

# Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2017

Palmyra-Eagle Area School District

**BEST BITES**

## Easy access

Make healthy snacks the first thing your child sees when she's hungry. Pick a cabinet or pantry shelf that is at her eye level, and stock it with raisins, baked crackers, and whole-wheat pretzels. The same for the fridge: Put string cheese, broccoli pieces, and fruit within easy reach.

## Paper plate Ping-Pong

Here's a fun idea for indoor physical activity. Let your youngster make paddles by gluing jumbo craft sticks to the backs of two sturdy paper plates. Use the paddles to lob a Ping-Pong ball back and forth in the air. Or he could just hit a ball against a garage or basement wall for solo practice.

**DID YOU KNOW?**

More restaurants are adding calorie counts to their menus. The numbers can help you make smart choices for your family when you go out. You may opt to skip extras when you see how many more calories they have. And remember that calories are hard to burn off—a 65-pound child has to ride a bike for about 30 minutes to burn 90 calories.

## Just for fun

**Q:** Why did the giant eat a volcano?

**A:** He wanted a hot lunch!



## On tonight's menu...

Streamline weeknight dinner planning, and give your family interesting meals to look forward to, by coming up with daily themes. Let your child help you brainstorm ideas and menus. These thoughts will get you started.

### Meatless Monday

**What:** Go vegetarian once a week.

**How:** Make whole-grain bowls. Top cooked brown rice, farro, or quinoa with vegetables and a protein like beans, a fried egg, or grilled tofu.

### Tortilla Tuesday

**What:** Tortillas are a versatile base for a healthy meal.

**How:** Use any combination of meat, cheese, and veggies, and roll up into a burrito. *Example:* Grilled chicken, arugula, feta cheese. Or layer the ingredients instead to make tostadas.

### Waffle Wednesday

**What:** Don't limit your waffle maker to breakfast!

**How:** Get your youngster grilling panini-like sandwiches using soft whole-grain bread, roasted vegetables, and provolone



cheese. *Tip:* Brush a little olive oil on the outside of each slice so it browns.

### Throwback Thursday

**What:** Spotlight oldies but goodies.

**How:** Let your child list old family favorites, perhaps meatloaf or baked ziti. Then, look for ways to make them healthier (use lean ground beef or whole-wheat pasta, for example).

### Stir-fry Friday

**What:** This is the night for anything stir-fried.

**How:** Get out the wok or a deep skillet, and stir-fry vegetables with shrimp, chicken, or pork. To create a noodle dish, add rice noodles to the mixture. ♡

## Chores reinvented

Chores are an easy way to add physical activity—and responsibility—into your youngster's routine. Try these twists.

**Sock dusting.** Have your child wear a pair of old white socks on her hands. Then, she can clean surfaces all over the house with her "sock hands."

**Undercover chores.** Refer to chores using code names. Picking up a messy room could be "Mission Impossible." Signal it's time to change the bed with "Inside Out." And "Dust Bunny Detail" might be code for sweeping the floor or vacuuming.

**Dance party.** Turn chore time into party time by putting on some tunes. Dance and sing your way to a clean house together. ♡

