

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2016

Palmyra-Eagle Area School District



BEST BITES

Celery stuffers

Children love the ease of finger food, and stuffed celery sticks are especially fun to make and eat! Try kid-friendly spreads like chicken or tuna salad, cream cheese, and all kinds of nut butters. Let your youngster spread the filling and top with halved grapes, dried cranberries, capers, shredded carrots, or pitted olives.



Create new games

Challenge your child to make up games with vigorous activity like running and jumping. For example, she and her friends could break into teams and act out “athletic” versions of fairy tales for the other team to guess. When one team sees the other “climbing down” and running, they might guess that Jack (and the Beanstalk) is running away from the giant.

DID YOU KNOW?

Bones are living tissues that are constantly breaking down and rebuilding. Weight-bearing exercise encourages this process by making bones work harder to overcome the pull of gravity. Help your youngster build strong bones by encouraging him to do this type of exercise, such as walking, climbing stairs, playing soccer or basketball, dancing, and hiking.

Just for fun

Q: What spends the day at the window, goes to the table for meals, and hides at night?



A: A fly.

Everyday veggies

Wanted: Children who happily eat their veggies!

If you’re looking for ways to add vegetables to your youngster’s diet, these approaches are a good place to start.

Put vegetables first

Serving steamed broccoli alongside French fries? Broccoli may lose out. But studies show that children eat more of a food when it is served alone—so try beginning your meal with a first course of crunchy broccoli slaw. That way, the green veggie will be the focus of your child’s attention.

Get your child involved

Kids are more likely to try foods they choose and help prepare. During supermarket trips, ask your youngster to select a new vegetable. Let him decide how to cook it and what flavorings to add. As a final touch, he can bring the



finished dish to the table and introduce it to the rest of the family.

Don’t give up

Your child might need 10 or more exposures before he’ll eat an unfamiliar food. Keep serving the new vegetable every few days. You could change things up by preparing it differently, perhaps grilling, steaming, or serving it raw with a healthy dip. Odds are your youngster will eventually warm up to it! 🍌

An active family

As fall’s cooler temperatures set in, use these ideas to keep your kids from turning into couch potatoes.

Pick the activity. Together, write active ideas on craft sticks, one per stick. *Examples:* freeze tag, pillowcase race. Have your youngster put the sticks in a colorful basket or an empty can covered with wrapping paper. Each day, she could pull one out to do.

Walk for a cause. Help your child find a weekend charity walk that raises funds for a cause she cares about. Then, sign everyone up to participate. Both your family and your community will benefit. 🍌

