



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** As a family, each member find a bad habit that he/she would like to change and work on changing it this week.

How does someone quit a bad habit such as smoking? Most people who are successful in changing bad habits almost always replace the "bad" habit with a "good" habit. For example, if someone wants to quit smoking, he/she could replace this habit with a walking program. Another example would be someone with a "bad" habit of eating unhealthy snacks in the evening while watching TV. The person may want to replace this habit by first eating a piece of fruit and then deciding whether to eat the



unhealthy snack. He/she could also drink a warm, low-calorie beverage. Sometimes the comfort of a warm drink relaxes the body, so the "need" for food goes away. A final idea would be to videotape the TV shows and view them later, fast forwarding through all of the tantalizing commercials (Why do you think companies pay millions of dollars per year on commercials...They work!) Just be sure to plan out your new "good" habit and try not to replace your old "bad" habit with another "bad" habit such as overeating.

**Science Connection:** There are three parts of a wheat kernel. Much of the thiamin is found in the outer coat of the seed called the bran. Therefore, processed foods or refined foods do not have thiamin unless thiamin is added back to the food. In a book or on the Internet, find the names of the other two parts of the wheat kernel. (Answer at the bottom of next page)

## Recipe

### Sweet Red Cabbage and Pork

- Cooking spray
- 1 lb boneless lean pork cut into 1-inch cubes
- 3 TBSL whole-wheat flour
- 3 minced garlic cloves
- ½ cup shredded carrot
- 1 diced onion and 1 diced peeled apple
- 3 cups coarsely shredded red cabbage
- 3 TBSL red wine vinegar
- ½ cup low-sodium chicken broth
- 6 black peppercorns and allspice berries
- 3 bay leaves
- ½ tsp crumbled sage

- Preheat oven to 350°
- Spray large saucepan with cooking spray and heat over medium heat
- Coat the pork cubes with flour and transfer to saucepan
- Stir pork occasionally for 10 minutes and transfer to bowl
- Spray large saucepan again with cooking spray
- Cook garlic, carrot, and onion for 5 minutes, stirring occasionally
- Add apple and red cabbage, cover and cook 15 minutes longer, stirring occasionally
- Stir in vinegar, chicken both, peppercorns, allspice berries, bay leaves, and sage, and pork
- Put mixture into a 13x9x2 baking dish and bake for 1 hour
- Take out bay leaves before serving
- Enjoy!

## Shopping List for Recipe

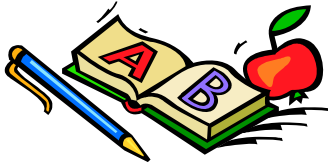
- |                         |                          |
|-------------------------|--------------------------|
| _____ Cooking spray     | _____ Boneless lean pork |
| _____ Whole-wheat flour | _____ Garlic bulb        |
| _____ 1 lb carrots      | _____ Onion              |
| _____ Apple             | _____ Red Cabbage        |
| _____ Red wine vinegar  | _____ Chicken broth      |
| _____ Black peppercorns | _____ Allspice berries   |
| _____ Bay leaves        | _____ Sage               |

## Families On The Move

**Family Goal:** As a family, sit down and write down the days, times, and type of exercise you plan to do for the week.

The most successful people in any area of life write down their goals and how they are going to achieve those goals. If you want to have a fit and healthy family, then take the time to plan out how each person can be healthier.

Remember to be positive and encourage each other to achieve his/her own goals. Also, remember to have fun. Exercise and healthy eating don't have to be drudgery on your "to do list". Reward yourself and each other each step of the way!



**Math Connection:** For each minute of reading, you burn about 1 Calorie. Time yourself as you read through this newsletter. How many Calories did you burn?

## Health and Fitness Resources

### Website

Nutrition for Kids (sponsored by 24 Carrot Press) [www.nutritionforkids.com](http://www.nutritionforkids.com)

### Parent's Book

*Make the Connection* by Bob Greene and Oprah Winfrey, Hyperion, 1999.

### Children's Book

*The Hatseller and the Monkeys* by Baba Wague' Diakite', Scholastic Books 1999

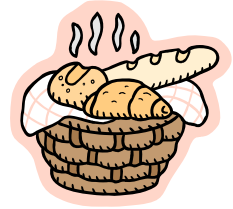
### Video

*Human Body for Children Video Series*, 2001 (Grades K-4<sup>th</sup>)  
[www.healthedco.com](http://www.healthedco.com)

Science Answer: endosperm and germ

## Well-Balanced Lunch Idea

- 1 enriched or whole-grain tortilla
- ¼ cup black beans
- ¼ cup brown rice
- 2 TBLS shredded carrots
- 2 TBLS shredded cheddar cheese
- 2 TBLS salsa
- 1/2 cup shredded salad greens
- 8 oz fat free milk



## Nutrient of the Week

### Thiamin (Vitamin B<sub>1</sub>)

**Why we need it:** used for enzyme reactions that help break down carbohydrates, fats, and proteins to make energy

### How much we need:

- Children ages 1-3 = 0.5 mg/day
- Children ages 4-8 = 0.6 mg/day
- Children ages 9-13=0.9 mg/day
- Females 14-18=1 mg/day
- Males 14 and older = 1.2 mg/day
- Females 19 and older = 1.1 mg/day
- Pregnant and Nursing Females = 1.4 mg/day

### Best Food Sources:

- 3 oz broiled, lean pork chop = 0.92 mg thiamin
- 1 cup soy milk = 0.37 mg thiamin
- Enriched or whole-grain flour tortilla = 0.37 mg thiamin
- ½ cup cooked peas = 0.21 mg thiamin
- 1 cup cooked oatmeal = 0.19 mg thiamin
- 8 oz low fat yogurt = 0.10 mg thiamin

Sources of Thiamin: dried yeast, wheat germ, legumes, pork, bran

## Healthful Thiamin Snacks

1. Watermelon
2. Ham lunchmeat
3. Peanuts

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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