



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal: For 1 week, eat like you are from another country.**

Does your family love Mexican, Thai, or Italian food? As a family, go to the library or on the Internet and research a country and the country's traditional meals. If possible, look for lower calorie versions. If you have access to the Internet, a great place to start is Dietary Guidelines for other countries [www.nal.usda.gov/fnic/dga](http://www.nal.usda.gov/fnic/dga)

- On "Search Menu", scroll down to "International Dietary Guidance"
- Under "Dietary Guidance", click on "Dietary Guidelines From Around the World"



-Click on "Comparison of International Food Guide Pictorial Representations"

This website has nutritional information from around the world. Choose meals that are lower in calories, high in fruits and vegetables, and stay away from cream sauces and cream soups.

**Social Studies Connection:** To make this goal even more interesting, choose a country where your ancestors came from. Together, make a family tree and talk about each person and where they came from. Buy or make your own family tree book and add to it as you learn more about your genealogy.



## Recipe

### Mexican Black Bean Casserole

Cooking spray  
1 1/2 cups salsa  
16 oz frozen corn  
15 oz can black beans, drained  
10 oz frozen spinach, thawed and drained  
4 large whole-wheat tortillas  
8 oz grated cheddar cheese

- Coat deep pie plate or large iron skillet with cooking oil
- Place 1 tortilla on bottom
- Coat tortilla with 1/2 cup salsa
- Layer 1/3 can of black beans, 1/3 of the corn, 1/3 of the spinach, 1/3 of the cheddar cheese, and top with another tortilla
- Continue the layering 2 more times, finishing with a tortilla on top
- Baked covered at 350° for 20 minutes
- Take off cover and bake for an additional 15 minutes



**Math Connection 1:** For an extra math challenge, add up the total calories in this casserole. Look at the Nutrition Label for each food and remember to look at serving size.

## Shopping List for Recipe

- \_\_\_\_\_ Whole-wheat tortillas
- \_\_\_\_\_ Cooking Spray
- \_\_\_\_\_ 16 oz frozen corn
- \_\_\_\_\_ 10 oz frozen spinach
- \_\_\_\_\_ 15 oz black beans
- \_\_\_\_\_ Salsa
- \_\_\_\_\_ 8 oz Cheddar cheese

## Families On The Move

**Family Goal: Find a walking/running track in your area. See how many laps each member of your family can do in 20 minutes.**

Write down the number of laps each family member did in 20 minutes. Now, write on your family calendar a time next month when you will take on this challenge again. Plan how each member can improve the number of laps he/she walked or ran by doing a little more exercise each day.



### Math Connection

**2** : If jogging burns 10 Calories per minute, how many Calories do you burn in 20 minutes? (Answer at bottom of page)

## Health and Fitness Resources

### Website

Whole Foods® Market  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

### Parent's Book

*Feed Your Family for \$12.00 a Day: A Complete Guide to Nutritious, Delicious Meals for Less Money* by Rhonda Barfield, Citadel Press: Kensington Publishing Corp, New York, NY 2002

### Children's Book

*Vegetables* by Jillian Powell, Raintree Steck-Vaughn, Austin, TX 1997

### Video

*Breakfast Clubbies* by Food Groupie, Inc. (Ages 3-7) [www.ncscatalog.com](http://www.ncscatalog.com)

### Music CD

*Banana Slug String – Dirt Made My Lunch* CD (in English and Spanish)  
[www.neatsolutions.com](http://www.neatsolutions.com)

## Well-Balanced Breakfast Idea

½ cup cooked oatmeal  
1-cup fat free milk  
1 tsp maple syrup  
½ cup sliced strawberries  
Banana  
Water



## Nutrient of the Week

### Molybdenum

**Why we need it:** A trace element that works with enzymes to do many of the body's functions

**How much we need:**

Children 1-3 = 17 µg (micrograms)/day

Children ages 4-8 = 22 µg/day

Children ages 9-13 = 34 µg/day

Females and Males ages 14-18 = 43 µg/day

Females and Males ages 19 and older = 45 µg/day

Pregnant and Nursing Females = 50 µg/day

**Best Food Sources:** legumes, whole-grain cereal, leafy green vegetables, and milk

**Parent Tip:** If you have younger children, always look for opportunities for them to count. Have your children choose and place in a bag the number of apples from the store. Or, have children count out 10 baby carrots for each family member's lunch.

## Healthful Molybdenum Snacks

1. Roasted soy nuts
2. Whole-grain cereal mix
3. Low-fat granola bar made with whole-grains

### 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 2 = 200 Calories