



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

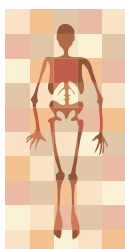
**Goal:** This week, make a pact with your family that when you are eating only eat.

A lot of empty calories are consumed when people eat while they are doing something else. People munch while driving, reading, watching TV, and playing video games. During the week, try to only eat when you are doing nothing else. Think about the taste and texture of the food that you are eating. Meals are a great time to share information, so talking is allowed! This week, make a pact with your family that while you are eating, you will only eat.



**Parent Tip:** To help melt the winter blues away, try making the next 26 days "Alphabet Days". For example, if today is the "A Day", eat all types of foods that begin with the letter "A" like apples, artichokes, avocados, and asparagus. Together you could visit the grocery store and look for all types of food that begin with the letter of the day. Go to the library or go on the Internet and learn about "Africa", "Australia", or "Asia". Also at the library, look up books that begin with the letter "A". Finally, finish the day with a trip to a park in your area that name begins with the letter "A", or go to a fun place in your area that begins with "A" like an aquarium, arboretum, or art exhibit.

**Science Connection:** How many bones are in your body? (Answer at bottom of next page)



## Recipe

### Hidden Tofu and Meat Lasagna

- 8 oz lasagna noodles
- 1 lb cooked and drained lean ground beef
- 26 oz pasta sauce
- 1 egg
- 8 oz non-or low-fat cottage cheese
- 8 oz firm tofu, drained and mashed with fork
- 10 oz cooked and drained spinach
- ½ cup Parmesan cheese
- ½ cup shredded mozzarella cheese

- Preheat oven to 375°
- Cook lasagna noodles according to package directions and drain
- In large bowl, mix egg, cottage cheese, tofu, beef, spinach, Parmesan cheese, and all but ½ cup of pasta sauce
- In 13x9x2 inch dish, spread 1/4 cup pasta sauce, then 1 layer of noodles
- Spread 1/2 of mixture over noodles
- Place second layer of noodles on top
- Spread remaining ½ of mixture over noodles
- Place final layer of noodles on top
- Spread 1/4 cup pasta sauce over noodles
- Sprinkle with shredded mozzarella cheese
- Cover with foil and bake for 30 minutes
- Uncover and bake an additional 15 minutes

### Shopping List for Recipe

- \_\_\_\_\_ Lasagna noodles
- \_\_\_\_\_ 1 lb lean ground beef
- \_\_\_\_\_ Firm tofu
- \_\_\_\_\_ Pasta sauce
- \_\_\_\_\_ eggs
- \_\_\_\_\_ Non or low-fat cottage cheese
- \_\_\_\_\_ Mozzarella cheese
- \_\_\_\_\_ Parmesan cheese
- \_\_\_\_\_ Frozen spinach

## Families On The Move

**Family Goal: Play each family member's favorite music and dance.**

Everyone in your family has his/her own taste in music. Have each member of your family choose a favorite song and teach the rest of the family how to dance to it. Remember to encourage each member of your family to try the dance steps no matter how silly. This brings a lot of laughter, fun, and movement to your time together!



**Math Connection:** Dancing burns between 3 and 10 Calories per minute. Let's say your heart is beating fast while you are dancing and you are burning 9 Calories per minute. How long would it take you to burn off one Oreo® cookie (about 54 Calories). (Answer at bottom of page)

## Health and Fitness Resources

### Website

Kidnetic [www.kidnetic.com](http://www.kidnetic.com)

### Parent's Book

*Prevention's Practical Encyclopedia of Walking For Health* by Mark Bricklin and Maggie Spilner, Rodale Press, Emmaus, PA 1992

### Children's Book

*Food for Healthy Teeth* by Helen Frost, Pebble Books, Mankato, MN 1999

### Video

*To the Max: Eating and Exercising for Maximum Health Video*, 2002 (Grades 3<sup>rd</sup>-6<sup>th</sup>) [www.healthedco.com](http://www.healthedco.com)

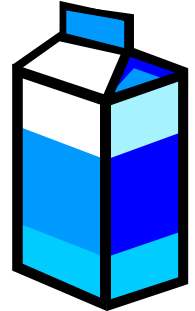
### Music CD

*Greg & Steve – Kids in Motion*  
[www.neatsolutions.com](http://www.neatsolutions.com)

## Well-Balanced Lunch Idea

### Phosphorus Salad

1-cup leafy greens  
1/2 cup chunked, cooked chicken brea  
1 hardboiled egg, chopped  
1/4 cup broccoli florets  
1/2 cup non-or low-fat cottage cheese  
2 TBLS sunflower seeds  
Water



## Nutrient of the Week

### Phosphorus

**Why we need it:** the second most abundant mineral in the body (calcium is the first). Phosphorus helps make strong bones and teeth, and helps transport nutrients throughout the body

**How much we need:**

Children ages 1-3 = 460 mg/day

Children ages 4-8 = 500 mg/day

Males and Females ages 9-18=1,250 mg/day

Females and Males ages 19 and older = 700 mg/day

**Best Food Sources:**

8 oz low-fat yogurt = 326 mg of phosphorus

1 oz sunflower seeds = 320 mg of phosphorus

3 oz lean, broiled hamburger = 159 mg of phosphorus

## Healthful Phosphorus Snacks

1. Cheddar cheese on low-fat crackers
2. Low-fat granola bar
3. Almonds

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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