



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Choose and prepare a fruit dessert one day this week.

Plan on making a fruit dessert one day this week. Try these recipes that keep sugar to a minimum and use more fruit for sweetness.

Creative Fruit

Buy oranges, apples, kiwi, bananas, grapes, and strawberries. Cut pieces of the fruit into different shapes and place them on a large plate or platter with toothpicks. Now, give each family member a large plate, and allow each person to design a piece of art using the fruit pieces. When everyone is finished, let each person explain his/her artwork. The only rule to



the game is that if it is part of your piece of art, you must eat it!

All Fruit Cocktail

16 oz can pineapple chunks in its own juice
Oranges, apples, kiwi, bananas, grapes, strawberries, and/or mangos

- Pour pineapple chunks with juice into large bowl.
- Peel and slice any type of fruit and stir into pineapple.
- Enjoy!



Science/Vocabulary Connection: To retain the Vitamin C in foods, liquids used in cooking should be eaten with the food or used in soups. Also, since vitamin C breaks down when exposed to light, store foods in opaque containers. What does the word opaque mean? (Answer at bottom of next page)

Recipe

Peppy Picadillo Platter

- 1 lb leanest ground beef
- 1 large onion, chopped
- 1 red bell pepper, cored and sliced
- 1 green bell pepper, cored and sliced
- 2 cloves garlic, minced
- 1 TBLS chili powder
- 1 can (14 oz) chopped tomatoes w/ juice
- ½ cup raisins
- 2 TBLS cider vinegar
- 1 tsp ginger powder
- ¼ tsp black pepper
- 1 lb bag chopped fresh spinach
- ½ cup low or non-fat plain yogurt (optional)

- Brown ground beef in skillet until no longer pink, about 5 minutes. Drain fat.
- In another skillet, cook onion, peppers, and garlic 5 minutes
- To ground beef, add onion, garlic, chili powder, tomatoes, raisins, vinegar, ginger, and black pepper
- Simmer for 15 minutes
- To serve, make nest of spinach on plate and mound the beef mixture on top. Garnish with a tablespoon of yogurt if you like. Enjoy!



Shopping List for Recipe

- | | |
|-----------------------------------|---------------------|
| _____ 1 lb lean ground | _____ Raisins |
| _____ Onion | _____ Fresh spinach |
| _____ Red and green bell peppers | |
| _____ Garlic bulb | |
| _____ Chili powder | |
| _____ Ginger powder | |
| _____ Black pepper | |
| _____ 14 oz can chopped tomatoes | |
| _____ Low or non-fat plain yogurt | |

Families On The Move

Family Goal: Find a 5K (3.1 miles) run or walk 3 to 6 month away, and start training as a family.

Training as a family for a run or walk is a great way to get in shape, because it gives you a common goal to work toward. Many communities have 5K races for fun or for a specific charity. Your family can get in shape while helping someone else less fortunate. Look for events in your local newspaper, or Runner's World Magazine website has events listed for your area. Go to www.runnersworld.com and click on "Race Calendars". You can click on the distance you want to run or walk in your city. At this website, click on "Training" and you will find specific training plans for walking your first 5K, trail running, and other workouts.



Math/PE Connection:

If one time around a 400-meter track is about $\frac{1}{4}$ of a mile, how many times around a track do you need to go to run/walk 3 miles? (Answer at bottom of page)

Health and Fitness Resources

Website

Florida Department of Citrus
www.floridajuice.com

Parent's Book

How to Teach Nutrition to Kids by Connie Liakos Evers, MS, RD, 24 Carrot Press, Portland, OR, 2003

Children's Book

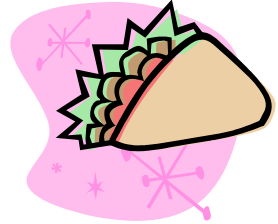
A Fruit is a Suitcase for Seeds by Jean Richards, Millbrook Press, Brookfield, CT, 2002

Video

Food Safari: Breakfast, Yum Yum Studio's 2003

Well-Balanced Dinner Idea

Multi-grain or whole-wheat tortilla
 $\frac{1}{2}$ cup black beans
 1 medium mango
 2 TBLS salsa
 1-cup leafy greens
 $\frac{1}{2}$ cup low-fat cottage cheese
 $\frac{1}{4}$ cup sunflower seeds
 8 oz fat free milk



Nutrient of the Week

Vitamin C (Ascorbic Acid)

Why we need it: A water soluble vitamin that helps make and repair muscles, tendons, skin, bones, teeth, cartilage. Boosts the immune system, and helps with the body's absorption of iron

How much we need:

Children 1-3 = 15 mg/day
 Children ages 4-8 = 25 mg/day
 Children ages 9-13 = 45 mg/day
 Females ages 14-18 = 65 mg/day
 Males ages 14-18 = 75 mg/day
 Females ages 19 and older = 75 mg/day
 Males ages 19 and older = 90 mg/day
 Pregnant Females = 85 mg/day
 Nursing Females = 120 mg/day

Best Food Sources:

$\frac{1}{2}$ cup chopped, raw red bell pepper = over 100 mg vitamin C
 1 cup fresh strawberries = 88 mg vitamin C
 1 kiwi = 73 mg vitamin C
 1 medium orange = 70 mg vitamin C
 1 cup cantaloupe = 45 mg vitamin C
 1 slice watermelon = 28 mg vitamin C

Healthful Vitamin C Snacks

1. Grapefruit
2. Mango
3. Low-sodium tomato juice

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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