

# Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2018

Palmyra-Eagle Area School District

## BEST BITES

### Sandwiches for dinner

Here's a no-cook idea for busy weeknights. Have your child help you set out whole-grain bread plus healthy fixings, and let each person make her own sandwich. You might offer lean sliced turkey and ham, cheese, lettuce, and tomato. Or put out leftover chicken and canned tuna, light mayonnaise, chopped celery, and halved grapes so family members can whip up chicken or tuna salad.

### Let's fly kites!

Spend a windy March afternoon flying kites together. You can get everyone's heart rate up by running across a field, taking turns holding the kite string. If you have two kites, race, and see who can keep his kite in the air the longest.



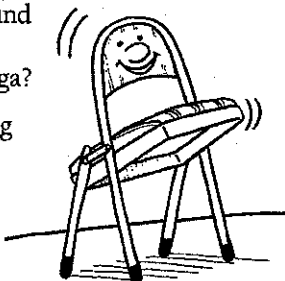
### DID YOU KNOW?

Some foods "brush" your youngster's teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food particles. Plus, the acid in apples kills germs that cause cavities. *Tip:* Suggest that your child eat one of these natural "toothbrushes" at the end of a meal if she isn't able to brush right away.

### Just for fun

**Q:** What kind of chair is good at yoga?

**A:** A folding chair!



## Just-right portions

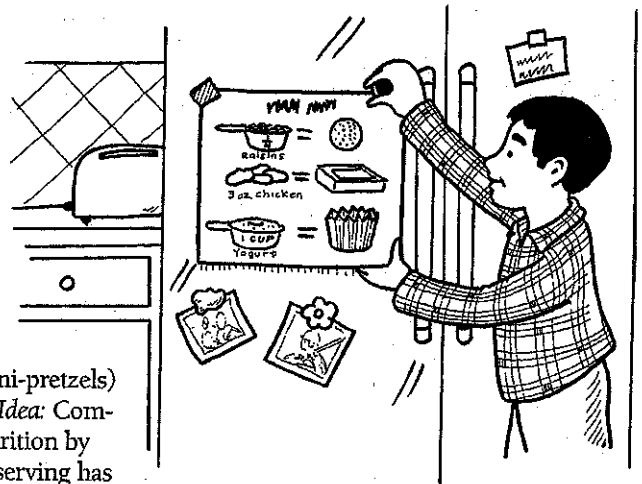
A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

### Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" (*Answer:*  $110 + 110 = 220$  mg.) You can point out that sticking to 1 serving will help limit his salt intake.

### Visualize sizes

Making a picture chart can teach your youngster to "eyeball" servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for  $\frac{1}{4}$  cup of raisins, a deck



of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

### Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat  $\frac{1}{2}$  cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow! ♥

## Dribble and kick

Your youngster and her friends can improve their speed and coordination—and soccer skills—with these games.

**Relay race.** Have two teams line up at one end of a field or yard, and place two upside-down trash cans about 20 feet away. On "Go," the first person on each team dribbles a soccer ball down to and around the can. Then, she kicks it all the way back to the next team member, who does the same thing, until everyone has had a turn. The first team to finish wins.

**Keep-away.** Draw a giant circle with sidewalk chalk. Everyone stands inside, and one person dribbles a soccer ball. The other players try to steal it and kick it outside the circle. Whoever steals the ball is the next dribbler. ♥

