

BE ACTIVE KIDSSM



For Parents and Families *Volume 6, Winter 2007*

Welcome to *Be Active Kids*, an innovative, interactive nutrition, physical activity, and food safety curriculum for children ages four and five. Find out more information at www.beactivekids.org.

Have You Heard?

Are you tired of fixing peanut butter and jelly sandwiches and hearing your child say, *I'm bored?* Check out these tips below to create healthy winter snacks and fun indoor play activities.

Snack Ideas

Fruit Smoothies: Combine low-fat vanilla yogurt, milk, banana, and frozen blueberries, raspberries, or peaches in a blender and mix until smooth.

Tuna Sail Boats: Make easy tuna salad by mixing drained canned tuna (packed in water), sweet pickle relish, and light mayonnaise. Place salad on a ½ of a whole grain roll. Place a triangle-shaped tortilla chip on top to form a “sail”.

Animal Antics: Find pictures of animals in books or magazines and place pictures around the room. Skip to each picture location, and move as you think the animal might move in the picture. Skip to all animal pictures and perform movements.

Mini pizzas: Place pizza sauce, low fat mozzarella cheese, and sliced vegetables on ½ of a whole-grain English muffin. Heat in the microwave for 20 seconds until cheese melts.

Banana Pops: Peel one banana and cut into four pieces. Insert a popsicle stick into the end of each piece. Mix together 2 Tbsp. orange juice and 2 Tbsp. honey and dip bananas in mixture. Roll in crushed cereal and freeze until firm.

Play Activities

Umbrella in the Rain: Stand in the middle of a room with a closed umbrella. March, hop, skip, or walk until the umbrella goes up signaling the rain has started. Huddle under the umbrella to keep dry until the sun comes out again. Repeat.

Volcano Rock: Sit on the floor and roll a ball back and forth between two people as quickly as possible, counting down from 10 (10, 9, 8, 7, etc). When you reach zero, the person with the ball stands up and jumps up and down five times like a volcano erupting. Repeat.

Physical Activities for Be Active Kids

Family New Year Resolutions

Want to get your family off to a healthy start in 2007? Don't be afraid to start in the winter months! Check out the resolution ideas below to get started:

- Commit to taking **family walks** after dinner for 30 minutes, at least 3 times a week. Take advantage of strange weather patterns and get outside when the weather is warmer. If it's snowing or icy, take a walk at your local mall or public gym, or even walk the stairs in your own house.
- Commit to **less time in front of a screen**. The American Academy of Pediatrics recommends that children do not spend more than one or two hours each day in front of media (TV, video games, or computers). Slowly begin to create other activities for your family to do instead of sitting in front of a screen.
- Commit to creating **active family fun nights**. Once or twice a month, have each of your family members choose a physically active family fun night outing. Try snowshoeing, hiking, bowling, indoor rock climbing, swimming at an indoor pool, or taking a new class together offered at a local recreation center.



Healthy Foods for Be Active Kids

- Try to build a colorful plate at each meal to provide a wide range of vitamins and minerals. Remember, it can take a child up to 10 times of trying a food before they begin to like it. Be patient and offer a variety of choices!
- **Red**: red apples, red grapes, cranberries, cherries, pink grapefruit, red peppers, red potatoes, tomatoes, beets
- **Orange / Yellow**: mangoes, oranges, peaches, pineapples, tangerines, butternut squash, carrots, sweet corn, sweet potatoes, yellow winter squash
- **Green**: avocado, green apples, green grapes, kiwifruit, green pears, asparagus, broccoli, green beans, celery, cucumbers, leafy greens, lettuce, peas, green pepper, spinach, zucchini
- **Blue / Purple**: blackberries, blueberries, plums, purple grapes, raisins, purple cabbage, eggplant
- **White**: bananas, white peaches, brown pears, cauliflower, mushrooms, potatoes, white corn

Source: www.5aday.com

Fun Food Safety



Leftover Makeovers! The winter is a great time to make extra food and store it for lunches or dinners at a later time. All leftovers should be used within 3 to 4 days. It is a good idea to freeze cooked foods that cannot be used in that time frame. Label your leftovers with contents and dates so you won't forget what you have on hand!

