

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2018

Palmyra-Eagle Area School District



BEST BITES

"E" is for eggplant

These healthy fritters may tempt your child to try eggplant. Slice 1 eggplant into disks, and soak for 20 minutes in 1 cup milk combined with 1 tsp. salt. Drain, and roll in 1 cup whole-wheat breadcrumbs. Bake in a single layer for 15 minutes at 425°, flipping halfway. Top each round with 1 tbsp. pizza sauce and 1 tsp. shredded mozzarella cheese, and cook 3–5 minutes more, until the cheese melts.



Happy active birthday!

To help your youngster get more exercise, consider a gift of physical activity for his next birthday. You could give him new sneakers or sports equipment like a soccer ball or a scooter. Or consider lessons in an activity, such as karate or indoor rock climbing.

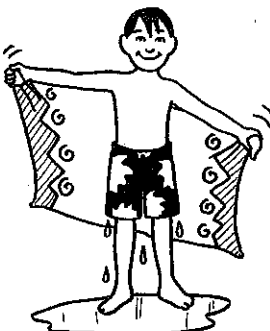
DID YOU KNOW?

Many youngsters tend to gain weight over the summer. One reason is that they may reach for sugary beverages like sweet tea, lemonade, or soda to quench thirst on hot days. Encourage your child to choose refreshing ice water—perhaps she'll try it with a slice of lemon or lime—to stay hydrated.

Just for fun

Q: What only gets wetter the more it dries?

A: A towel.



Have a healthy summer

Your child doesn't need to take a vacation from healthy habits over the summer—no matter how hot it is when there are so many great things to eat and do! Try these ideas to make sure he stays active and eats right while school is out.

Community events

Together, read the newspaper or look online for outings that involve healthy foods and fitness. Aim to do at least one each week. Walk, bend, and stretch to pick blueberries or peaches, then make fresh and fruity pancakes or muffins. Or attend a health or fitness fair where your youngster might sample nutritious snacks from vendors or take part in a hula-hoop contest.

Family visits

Visiting relatives this summer? Offer to take turns cooking meals. When it's your turn, plan a nutritious menu like a chicken and vegetable flatbread, corn on the cob, and a green salad. To get exercise, explore

your destination by walking around a historic district or running along the beach. If you host visitors, introduce them to your favorite local park and play tennis or go paddleboarding.

New traditions

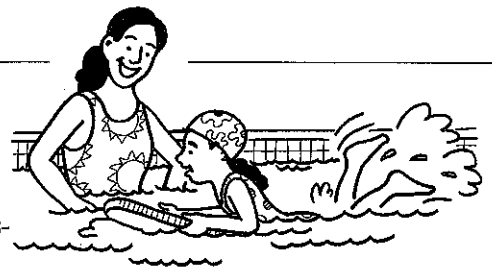
It's always nice to create summer traditions! Consider making homemade ice cream, and use fresh fruit like raspberries or apricots to add nutrients. Another idea is to play outdoor games after dark. Perhaps your family will enjoy flashlight tag or play hide-and-seek on a night when there's a full moon. ●



Fun at the pool

Swimming is a great way to stay fit. Use these tips to keep your youngster healthy and safe in the pool this summer:

- Sign your child up for swimming lessons at your community pool, YMCA, or recreation center. She'll learn a life-saving skill *and* a new way to get exercise.
- Read the pool rules together, and make sure your youngster follows them. For example, show her where she's allowed to dive, and remind her to avoid horseplay.
- Watch your youngster at all times rather than relying solely on lifeguards to keep her safe. Better yet, get in the pool to swim or play with her—you'll both get a dose of physical activity. ●



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