



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: For the entire week, plan to eat healthy dinners at home.

Spend 30 minutes planning a week's worth of dinners for the family. Have each member plan the healthy meal he/she would like to prepare. Be realistic about time needed to prepare, cost of ingredients, and cooking ability of each family member. Make a grocery list, a shopping night, and decide which night each member will prepare the meal for the family. As long as the meal is somewhat healthy, allow younger members of your family to choose the meal of their choice. Even though the preparation may take longer, everyone try to be patient and help



out. Also, be flexible on the type of meal he/she chooses. If your child wants everyone to eat breakfast cereal or pancakes for dinner, allow them that choice!

Social Studies Connection/Parent Tip: To make meals more interesting and to get your children to eat them, try having the children in your family choose a theme for the day or week. For example, if your children choose Africa as a theme, you can visit the library together and get African music CDs, books about Africa, and cookbooks with African meals.



Recipe

Creamy Chicken Pot Pie

- 4 boneless, skinless chicken breasts, cubed
- 1 TBLS olive oil
- 10 oz frozen mixed vegetables, thawed and drained
- 1 can (10 ¾ oz) condensed chicken noodle soup
- 1 egg
- 2/3-cup fat free milk
- 1 ½ tsp baking powder
- 1-cup flour

- Preheat oven to 425°
- In large skillet, heat oil over medium heat
- Add chicken and cook until no longer pink in center, about 5 minutes
- Mix chicken, vegetables, and soup in un-greased 9" pie pan
- In medium bowl, stir together egg, fat free milk, baking powder, and flour
- Pour over chicken mixture
- Spread evenly
- Bake for 25-30 minutes or until light brown on top

Science Connection: Why does food change colors when it is cooked? (Answer at the bottom of next page)

Shopping List for Recipe

- _____ Boneless, skinless chicken breasts
- _____ 10 oz mixed frozen vegetables
- _____ Egg
- _____ Fat free milk
- _____ Olive oil
- _____ Flour
- _____ Baking powder
- _____ 10 ¾ oz canned condensed chicken noodle soup

Families On The Move

Family Goal: Plan an active summer vacation.

To help chase away the winter blues, plan an active family summer vacation. Look through travel brochures, on the Internet, or in your local library for ideas. Since it is only February, family members will have enough time to get in shape and to save enough money.

Math Connection: If you decide to go on a family vacation July 1, (18 weeks away!) and the cost is \$500, how much money will your family need to set aside each week in order to have enough money for your vacation? (Answer at the bottom of the page)



Health and Fitness Resources

Website

American Thyroid Association
www.thyroid.org

Parent's Book

The Mom's Guide to Meal Makeovers: Improving the way your family eats, one meal at a time! By Janice Newll Biessex
Broadway Books, New York, NY 2004

Children's Book

Food Rules! The Stuff You Munch, Its Crunch, Its Punch, and Why You Sometimes Lose Your Lunch by Haduch and Stromoski, 2001

Video

Kick To Get Fit Jr. For Kids by Rich Grogan, Grograns's Martial Arts & Fitness 2002

Well-Balanced Lunch Idea

- 2 slices whole wheat bread
- 1 TBLS spicy mustard
- 1 TBLS relish
- 3 oz tuna fish
- Apple
- 8 oz fat free milk



Nutrient of the Week

Iodine

Why we need it: A trace mineral that is a major part of the thyroid hormone which controls growth, body temperature, the body's oxygen use, and much more

How much we need:

Children ages 1-8 = 90 µg (micrograms)/day

Children ages 9-13 = 120 µg/day

Females and Males ages 14 and older = 150 µg/day

Pregnant females = 220 µg/day

Nursing females = 290 µg/day

Best Food Source:

Iodized Salt – use for cooking and baking

Iodized salt contains 45 to 76 µg of iodine per gram (FDA requirement)

Healthful Iodine Snacks

1. 2 cups air popped popcorn with 1 tsp butter and 1/8 tsp iodized salt
2. Whole wheat crackers with tuna fish
3. String cheese

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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