



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

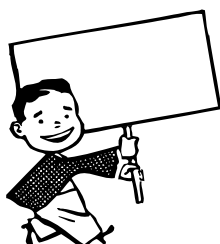
**Goal:** This week, think before you put anything into your mouth.

Do you really think a fudged-dipped chocolate chip granola bar is healthy? Do you really think that three slices of bacon for breakfast each day is healthy? Do you really need a sports drink filled with empty calories while working out, or will water do? Instead of just grabbing something to eat or sticking to old routines, start thinking about the choices you make. You have a choice about everything you eat. Don't allow advertisers and doctors writing books for big profits to control what you eat. There are many unhealthy foods on the market that



contain words like "Low-carb" on the packaging but are still high in calories. Trust your knowledge about nutrition and choose your foods wisely.

**Vocabulary Connection:** Have you ever seen claims on food packages like "Fiber-containing grain products can reduce your risk of cancer"? This is a "Health Claim" that must be backed by scientific evidence and be approved by the FDA. Claims such as "Improves memory" are a "Structure-Function claim" that do not need to be approved by the FDA. Beware of the claims you read on foods. Read the fine print. Sometimes it will say on the box that the claim does not have significant evidence to prove it! Visit the FDA website to learn more at [www.fda.gov](http://www.fda.gov).



## Recipe

### Fruity Acorn Squash

- 3 medium acorn squash
- 1/2 tsp salt
- 2 tart (like Granny Smith) apples diced
- 15 oz can pineapple chunks (drained)
- 2 TBLS brown sugar
- 1 TBLS butter

- Cut squash in half and remove the seeds
- In shallow pan, place the cut side down and bake at 350° for 40 minutes
- Meanwhile, combine diced apples, pineapples, and brown sugar
- When squash has baked 40 minutes, turn cut side up and sprinkle with salt
- Fill each squash with apple mixture
- Dot each with butter
- Bake for 30 minutes more

**Parent Tip:** While watching TV or looking through a magazine with your child, have your child figure out what techniques the advertiser is using to get you to buy the product. Ask your child if he/she thinks that eating a certain kind of candy will give him/her more energy, friends, and happiness. This is one technique an advertiser may use.



## Shopping List for Recipe

- \_\_\_\_\_ 3 acorn squash
- \_\_\_\_\_ 2 Granny Smith apples
- \_\_\_\_\_ 15 oz can pineapple chunks
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Brown sugar
- \_\_\_\_\_ Butter

## Families On The Move

**Family Goal:** While exercising this week, think about all of the positive things you are doing for your body.

When you are exercising, sometimes it is difficult to think positively. You're sweaty, you're breathing hard, and your legs burn. So instead of focusing on the negative aspects of exercise, try to think of all of the positive things that are happening to your body as you are exercising. Here are the systems in your body, what they do, and how exercise affects each one:

1. Circulatory System: Takes oxygen in the blood to all the parts of your body. Exercise strengthens your heart, which is the pump for this system.
2. Respiratory System: Brings oxygen into your body and gets rid of carbon dioxide. Exercise makes this system more efficient.
3. Muscular System: Allows your body to move. Exercise builds more muscle so you can do more work and support your body.
4. Skeletal System: Provides support for your body. Exercise strengthens your bones.

## Health and Fitness Resources

### Website

United States Potato Board  
[www.potatohelp.com](http://www.potatohelp.com)

### Parent's Book

*The Garden of Eating: A Produce-Dominated Diet & Cookbook* by Rachel Abert-Matesz, Planetary Press, Phoenix, AZ 2004

### Children's Book

*Stinky and Stringy: Stem & Bulb Vegetables* by Meredith Sayles Hughes, Lerner Publications Co, Minneapolis, 1999

### Video

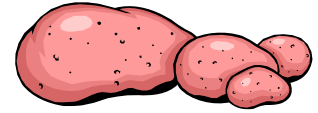
*Captain Yuck's Adventure in the Food Pyramid Video*, 1997 (Grades K-3<sup>rd</sup>)  
[www.healthedco.com](http://www.healthedco.com)

### CD-Rom

BARN Body Management: Nutrition Power CD-Rom, 2000 (Grades 6-12)  
[www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

- 1 medium baked potato
- ½ cup low-fat cottage cheese
- 1 TBLS sunflower seeds
- ½ avocado
- Water



## Nutrient of the Week

### Potassium

**Why we need it:** Plays a major role in maintaining fluid and electrolyte balance, transferring nerve impulses, and contracting muscles. Helps maintain a steady heartbeat.

### How much we need:

Children ages 1-3=3000 mg/day  
Children ages 4-8=3800 mg/day  
Females and Males ages 9-13=4500 mg/day  
Females and Males ages 14 and older =4700 mg/day  
Nursing Females = 5100 mg/day

### Best Food Sources:

½ cup baked acorn squash = 525 mg potassium  
Baked potato with skin = 525 mg potassium  
Banana = 475 mg potassium  
3 oz poached cod = 375 mg potassium



## Healthful Potassium Snacks

1. Dried apricots
2. Strawberries
3. Watermelon

### 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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