

Play Everyday!

(Yes parents, that means you, too)

We do not need perfect weather, fancy equipment, a nearby park or even a yard in order to play and be active with our children. There are many enjoyable activities that we can do to help us stay healthy and fit. These games and activities can be done right in our own homes with a little imagination and inexpensive household items

For children ages 3 and older



Activity: Cotton Ball Relay

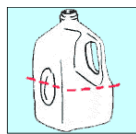
Materials needed: large plastic/wooden spoons, cotton balls, empty containers)

- Give each parent or child a large spoon with a cotton ball on it and have them keep the other hand behind their back.
- Have child and parent move across the room keeping the cotton balls in the spoon, and putting the cotton balls in a container at the end of the room.
- Race to see how many cotton balls can be placed into the container in 3 minutes.

Activity: Scooper-Catch

Materials needed: plastic gallon milk jugs, plastic balls, yarn balls or crumpled newspaper, empty trash cans/empty boxes

Directions on how to make a milk jug scooper



Cut off the bottom of a gallon size milk jug, about half way down. Tape the cut edge of the jug with masking tape. Hold the jug by the handle and flip it upside down for a fun scooper.

Directions on how to make your own yarn ball

Materials needed: balls of yarn, plastic cd cases, scissors

- Wrap the yarn around the cd case in one direction at least 100 times
- Slide the wrapped yarn off the cd case
- Bunch the strands of yarn in the middle to make a figure 8 shape
- Tie a piece of yarn around the middle in a double knot.
- Cut each loop of yarn to allow it to fringe

To play: Practice throwing and catching the balls back and forth. Try throwing the ball over a table, through a stretched out wire hanger, or into an empty laundry basket. Form two teams and have each team try to throw as many of their balls into baskets placed at the far end of the room. Have people get up and run to get their balls when they miss. Then try again.

→ See next column for more fun indoor play ideas



More Indoor Play Ideas

- Move like an animal -- crawl, slither or hop
- Bowl at home with a ball and a row of empty cans or milk cartons as the "pins"
- Hop on one foot 50 times
- Gently stretch all muscle groups
- Walk up the stairs backwards
- Dance with paper streamers or scarves and create new moves



MISSING VEGETABLE VOWELS

HELP DETECTIVE CASEY FILL IN THE MISSING VOWELS TO SPELL SOME YUMMY VEGETABLES! TRY A NEW ONE FOR DINNER TONIGHT!

1. T _ R N _ P
2. P _ R S N _ P
3. S P R _ _ T S
4. P _ _ S
5. Y _ M
6. B _ _ N S
7. _ N _ _ N
8. L _ T T _ C _
9. L _ _ K
10. C _ R R _ T S
11. C _ L _ R Y
12. P _ T _ T _

Answers: 1. turnip 2. parsnip 3. sprouts 4. peas 5. yam 6. beans 7. onion 8. lettuce 9. leek 10. celery 11. celery 12. potato

NUTRITION NEWS

Healthy Holiday Desserts

Holidays are a time for sharing meals with family and friends. What better way to end a holiday meal than with a **festive, healthy** dessert that not only tastes delicious but follows healthy guidelines as well: less fat, less added sugar, more fruits and vegetables, and more whole grains. See below for tips on how to substitute healthier ingredients in your own recipes.

Happy holidays and happy cooking!



Ingredient Substitution Tips

When making any changes to a recipe, the key is **experimentation**. Make one or two changes at a time and note the results. Try recipes from healthy cookbooks and magazines like "Cooking Light." Your local library is a great place to find these resources.

- ♥ Serve fruit or vegetable based desserts like baked apples, poached pears, pumpkin bread, fruit crisp
- ♥ Use two egg whites or 1/4 cup egg substitute for each whole egg
- ♥ Use low or non fat dairy products instead of full fat ones
- ♥ Make a fruit sauce by pureeing frozen strawberries or mangos
- ♥ Use whole wheat flour for 1/2 of the white flour
- ♥ In baked goods, substitute applesauce/prune puree for 1/2 the fat

RASPBERRY LEMON ICE

serves 4

This dessert is simple to make, using just a few ingredients and a blender. This is a refreshing way to end a holiday meal!

- 1 cup frozen raspberries
- 1/2 cup water
- 1/4 cup frozen lemonade concentrate, undiluted
- 1/4 cup sugar
- 3 cups crushed ice or small ice cubes



Place all ingredients in a blender container. Blend until smooth, stirring as necessary. Serve in chilled glasses.

→ See page 3 for another holiday recipe!



Harvest Pumpkin Bread

serves 12

- Vegetable spray
- 1/4 cup canola oil
- 1/4 cup applesauce
- 1 cup sugar
- 2 eggs
- 1 cup (8 oz) solid pack pumpkin
- 1 tsp grated orange rind
- 1/4 cup orange juice
- 1/2 cup chopped walnuts, optional
- 1/2 cup raisins

Dry Ingredients

- 1 cup whole wheat flour
- 1 cup all purpose white flour
- 1/4 tsp baking soda
- 1/2 tsp salt
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves, optional
- 1/2 tsp ground ginger, optional

1. **Preheat** oven to 350°. Coat a 9" X 5" X 3" loaf pan with vegetable spray.
2. **Beat** oil, applesauce and sugar until creamy and light. **Add** eggs one at a time and then add pumpkin. **Mix** well after each addition.
3. **Combine** dry ingredients in separate bowl. **Stir** into pumpkin mixture and mix until smooth.
4. **Add** raisins, orange juice and rind, and nuts (optional). **Stir** well and **pour** into loaf pan.
5. **Bake** for 60-65 minutes. **Test** doneness by sticking a wooden toothpick into loaf. If it comes out clean, loaf is done.

Adapted from: Food, Family, and Fun by USDA Team Nutrition, 1996



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Contact Information:

School Health Programs
Nutrition Education
Project
1515 Quintara Street
San Francisco, CA 94116
415.242.2615
www.healthiersf.com

Visit California 5 a Day
www.ca5aday.com

In the schools



Help Teach Yummy Lessons with Fresh Fruit Fridays

Students in Ms. Gibson's class at Moscone Elementary School look forward to Fridays because they are "yummy and fun." After teaching a healthy snack lesson, Ms. Gibson chooses 5 students to bring in 2 fruits each to be shared on a Friday. Children take turns bringing snacks throughout the year and 10 pieces of fruit are enough for each student to have a delicious snack. These snacks are not limited to fruits and can include other healthy options, too.

Families are eager to take part because:

- Two pieces of fruit are easy to bring
- Each Friday their children will have a healthy snack
- Snack time becomes a time to learn about good nutrition

Children need to eat more often during the long school day when they are challenging their minds and bodies. A healthy snack provides students with a "mini meal" and a burst of energy. Less healthy foods, like cookies, chips, and candy can be high in sugar and fat, and do not provide students with the nutrients they need to stay healthy. Save those foods for special *once in a while* treats! Talk to your child's teacher or the school site nutrition coordinator and set up **Fresh Fruit Fridays** or **Fresh Veggie Fridays**.

Kids in the Kitchen

Cooking can be a family activity. Even a preschool child can help out. Here are some examples of cooking skills for different ages.



Preschool-Kindergarten

- Stir ingredients together
- Simple measuring
- Rinse and tear lettuce leaves
- Squeeze lemons
- Slice bananas with plastic knife

Kindergarten-Second grade

- Chop soft foods
- Grate cheese
- Open cans
- Wash vegetables
- Measure ingredients

Third-Sixth grade

- Learn how to use small appliances such as microwaves and blenders
- Chop vegetables
- Learn to use oven and stove
- Learn how to follow a recipe

5 Tips to Prevent Colds and the Flu



Coughs, colds and the flu are common during the winter months. With more of us spending time indoors, it's easier for germs to spread. To help stay healthy this winter, keep in mind the following tips for preventing the spread of illness:

1. **Wash your hands frequently and avoid putting your hands near your eyes, nose or mouth**, unless you have washed them. See the article below entitled, "Hand washing with Your Children" for more details.
2. **Get enough sleep.** Lack of sleep can reduce immune function and make you more susceptible to colds and the flu.
3. **Drink more water.** In the winter, it is easy to overlook your thirst and get dehydrated. Make sure you consume 8 glasses a day.
4. **Continue a moderate exercise program.** Try to exercise regularly 3 to 4 days a week.
5. **Eat nutritious meals and snacks.** Remember to include fruits and vegetables, whole grains, low fat dairy foods, beans, lean meats and seafood to keep your body and immune system strong.

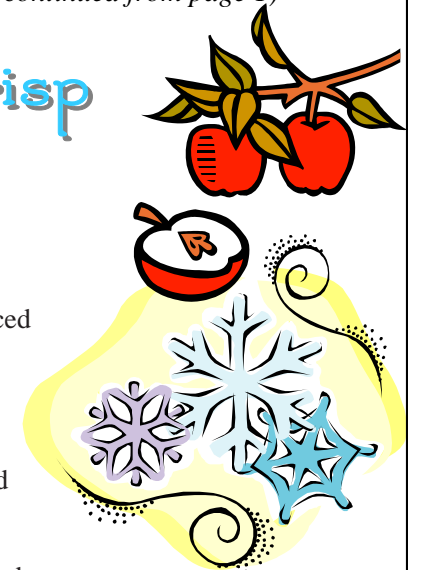
Hand Washing With Your Children

Germs can be easily spread at school. It is crucial to teach and model the importance of hand washing. In an article published by the Centers for Disease Control, they state that "some viruses and bacteria can live from 20 minutes to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks." Within that time frame many children and adults pass by and touch one of these surfaces, only to spread the viruses and bacteria further.

Frequent hand washing is one of the best ways to prevent the spread of infectious diseases, including colds and flu. By simply washing our hands for 15-20 seconds with warm water and soap, we can prevent the spread of germs. For young children, scrubbing their hands for 15-20 seconds can seem tedious. One suggestion is to have

Healthy Holiday Desserts (*continued from page 1*)

Winter Crisp



FOR FILLING

- 1/2 cup sugar
- 3 Tbsp all-purpose flour
- 1 tsp lemon peel, grated
- 3/4 tsp lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

FOR TOPPING

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole wheat flour
- 2 tsp ground cinnamon
- 1 Tbsp soft margarine, melted

1. Prepare filling by combining sugar, flour, and lemon peel in medium bowl. Mix well. Add lemon juice, apples, and cranberries. Stir to mix. Spoon into 6-cup baking dish.
2. Prepare topping by combining oats, brown sugar, flour, and cinnamon in small bowl. Add melted margarine. Stir to mix.
3. Sprinkle topping over filling. Bake in 375 °F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Source: *Keep the Beat: Heart Healthy Recipes* by National Heart, Lung, and Blood Institute
Website: www.nhlbi.nih.gov (then do a search for "Keep the Beat")

them sing a short song (such as "Happy Birthday" or "ABCs") while washing their hands. When soap and water are not available, alcohol-based hand sanitizers may be used.

Remind your children to wash hands often, especially:

- Before, during, and after they prepare food
- Before they eat
- After they use the bathroom
- After handling animals or animal waste
- And whenever their hands are dirty



REMEMBER: Hand washing is the best way to prevent the spread of germs and to keep your family healthy this winter.