



Small changes today for a healthier tomorrow

March 3 – 9, 2008
Volume 5, Issue 25



Fit School Newsletter



Health Goal for the Week

Goal: Have everyone in your family find his/her favorite apple.

As a family, go to the grocery store and buy 1 of every type of apple available. For a dessert one evening, have your child wash the apples. A parent can then core and slice enough pieces of each apple so that each person in the family gets at least one slice. Place the different apples on different plates and label each one with the name of each apple. After each person tries at least one bite of each type of apple, have each person in your family say which was his/her favorite. Have one of the children write down the name of the person and which type



he/she liked so that the family shopper can use the list as a reference when buying apples. An apple a day is still really good advice!



Science Connection 1: How many different types of apples are there in the world? (Answer at the bottom of next page)

Science Connection 2: When the inside of an apple is exposed to the air, the apple turns brown. This is due to a process called "oxidation". Oxidation is a type of chemical reaction. What can you do to prevent this from happening? (Answer on bottom of next page)

Recipe

Hurry, Hurry Chicken Curry

- 2 cups brown rice
- 1 TBLS olive oil
- 4 chicken breasts cut into bite size pieces
- 1 medium yellow onion, chopped
- 2 TBLS curry powder
- 1 can (15 oz) non-fat, low-sodium chicken broth
- 2 tsp cornstarch
- ½ cup raisins
- 1 can (15-oz) drained pineapple chunks packed in its own juice
- ¼ tsp red pepper flakes

- Cook brown rice according to package directions
- In large skillet add olive oil and onion and cook over medium heat for 3 minutes
- Add chicken and cook for 5 minutes
- Add curry powder and coat chicken
- In small container (with tight lid) add chicken broth and cornstarch and shake until cornstarch is completely dissolved. Add to chicken mixture
- Add raisins, pineapple, and red pepper flakes and simmer until raisins are soft (about 5 minutes)

Serve with brown rice

Shopping List for Recipe

- _____ Onion
- _____ 4 boneless, skinless chicken breasts
- _____ Brown rice
- _____ Olive oil
- _____ Curry powder
- _____ Red pepper flakes
- _____ Non-fat, low-sodium chicken broth
- _____ Cornstarch
- _____ 15-oz can pineapple chunks in own juice
- _____ Raisins

Families On The Move

Family Goal: Find out if each person in your family is getting at least his/her minimum amount of exercise.

According to the Centers for Disease Control and Prevention and The American College of Sports Medicine, "Adults should engage in moderate intensity physical activities for at least 30 minutes on 5 or more days of the week." The Dietary Guidelines for Americans 2005 recommends that "children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily". If each person in your family is getting the recommended amount of exercise and feels good about his/her weight, give each other a pat on the back. If you are like most Americans and one or more of your family members does not get the recommended amount of exercise, find ways that you can help each other meet these recommendations. Encourage family members to workout so they can live a long and healthy life.

Math Connection: If you exercise at a moderate pace and burn 7 Calories per minute, how many Calories will you burn in 30 minutes? (Answer at bottom of page)

Health and Fitness Resources

Website

Dole 5 A Day Program
www.dole5aday.com

Parent's Book

Nancy Clark's Sports Nutrition Guidebook
by Nancy Clark, MS, RD, Human Kinetics, Champaign, IL 1997

Children's Book

Vegetables by Cynthia Fitterer Klingel,
Weekly Reader Early Learning Library,
Milwaukee, WI, 2002

Video

How Does Your Garden Grow, Arthur Mokin Productions, Santa Rosa, CA 1998

Well-Balanced Breakfast Idea

- 1-cup raisin bran
- 1-cup skim milk
- 1 slice whole-wheat toast
- 1 TBLS jelly
- Orange
- 8-oz glass of water



Nutrient of the Week

Manganese

Why we need it: A trace mineral that is needed to help the body use fats, carbohydrates, and proteins as energy, and to form bones

How much we need:

- Children 1-3 = 1.2 mg/day
- Children ages 4-8 = 1.5 mg/day
- Females ages 9-18 = 1.6 mg/day
- Males ages 9-13 = 1.9 mg/day
- Males ages 14-18 = 2.2 mg/day
- Females ages 19 and older = 1.8mg/day
- Males ages 19 and older = 2.3 mg/day
- Pregnant Females = 2 mg/day
- Nursing Females = 2.6 mg/day

Best Food Sources:

- ¼ cup pecans = 2.7 mg manganese
- 1 cup whole wheat pasta = 1.9 mg manganese
- ½ cup canned pineapple in own juice = 1.3 mg manganese
- ½ cup cooked brown rice = 0.14 mg manganese

Healthful Manganese Snacks

1. Raisins
2. Frozen raspberries
3. Pecans

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.

Copyright © 2007 Fit School, Inc.

For more information: www.TheFitSchool.com