



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** Each person eats his/her requirements from the Food Pyramid each day this week.

Some people say that the Food Pyramid needs to be changed because the rate of obesity in the United States continues to increase. The real root of the problem is an increase in portion sizes coupled with a decrease in physical activity.

The food pyramid ([www.MyPyramid.gov](http://www.MyPyramid.gov)) is a good basis for a healthy diet. If you follow the guidelines of the Food Pyramid, your diet will be well-balanced and your portion sizes will be correct.



The Food Pyramid is divided into 5 groups. The groups include:

1. Grain Group
2. Vegetable Group
3. Fruit Group
4. Milk, Yogurt, and Cheese Group
5. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

**Nutrition/Science Connection:** At the dinner table, take turns choosing a food and having different family members guess to which food group it belongs.



## Recipe

### Five Food Groups Chicken Salad

- 1 lb whole-wheat small seashell pasta
- 1 cup non- or low-fat plain yogurt
- 1 tsp curry powder
- 4 boneless, skinless chicken breasts, cooked and cubed
- 1 20-oz can pineapple tidbits, drained
- 1 11-oz can mandarin oranges, drained
- 1 cup chopped celery

- Cook pasta according to directions and drain
- In large bowl, combine yogurt and curry powder
- Add pasta, cooked chicken, pineapple, oranges, and celery, mix
- Cover and chill for at least 30 minutes before serving

**Nutrition Connection:** Next to each ingredient in the "Shopping List for Recipe", write the food group to which that food item belongs. (Answers on the bottom of next page)

**Parent Tip:** Have each child in your family create a recipe that contains food from each of the five food groups. Have each child write the recipe down on paper (including the ingredients and instructions) and a shopping list for the recipe. Have each child help you shop for the ingredients and prepare his/her recipe. Enjoy!

## Shopping List for Recipe

- \_\_\_\_\_ 1 lb whole wheat small seashell pasta
- \_\_\_\_\_ 8 oz non- or low-fat plain yogurt
- \_\_\_\_\_ Curry powder
- \_\_\_\_\_ Boneless, skinless chicken breast
- \_\_\_\_\_ 20-oz can pineapple tidbits
- \_\_\_\_\_ 11-oz can mandarin oranges
- \_\_\_\_\_ Celery

## Families On The Move

**Family Goal:** As a family, go to a fitness center and try the different activities.

Call a local fitness club and ask if you could have free day-pass for your family to try their facility. As a family, try out different activities. Before deciding whether you will join the fitness center, look at each person's calendar to see when he/she will commit at least 1 hour, 2 days per week to use the gym.

**Math Connection:** Let's say your family pays \$500 for a year-long gym membership. If there are 4 people in your family and each person uses the gym 1 hour on 2 days per week, what is the cost each time a family member uses the gym?



## Health and Fitness Resources

### Website

[www.MyPyramid.gov/professionals/food\\_tracking\\_wsht.html](http://www.MyPyramid.gov/professionals/food_tracking_wsht.html) Food Tracking Worksheet

### Parent's Book

*The Six O'clock Scramble: Quick, Healthy, and Delicious Dinner Recipes for Busy Families* by Aviva Goldfarb, St. Martin's Press 2006

### Children's Book

*Eat Right* by Katie Bagley, Capstone Press, 2001

### Video

*The Magic School Bus Inside Ralphie*, KidVision, New York, NY 1995

## Well-Balanced Lunch Idea

¼ cup shredded beef, cooked  
 ¼ cup each shredded apple and carrot  
 2 Tbls each cheddar cheese and salsa  
 Wrap above ingredients in whole-grain tortilla  
 Water

## Subject of the Week

### Food Pyramid

**Grain Group** (at least half should be whole grains)

Children ages 4-8 = 4-5 ounces  
 Females 9-13 and 51 and older = 5 ounces  
 Females ages 14-50, Males 9-13 and 51 and older = 6 ounces  
 Males ages 14-18 and 31-50 = 7 ounces  
 Males ages 19-30 = 8 ounces

**Vegetable Group** (should be a variety of dark green, orange, and starchy vegetables, peas, and beans)

Children ages 4-8 = 1 ½ cups  
 Females ages 9-13 and 51 and over = 2 cups  
 Females ages 14-50, Males 9-13 and 51 and over = 2 ½ cups  
 Males ages 14-50 = 3 cups

**Fruit Group** (try to eat whole fruit with skin)

Children ages 4-8 = 1 to 1 ½ cups  
 Females 9-18 and 31 and older, Males 9-13 = 1 ½ cups  
 Females 19-30, Males 14 and older = 2 cups

**Milk Group** (try to eat non- or low-fat versions)

Children ages 2-8 = 2 cups  
 Females and Males 9 and older = 3 cups

**Meat and Beans Group**

Children ages 4-8 = 3-4 ounces  
 Females 9-18 and 31 and older, Males 9-13 = 5 ounces  
 Females 19-30, Males 51 and older = 5 ½ ounces  
 Males ages 14-18 and 31-50 = 6 ounces  
 Males ages 19-30 = 6 ½ ounces

## Healthful Food Pyramid Snacks

1. Star fruit
2. ¼ cup peanuts
3. Oatmeal made with fat free milk

### 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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Nutrition Answer: **Grain Group:** pasta **Vegetable Group:** celery **Fruit Group:** pineapple, oranges **Milk Group:** yogurt **Meat Group:** chicken **Math Answer:** \$1.20