



FOCUS ON:

physical activity let's move!

How much physical activity should children get?

Children should aim for 60 minutes of activity per day

What counts as activity?

Walking the dog, playing on a sports team, walking as a family, riding bikes, playing tag, hiking, swimming, jumping rope, or anything that causes your heart rate to go up!

What benefits will children gain from being active?

Being active for 60 minutes per day has been shown to improve concentration and focus, increase classroom attendance and behavior, and boost academic performance.

How can you help children be more active?

- Give children toys that encourage physical activity like balls, kites, and jump ropes
- Encourage children to join a sports team or try a new physical activity
- Limit TV time and keep the TV out of a child's bedroom
- Facilitate a safe walk to and from school a few times a week
- Take the stairs instead of the elevator
- Walk around the block after a meal
- Make a new house rule: no sitting still during television commercials- do push-ups, crunches, or jumping jacks instead
- Find time to spend together doing a fun activity: family park day, swim day or bike day

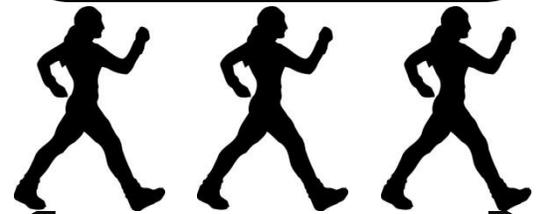
How should you get started increasing your family's activity?

- Start small: be physically active for just 10 minutes per day and increase by 10 minutes per week until you are at 60 per day
- Set goals as a family: Commit to specific goals, such as "go for a 30 minute walk 3 times this week as a family"
- Make it a part of your daily routine: get in the habit of being active by scheduling it at the same time every day, such as right after school or after dinner

Physical fitness helps build strong muscles and healthy bones. It also helps reduce the risk of obesity and depression as well as chronic diseases such as diabetes and heart disease.

What's Happening this Month in Health Services?

We are working hard to keep our students healthy at school as flu season continues. Please remember healthy habits like hand washing and covering coughs and sneezes and remind your children like we do at school. If your student is sick and will not be able to focus, concentrate, and complete assignments because they feel ill, please keep them home so they can get better and be back at school faster.



Have you heard about Project Fit Kids?

Project Fit Kids is a new program this year organized by the district Wellness Committee. It helps 5th, 7th, and 9th graders who take the Physical Fitness Test to set and achieve goals to improve their physical fitness. Students set goals and chart their own progress toward these goals as the year goes on. Participation prizes are being award throughout the year to students and classrooms for participating. Project Fit Kids is helping to empower our students in their physical fitness capabilities and increasing their physical and mental health.

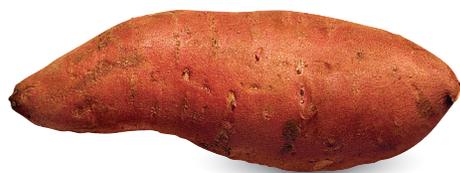
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

sweet potatoes



Health and Learning Success Go Hand-in-Hand

Studies show that healthy food choices can increase your child's focus on tests and keep immune systems healthy. This can help your child fight off the flu and colds. With *Harvest of the Month*, you can help your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Produce Tips

- Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them.
- At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

For more tips, visit:

www.cachampionsforchange.net

Healthy Serving Ideas

- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack.
- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425 F for 25-30 minutes to make sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

SWEET POTATO HASH

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

Ingredients:

- 1/4 cup vegetable oil
 - 2 cups frozen or fresh chopped bell peppers and onions
 - 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
 - 1 teaspoon cumin
 - 1 teaspoon salt
 - 1 teaspoon red pepper flakes
1. Heat oil in a large skillet over medium-high heat.
 2. Sauté bell peppers and onions until tender, about 5 minutes.
 3. Add remaining ingredients and reduce heat to medium.
 4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:
Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Let's Get Physical!

- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
- Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit:

www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf

Nutrition Facts

| | |
|---|---------------------|
| Serving Size: 1/2 cup baked sweet potatoes (100g) | |
| Calories 90 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 36mg | 2% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 3g | 13% |
| Sugars 6g | |
| Protein 2g | |
| Vitamin A 384% | Calcium 4% |
| Vitamin C 33% | Iron 4% |

How Much Do I Need?

- A 1/2 cup of sweet potatoes is about one cupped handful.
- A 1/2 cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B₆, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit

www.mypyramid.gov.

Recommended Daily Amount of Fruits and Vegetables*

| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|----------------|------------------------|----------------------------------|
| Males | 2 1/2 - 5 cups per day | 4 1/2 - 6 1/2 cups per day |
| Females | 2 1/2 - 5 cups per day | 3 1/2 - 5 cups per day |

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.