



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal: Sit down as a family one day this week and plan healthy recipes, healthy snacks, and a shopping list.**

Achieving success in any endeavor requires planning. The same is true with having a healthy, fit family. Make it a goal this week to sit down for one hour with your family with healthy recipe books and write your family's shopping list. This activity meets the "Families on the Move" goal for this week. Think about the time needed to prepare the meals and whether that amount of time is available to your family. Is there a way the family can do some of the meal preparation the night before?



Try doubling the ingredients when preparing your weekend meals so that you can freeze an extra meal for the week. Also, plan your healthy snacks. Keep an ongoing list of your family's favorite healthy recipes and snacks and try to have the ingredients on hand.

**Parent Tip:** Keep one family calendar in which everyone writes all of his/her activities. Also, keep one family notebook, in which members of your family can keep lists of favorite foods, favorite recipes, important phone numbers, and any other important information.

**Science Connection:** Vitamin A is stored in your kidneys, fat tissue, and adrenal glands, but where is the main place in the body where Vitamin A is stored? (Answer at bottom of next page)

## Recipe

### Peanutty Pad Thai

- 6 oz rice noodles
- 1 TBL canola oil
- 4 minced garlic cloves
- 1 tsp red pepper flakes
- 3 cups grated carrots
- 4 eggs, lightly beaten with ½ tsp salt
- ½ cup chopped peanuts

### Sauce

- 1 TBL brown sugar
- 3 TBLs ketchup
- 3 TBLs limejuice
- 3 TBLs soy sauce or fish sauce

- Bring 2 quarts water to boil
- Cook rice noodles in boiling water for 4 minutes and drain
- In small bowl or glass jar, mix sauce ingredients and set aside
- In large saucepan, heat canola oil
- Add garlic for 1 minute
- Add red pepper flakes for 30 seconds
- Next, add carrots, cooking for 7 minutes, stirring occasionally
- In non-stick frying pan scramble eggs
- When the eggs are cooked, add to carrots
- Add sauce and rice noodles to mixture and heat through
- Add peanuts and serve



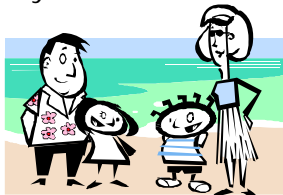
## Shopping List for Recipe

- |  |                         |
|--|-------------------------|
| _____ Rice noodles                       | _____ Red pepper flakes |
| _____ 2 lbs carrots                      | _____ Eggs              |
| _____ Peanuts                            | _____ Brown sugar       |
| _____ Ketchup                            |                         |
| _____ Canola oil                         |                         |
| _____ Garlic bulb                        |                         |
| _____ Limejuice                          |                         |
| _____ Low-sodium soy sauce or fish sauce |                         |

## Families On The Move

**Family Goal: Spend 1 day this week doing activities other than watching TV.**

As a family, choose a day this week where you will do activities other than watching television. Have your family brainstorm and write down all of the activities you can do as a family other than watching TV or playing video games. Some ideas to help get your brainstorming started are playing board games, playing card games, going for a neighborhood walk, playing Frisbee or any other yard game, sitting down together and everyone reading his/her own book, or starting a family book club.



**Social Studies/Reading Connection:** Each member of your family choose a book from the library in which the story takes place in a different country. Set a date when you will have a family meeting and talk about your book and the country where it took place.

## Health and Fitness Resources

### Website

Medline Plus (a service of the US National Library of Medicine and the National Institutes of Health)  
[www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html](http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html)

### Parent's Book

*Discovering Nutrition* by Paul Insel, Don Ross, and R. Elaine Turner, 2003.

### Children's Book

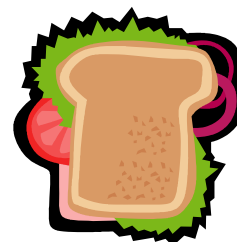
*Eating the Alphabet: Fruits and Vegetables From A to Z* by Lois Ehlert, Harcourt Brace Jovanovich, San Diego, 1996

### Video

*Sight: Eyewitness Video Series*, DK Vision: BBC Worldwide Americas, New York, NY 2002

## Well-Balanced Lunch Idea

- 3 ½ oz canned tuna fish
- 1 TBLS low-fat mayonnaise
- 2 slices whole wheat bread
- 10 baby carrots
- 1 stick string cheese
- 8 oz water



## Nutrient of the Week

### Vitamin A

**Why we need it:** necessary for growth, reproduction, healthy skin, and normal vision

### How much we need:

- Children 1-3 = 300 µg (micrograms)/day
- Children ages 4-8 = 400 µg/day
- Children ages 9-13 = 600 µg/day
- Females ages 14 and older = 700 µg/day
- Males ages 14 and older = 900 µg/day
- Pregnant Females = 770 µg/day
- Nursing Females = 1300 µg/day

### Best Food Sources:

- ½ cup canned pumpkin = over 1000 µg vitamin A
- ½ cup cooked sweet potato = 950 µg vitamin A
- ½ cup canned spinach = 525 µg vitamin A
- 1/2 cup raw carrots = 460 µg vitamin A
- 1 medium mango = 400 µg vitamin A
- ½ cup baked winter squash = 265 µg vitamin A
- ½ cup raw red pepper = 116 µg vitamin A
- ½ cup apricots, canned with skin = 103 µg vitamin A

## Healthful Vitamin A Snacks

1. ¼ cup canned pumpkin sprinkled with 1 tsp brown sugar
2. Fresh or dried mango
3. Cantaloupe

### 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: Liver