

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

Forest Hills School District  
Ms. Jesslyn Anslinger, Food Services Director

## BEST BITES



### Thank you, cafeteria staff

Does your child know all the things that the school cafeteria staff does? Together, brainstorm a list. (Examples: Cooks meals. Puts the food out. Smiles and says hello to all the children. Encourages us to try new foods.) Suggest that your youngster write a note or draw a picture thanking the cafeteria folks for all they do!

### Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.



## DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. **Tip:** If she's having trouble waking up early enough, move her bedtime back.

### Just for fun

**Mom:** Eat your spinach. It'll put color in your cheeks.

**Jack:** But I don't want green cheeks!



## Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, sliced mushrooms, and then bake until the cheese melts.

### Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍓

### Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

- **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. **Tip:** Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.
- **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? 🎯



This institution is an equal opportunity provider.

