

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2016

Palmyra-Eagle Area School District



BEST BITES

Visit a farmers' market

Mark the end of summer with a trip to a farmers' market. Your children will find colorful produce like ruby-red tomatoes and sunshine-yellow corn. Let them bring along a sketchpad to draw their favorites—and pick out some to bring home. *Note:* Many farmers' markets accept SNAP cards, and some even double the value for fruits and vegetables.



Nightly walks

Consider a new (healthy) ritual this school year: Take a family walk around the block after dinner two, three, or even more nights a week. Not only will you get everyone's blood pumping a little faster, you'll also spend time together and relax after a day at school and work.

DID YOU KNOW?

Many sports drinks have as much added sugar as soda. For most kids, water is a perfect way to rehydrate after physical activity. Sports drinks are really only needed if your youngster participates in sustained and vigorous physical activity. Otherwise, they become a source of empty calories.

Just for fun

Q: What did the soccer ball say to the soccer player?

A: I get a kick out of you.



Breakfast: Make it a habit

Eating breakfast regularly can help your child do better—and behave better—in school. Here are ideas for getting into the breakfast habit despite the morning rush.

Keep it simple

Breakfast doesn't have to be complicated. It could be as simple as whole-grain toast topped with cheese and a sliced pear or a nutritious cereal with nonfat milk and fresh or frozen (thawed) fruit. Another easy idea: Make scrambled eggs in the microwave. Just beat one or two eggs with a splash of milk in a microwave-safe bowl. Cook on high for 1–2 minutes, pausing to stir every 30 seconds.

Freezer-friendly foods

Plenty of breakfast foods can be made ahead and frozen—and still taste delicious! Over the weekend, cook up a double batch of whole-grain pancakes or waffles, and store the extras in a freezer bag. On a busy morning, reheat a few in the toaster. Breakfast will be ready in a



snap. *Tip:* When storing, place waxed paper between each waffle or pancake. That will make it easier to pull the frozen ones apart.

Eat at school

Some kids need extra time in the morning before they feel hungry. Eating breakfast at school will give your youngster's stomach time to "wake up," while freeing up a little morning time for both of you. Plus, getting breakfast in the cafeteria means a healthy meal and another chance to eat with her friends. *Note:* Check with the school office to see if your family qualifies for free or reduced-price meals. ●

Play with MyPlate

Help your youngster learn how to build a healthy meal by creating his own "plate of food" based on the MyPlate food guide.

1. Together, look at a picture of MyPlate (choosemyplate.gov/myplate), and ask him to tell you about it. He will notice that about half the plate is fruits and vegetables, a little more than a quarter is grains, and slightly less than a quarter is protein. Plus, there's a cup for dairy.
2. Let your child cut pictures from old magazines for each category. With a marker, have him divide a paper plate into the MyPlate sections. Then, he could glue the pictures where they belong.
3. Post his MyPlate where he can see it during meals. It will be your youngster's healthy model as he fills his real plate! ●

