

# FRESH

## FOOD RE-EDUCATION FOR ELEMENTARY SCHOOL HEALTH



EXERCISE AND MEAL PLANNING

2012-2013 SCHOOL YEAR

### KEEPING ACTIVE AT HOME

- If the family is watching TV, have fun during commercial breaks by doing jumping jacks or push-ups.
- Make a race out of cleaning up by offering a reward to the person who can clean up his/her room the fastest.
- Limit TV screen time to two hours each day.
- Walk together 10 minutes a day most days of the week.
- Park the car further away from the store to add a few extra steps to your day.
- Plan family time together that includes being physically active (walking, riding bikes, working outside, swimming, etc.).
- Encourage outdoor games. Games like Tag, Follow the Leader, the Hokey Pokey, and Hide and Seek will keep children on the go. Games like Hopscotch and Four Square will help them learn their numbers while also keeping them physically fit.
- Set a good example. When you exercise regularly and eat healthy foods, you set an example that will shape your child's habits for life.

*Talk to your physician before engaging in any new activity programs.*

### BENEFITS OF PHYSICAL ACTIVITY

Control your weight— Both diet and physical activity play an important role in controlling your weight. Keep a journal of the foods you eat and the amount of physical activity you do each day.

Reduce your risk of cardiovascular disease— Heart disease and stroke are two of the leading causes of death in the United States. By getting at least 150 minutes a week (2 hours and 30 minutes) of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity.

Increases your chances of living longer— People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.

You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. You can put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity.

[www.cdc.gov](http://www.cdc.gov)

### SIMPLE WAYS TO BE PHYSICALLY ACTIVE

- Take the stairs as often as possible
- Park farther away from a store
- Clean your house regularly
- Work in the garden or in the yard
- Buy a pedometer to keep track of the number of steps you take and how far you walk.
- Go for a walk after dinner
- Visit a local park/walking path
- Play a game with your kids
- Join a walking group or start walking with a neighbor



## EATING SMART

As a parent, you understand the importance of providing a nutritious meal for your family. Ideally, this is a meal that everyone can enjoy together. Between work, sports, school and hectic schedules, mealtimes are not what they used to be. If you want to have your family sit down together for a healthy meal, try using some of the tips below.

Just like all of the other activities you schedule, it is possible to eat together by setting aside time for this activity. Make a habit of identifying a few days each week that the family can be together for a meal. Then mark it on the calendar!

Since meal preparation generally begins (and ends) with an adult, healthy food preparation is under your control. By getting creative with color, or “hiding” vegetables in a stew or sauce, you can sneak nutrients into your family’s diet without anyone realizing it!

Remember that actions speak louder than words and that kids learn by example. If you choose to fill your dinner plate with vegetables or a low-fat alternative to seasoning, then your family will be more likely to do the same.

It’s important to explain to your child in terms he/she will understand about the benefits of eating healthy. For example, your child may not realize that eating whole grain foods provides his/her body with energy to help him/her play harder and longer.

Most importantly, eating together as a family is a way to share stories and build memories. Why not keep your hearts happy by giving your family the extra nourishment it needs to be healthy? A lifetime of healthy habits is one of the greatest gifts you can give them.

[www.kidshealth.org](http://www.kidshealth.org)

[www.heart.org](http://www.heart.org)



## DECODING MENUS

Whether you are dining out or eating in, making healthy food choices is easier when you know the meanings of different cooking terms. Below are some helpful tips and explanations.

- Avoid Hollandaise, béarnaise, alfredo, remoulade and newburg sauces, since they tend to be heavy on butter or oil, cheese and egg yolks. Instead try a marinara sauce for pasta or au jus for your meat.
- Avoid chicken cordon bleu, since this is generally made with breaded chicken and rolled up with prosciutto and gruyere cheese. Instead, try broiled chicken or a veal chop.
- Beware of tempura, which is generally batter dipped and then deep fried. Try teriyaki.
- Use skim or 1% milk, cheese, yogurt, or sherbet instead of whole milk products.
- Make sure to eat whole-grain bread, cereals and bagels and use white bread alternatives sparingly.
- Try dipping your bread in some olive oil instead of butter in order to avoid saturated fats.

[www.heart.org](http://www.heart.org)

## PARENT ACTIVITY CORNER

- Work together as a family to plant a garden. This could be a vegetable or flower garden. Teach your child the importance of taking care of the plants in the garden. If you plant a vegetable garden, explain that it is important to take care of the plants so you can enjoy the fresh vegetables when they grow in.
- Have a contest to see how many jumping jacks, push-ups or sit-ups the members of your family can do during a commercial break.
- Designate one or two days a month as “No-TV” days.
- For more healthy information visit: [www.hopkinsbayview.org/communityrelations/fresh](http://www.hopkinsbayview.org/communityrelations/fresh)

