesses. Look for child-safe products, or ask your pediatrician for advice. 🍓

