

Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2017

Palmyra-Eagle Area School District

BEST BITES

Cookbooks for free

Find healthy new recipes for your family and encourage your child to read at the same time. How? Visit the library together to check out cookbooks. You could explore healthy dessert ideas, winter favorites, or recipes from different countries. At home, take turns reading recipes aloud to each other, and choose a few to make for dinner this week.

Wake up, warm up

Start your day with physical activity—and help your sleepyhead wake up!



Ask your youngster to create an active morning routine. For example, she might do 10 shoulder shrugs, 10 big arm circles, 6 lunges, and 5 toe

touches before getting dressed. In the kitchen, she could do 10 jumping jacks and run in place for 1 minute before breakfast.

DID YOU KNOW?

If your child eats just one medium sweet potato, he gets more than enough vitamin A and about half of the vitamin C he needs for the entire day. Substitute sweet potatoes for white ones in his favorite potato dishes like mashed potatoes and french fries. This is one sweet you can happily say yes to.

Just for fun

Q: What did the banana say to the monkey?

A: Nothing. Bananas can't talk!



Now starring...vegetables!

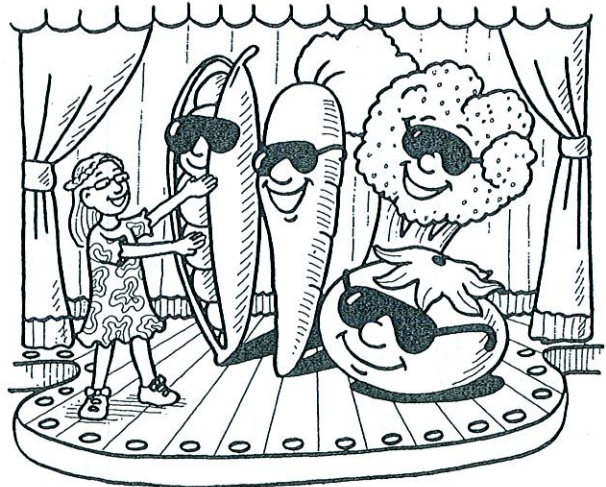
Many meals feature meat as the main attraction, with vegetables playing a “supporting role.” Why not switch things up? By letting veggies take center stage, you can encourage your youngster to eat more of them. Try these ideas.

Plan around a vegetable

Ask your child, “What vegetable should we have for dinner?” Then, build your entire meal around her choice. Say your youngster picks carrots as the main attraction. Talk about how to prepare them (slices or sticks, roasted or steamed) and what would taste good with them (noodles and tofu).

Put vegetables front and center

The way you serve dinner can give vegetables the spotlight. Have your child place a big bowl of veggies in the middle of the table, perhaps fajita vegetables (green peppers, onions), with side dishes like corn tortillas, black beans, and brown



rice. *Tip:* Encourage family members to take a bigger portion of veggies and smaller amounts of everything else.

Add vegetables to favorites

Serve burgers on lettuce leaves instead of buns. Stir cooked peas and diced tomatoes into macaroni and cheese. While you eat these creations, brainstorm fun names for them. Who knows—maybe “leaf-burgers” or “polka-dot mac” will become famous household names. 🍎

An outdoor treasure hunt

Get a workout while searching for hidden “treasure” in your yard.

Number 10 sticky notes, and write an active clue on each, telling family members where to find the next one—and how they will move to get to it. To begin, you might stick a note on the front door that says, “Gallop to the place we get letters and cards” (mailbox). Then on the mailbox, you could put a clue that says, “Run to the tree that we see when we are eating” (outside the kitchen window).

The last note should tell players where to find the “treasure”—perhaps a container of syrup with a note that says, “Head indoors for a pancake brunch!” 🍌

