



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** As a family, try 1 new vegetable this week.

For maximum health benefits, everyone should eat his/her recommended daily amount of vegetables. One way to make trying a new vegetable exciting for your family is to do research in an encyclopedia, cookbook, or on the Internet to find out where the vegetable is produced and how. Does it grow in hot, humid areas, or cool, dry areas? Have the children in your family find out something interesting about the country or region where the vegetable is produced and share their findings at the dinner table.



One way to get your children and yourself interested in eating more vegetables is to shop together. Allow your child to pick out some vegetables to try. Take your time and walk through the produce aisle. Look at all of the varieties and interesting names for the vegetables. As a family, discuss if you know what these vegetables are and if you like their taste. Whether you like their taste or not, discuss why or why not (not just "because they're blucky!") Talk about the texture of the vegetable and the sound it makes when you bite into it.

Children ages 4-8: **1 ½ cups**  
Girls ages 9-13, Women 51 and over: **2 cups**  
Females ages 14-50, Boys ages 9-13, Men 51 and over: **2 ½ cups**  
Males ages 14-50: **3 cups**  
Eat a variety of dark green, orange, and starchy vegetables, beans, and peas.  
(See [www.mypyramid.gov](http://www.mypyramid.gov))

## Recipe

### Likable Linguine and Clam Sauce

- 1 lb linguine
- 1/3 cup olive oil
- 1 TBL butter
- 3 cloves minced garlic
- 4 cans (6 ½ oz) minced clams
- 1 tsp oregano
- ¼ tsp pepper
- 2 TBLS parsley

- In large pot, cook linguine according to package directions
- In frying pan, heat butter and oil until butter melts
- Add garlic and cook until golden brown
- Stir in clams (with their liquid), oregano, pepper, and parsley
- Cook until heated
- Serve clam mixture over linguine

**Social Studies/Geography Connection:** Look at a globe or map and find the continent of Asia. The traditional meals in Asia contain lots of vegetables including sugar peas, baby corn, chayote, amaranth, bok choy, and kelp. Find some of these vegetables in the Asian section of your grocery store and give them a try!

## Shopping List for Recipe

- \_\_\_\_\_ Linguine
- \_\_\_\_\_ Olive oil
- \_\_\_\_\_ Butter
- \_\_\_\_\_ 1 garlic bulb
- \_\_\_\_\_ 4 cans (6 ½ ounces) minced clams
- \_\_\_\_\_ Oregano
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Parsley

## Families On The Move

**Family Goal:** Have each member of your family plan to do 5 jumping jacks one day this week.

As a family, plan for everyone to choose one day this week to do 5 jumping jacks. Most people say, "Five jumping jacks! How's that going to get me fit?" Well, the secret to any life changing routine is to sneak it into your life. Now next week, plan 2 days where each member of your family will do 5 jumping jacks each day. Keep gradually adding healthy habits into your life, and in one year you will be a fitter and healthier family.



### Math Connection:

If you did 5 jumping jacks each day for 1 year, how many jumping jacks would you have done by the end of the year? (Answer at the bottom of the page)

## Health and Fitness Resources

### Website

Dietary Guidelines for Americans (US Department of Health and Human Services)  
[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

### Parent's Book

*50 Simple Things You Can Do to Raise a Child Who Is Physically Fit* by Joanne Landy & Keith Burridge. New York NY: Macmillan, 1997

### Children's Book

*Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden* by Rosalind Creasy, Sierra Club Books for Children, San Francisco, 1994

### Video

*Nutrition*, Disney Educational Productions, Elk Grove Village, IL, 1996

## Well-Balanced Breakfast Idea

- 1 cup fortified corn flakes
- 1 cup fat free milk
- 1 slice whole-wheat toast with 1 TBLS jelly
- Banana
- Water



## Nutrient of the Week

### Riboflavin (Vitamin B<sub>2</sub>)

**Why we need it:** helps the body to use carbohydrates, fats, and proteins for 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 ages 14 -18 = 1 mg/day
- Females ages 19 and older = 1.1 mg/day
- Males ages 14 and older = 1.3 mg/day
- Pregnant Females = 1.4 mg/day
- Nursing Females = 1.6 mg/day

#### Best Food Sources:

- 8 oz nonfat yogurt = 0.53 mg riboflavin
- 3 oz clams = 0.3 mg riboflavin
- 3 oz lean, broiled pork chop = 0.27 mg riboflavin
- 2/3 cup baked winter squash = 0.18 mg riboflavin

## Healthful Riboflavin Snacks

1. Roasted soy nuts
2. Flour tortilla with 1 tsp butter and sprinkled with cinnamon-sugar
3. ½ cup low-calorie ice cream

### 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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Math Answer: 1,825 jumping jacks