



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Eat 1 ½ cups of fruit every day.
(Males ages 14 and older and females ages 19-30 eat 2 cups of fruit every day.)

Fruits provide carbohydrates, vitamins, minerals, and fiber. An easy way to make your family healthier is to make a pact to eat at least 1 to 1 ½ cups of fruit before eating any "junk food" for the day. Eating fruits will actually curb your appetite for sweets because of the natural sugars in fruits. Some people think that they can get all of their fruit in the form of fruit juice. While fruit juice does provide vitamins and minerals, the valuable fiber is missing and the calories are much higher than a serving of the fruit from which the juice was made. For example, a small apple has 60 calories, while an 8-ounce glass of apple juice has 120 calories.



- 1 cup of fruit = 1 small apple
- 1 large (8" long) banana
- ½ cup of fruit = 1 small orange
- 1 large plum

Math Connection: If you have 4 people in your family, and each person makes a pact to eat 1 piece of fresh fruit each day for a week, how many pieces of fruit do you need to buy that week? (Answer at the bottom of the next page)

Science Connection: Make a small hole in the bottom of a small plastic cup, and place a container lid beneath it to catch water. Next, put in 4 inches of potting soil. After eating a fruit, place the pit or seed ½ inch to 1 inch down in the soil. Place in a sunny area indoors and water every 3-5 days. Try this with several types of fruit and observe to see if any leaves appear.

Recipe

Yummy Pineapple Pizza

- 2 TBLS yeast
- 1 1/3 cups warm water
- 1 tsp sugar
- 3 cups white flour
- 1 cup whole wheat flour **or** semolina flour
- 1 tsp salt
- Cooking spray
- 1 TBLS cornmeal if using baking sheet
- 1 cup spaghetti sauce
- 8 oz mozzarella cheese
- 15 oz pineapple tidbits
- In large bowl, mix together yeast, water, and sugar
- Let stand 5 minutes
- Add flour and salt
- Stir and knead for 5 minutes
- Cover and set in warm place for 1 hour
- Knead for another 5 minutes and roll out on floured surface
- Place on baking stone or baking sheet sprayed with cooking spray and sprinkled with cornmeal
- Add spaghetti sauce, mozzarella cheese, and drained pineapple and bake at 425° for 20 minutes or until crust is thoroughly cooked



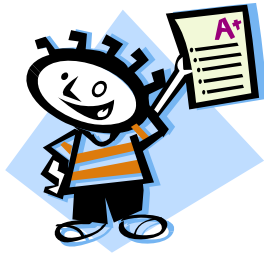
Shopping List for Recipe

- _____ Yeast
- _____ Sugar
- _____ White flour
- _____ Whole wheat or semolina flour
- _____ Salt
- _____ Cooking spray
- _____ Cornmeal if using baking sheet
- _____ Spaghetti sauce
- _____ 8 oz part-skim mozzarella cheese
- _____ 15 oz pineapple tidbits

Families On The Move

Family Goal: Write down on paper one family exercise goal this week using the guidelines below.

1. Set goals that say exactly what you plan to do.
2. Set goals that are measurable (For example, write down the number of miles or minutes you plan to walk).
3. Set positive goals instead of negative goals (For example, "I walk at least 20 minutes each day" instead of writing, "I will not miss one day of walking.")
4. Write down the date by which you would like to make your goal.



Goal Example: As a family, we walk two miles on September 19th.

Health and Fitness Resources

Website

5-A-Day for Better Health Program
www.5aday.com

Parent's Book

American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life by Dietz and Stern, Villard Books, New York, NY 1999

Children's Book

Carbohydrates for a Healthy Body by Hazel King, Heinemann Library, Chicago, IL 2003

Video

Secrets of the Food Pyramid Video, 2000 (Grades K-3rd) www.healthedco.com

Music CD

Charlotte Diamond – 10 Carrot Diamond
www.neatsolutions.com

Well-Balanced Dinner Idea

3 oz lean roast beef
1 medium baked potato with $\frac{1}{4}$ cup low-fat cottage cheese
 $\frac{1}{2}$ cup green peas
1 whole wheat dinner roll with 1 tsp butter
1 cup salad greens with 1 TBLS low-calorie dressing
 $\frac{1}{2}$ cup fruit salad in own juice
Water



Nutrient of the Week

Carbohydrates

Why we need it: body's main source of energy

How much we need:

Adults and all Children ages 1 and over = 130 g/day

Pregnant females = 175 g/day

Nursing females = 210 g/day

Best Food Sources:

Apple = 21 grams of carbohydrate

$\frac{1}{4}$ cup dry brown rice = 33 grams of carbohydrates

1 slice whole wheat bread = 20 grams of carbohydrates

Social Studies Connection: The main staple of a country is the main food that most people in that country eat. Most main staples of countries are high in carbohydrates. Find out the traditional main staple of one of the countries your ancestors came from.

Healthful Carbohydrate Snacks

1. Broccoli and Cauliflower
2. Canned pumpkin w/ brown sugar
3. Pear

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: 28 pieces of fruit