



Small changes today for a healthier tomorrow

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# Fit School Newsletter



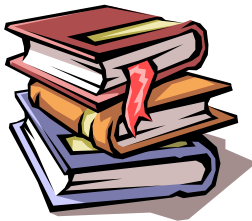
## Health Goal for the Week

**Goal: This week as a family, eat foods because they are healthy.**

Sometimes we don't like the taste or texture of certain foods, especially "health" food. Even if you don't particularly like the texture of bananas, eat a banana anyway to receive the health benefits. Today's society is very lucky to have so many choices of foods available to eat. You need only read books from the past like "Little House on the Prairie" by Laura Ingalls Wilder to find out that people ate what was on the table because they knew that was the only food available. Today, we've been led to believe that every food must be beautifully presented



and tasty. What if we started to think about how that food will effect our bodies instead of only how it tastes?



### Social Studies/Reading Connection:

Choose and read a book from the past together as a family, like the "Little House on the Prairie" series. You will learn about the little things people treasured in the past that we now take for granted. For example, Laura Ingalls in "Little House on the Prairie" receives an orange in her stocking at Christmas. To those living on the cold prairie, the orange was a special and unique treat.

## Recipe

### Quick Meat Spaghetti

- 1 lb whole-wheat pasta
- 1 lb lean ground beef
- 26 oz prepared pasta sauce

- Cook pasta according to directions, drain
- In large skillet, cook ground beef over medium heat until no longer pink
- Drain fat
- Reduce heat and add pasta sauce
- Simmer 10 minutes
- Serve sauce over pasta

-Serve with salad and fat free milk for a complete meal

**Science Connection:** This week is the first day of Spring! Celebrate by going for a walk as a family and search for signs of spring. Are there flowers blooming, trees budding, or robins singing? Finish your walk by talking about activities you want to do together as the weather gets warmer.

Why do you think the sun is in the sky longer each day in the Spring? (Answer on the bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ 1 lb whole-wheat pasta
- \_\_\_\_\_ 1 lb lean ground beef
- \_\_\_\_\_ 26 oz prepared pasta sauce
- \_\_\_\_\_ Salad Greens
- \_\_\_\_\_ Olive or Canola oil-based dressing
- \_\_\_\_\_ Fat free milk

## Families On The Move

**Family Goal:** Enjoy the coming of spring this week by going to a playground and playing as family.

Go to a playground and play as a family. Parents can swing on swings while the kids push. Go down slides, play on monkey bars, and play tag. Don't worry about looking silly, just enjoy yourself and enjoy your family.



**Math Connection:** If you burn 6 Calories per minute while playing at a playground and you play for 20 minutes, how many Calories do you burn? (Answer at the bottom of page)

## Health and Fitness Resources

### Website

Science 4 Kids (Agricultural Research Service)  
[www.ars.usda.gov/is/kids/index.html](http://www.ars.usda.gov/is/kids/index.html)

### Parent's Book

*The Family Nutrition Book: Everything You Need to Know About Feeding Your Children from Birth Through Adolescence* by William Sears, Little Brown, Boston, MA 1999

### Children's Book

*Over Under In The Garden: An Alphabet Book* by Pat Schories, Farrar, Straus, Giroux, New York, 1996.

### Video

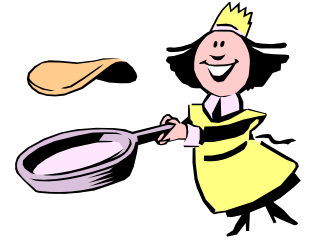
*Get Active: A.L.L. For Kids*, Whitefish Bay, WI (Ages 3 and up) 2003

### Audio Tape

*Kids in Motion: Songs for Creative Movement*, Youngheart Records, Hawthorne, CA 1987

## Well-Balanced Breakfast Idea

- 1 multi-whole-grain pancake
- ½ cup chopped strawberries
- 3 oz lean baked ham
- 1 egg (made to order!)
- 8 oz fat free milk



## Nutrient of the Week

### Chromium

**Why we need it:** A trace mineral that is needed to help the body use fats and carbohydrates as energy. Helps enhance the activity of the hormone insulin.

### How much we need:

Children 1-3 = 11 µg (micrograms)/day

Children ages 4-8 = 15 µg/day

Females ages 9-13 = 21 µg/day

Males ages 9-13 = 25 µg/day

Females ages 14-18 = 24 µg/day

Females ages 19-50 = 25 µg/day

Males ages 14-50 = 35 µg/day

Females ages 51 and older = 20 µg/day

Males ages 51 and older = 30 µg/day

Pregnant Females = 30 µg/day

Nursing Females = 45 µg/day

### Best Food Sources:

1 cup cooked broccoli = 22 µg chromium

3 oz ham = 3.6 µg chromium

1 cup cooked green beans = 2.2 µg chromium

## Healthful Chromium Snacks

1. Raw broccoli dipped in ketchup or salsa
2. Whole-wheat tortilla with 1 TBLS all-natural peanut butter
3. Low-fat granola mix

### 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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