



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Eat your daily recommended amount of vegetables each day this week.

Children ages 4-8: **1 ½ cups**
Girls ages 9-13, Women 51 and over: **2 cups**
Females ages 14-50, Boys ages 9-13, Men 51 and over: **2 ½ cups**
Males ages 14-50: **3 cups**

Vegetables provide vitamins, minerals, and fiber. According to the American Heart Association, people who eat vegetables each day have a lower risk of heart disease and many other illnesses.

Vegetables are not often the most popular food in many families. To make vegetables more



interesting, experiment with eating them raw, steamed, microwaved, baked, or roasted. You can also experiment with seasonings that don't contain salt, like Mrs. Dash® or even cinnamon. Also, choose an olive oil-based dressing or dip to make raw vegetables more palatable. Some children like to dip their vegetables in ketchup, mustard, or salsa. This is a great low-calorie alternative to high-calorie, prepackaged dips. Adults should try this too. You may just like it!

Parent Tip: The American Academy of Pediatrics suggests you put vegetables on your child's plate even if he/she does not eat them. After seeing a food on their plates many times, most children will eventually try the food.

Science Connection: How does a plant get most of its solid mass? How does a plant go from being a tiny little seed, to a great big plant, shrub, or tree? This is a tricky question. This question was asked to many Harvard University graduates, and they didn't know the answer! Do you know? (Answer at the bottom of next page)

Recipe

Fabulous Fettuccine Alfredo

- 1 lb whole-wheat pasta
- 3 cups small, fresh broccoli florets (about 1 lb)
- 1 cup plain low- or non-fat yogurt
- ¾ cup grated Parmesan cheese
- 2 cups quartered cherry tomatoes

- Cook pasta according to directions
- During the last 3 minutes of cooking the pasta, add broccoli
- When draining the pasta/broccoli mixture, keep 1/3 cup of the liquid
- Mix yogurt, Parmesan cheese, liquid, broccoli, tomatoes, and pasta
- Toss and enjoy!

Social Studies Connection: Italy is a land of vegetables. The words broccoli and zucchini are Italian words. What do you think is the most popular sport in Italy? (Answer at bottom of next page)



Shopping List for Recipe

- _____ Whole-wheat pasta
- _____ 1 lb fresh broccoli florets*
- _____ Plain low- or non-fat yogurt
- _____ Grated Parmesan cheese
- _____ Cherry tomatoes

***Parent Tip:** While picking out the fresh broccoli at the grocery store, pick out a small amount of another vegetable that you haven't tried before. Have everyone in the family try at least 1 bite!

Families On The Move

Family Goal: This week, while waiting for someone in your family to finish an activity or practice, get out and walk.

Most families are involved in many different activities. Busy schedules make it difficult for some members of the family to get their exercise for the day. While the family is waiting for one member to finish a practice or other activity, get out of your car and walk around the area. You will not only get exercise you did not plan on getting, but you may discover a fun place for your next family adventure or a new Mexican restaurant to try.



Health and Fitness Resources

Website

American Dietetic Association
www.eatright.org

Parent's Book

Play Hard, Eat Right: A Parent's Guide to Sports Nutrition for Children by D.S. Jennings and S.N. Steen, John Wiley, 1995

Children's Book

A Harvest of Color: Growing a Vegetable Garden, by Melanie Eclare, Ragged Bears, Brooklyn, NY, 2002

Video

Take Aim on Fitness: Cat's Pajamas
Video Production, Inc, (Ages 6-12) 1998

Music CD

Groovin' Foods CD www.neatsolutions.com

Well-Balanced Lunch Idea

- 2 cups leafy green salad made with spinach, cabbage, collards, and broccoli
- ½ cup cubed, cooked chicken breast
- 1 cup low-fat cottage cheese
- 2 TBLS sunflower seeds
- 1 whole grain roll
- 1 tsp butter
- 8 oz fat free milk



Nutrient of the Week

Vitamin K

Why we need it: used to clot blood

How much we need:

Children ages 1-3 = 30 µg (micrograms)/day

Children ages 4-8 = 55 µg/day

Children ages 9-13 = 60 µg/day

Females and Males ages 14-18 = 75 µg/day

Females ages 19 and older = 90 µg/day

Males ages 19 and older = 120 µg/day

Best Food Sources:

½ cup boiled kale = 573 µg

10 sprigs fresh parsley = 164 µg

1 cup cooked spinach egg noodles = 162 µg

1 cup raw spinach = 145 µg

1 cup raw lettuce = 97 µg

½ cup raw scallion onions = 104 µg

1 cup raw broccoli = 89 µg

1 cup red or green grapes = 23.4 µg

½ cup raw celery = 17.6 µg

½ cup blueberries = 14 µg

Healthful Vitamin K Snacks

1. Broccoli florets with low-fat dip
2. Low-fat egg salad on whole-wheat crackers
3. Raw green beans with low-fat dip

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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Science Answer: From carbon dioxide in the air!

SS Answer: Soccer