

Nutrition Nuggets

Food and Fitness for a Healthy Child

East Bernstadt School District
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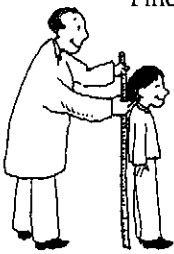
BEST BITES



No obstacle

For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

Know their BMI



Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can

use the parent-friendly online tool at apps.nccd.cdc.gov/dnpabmi/Calculator.aspx, or ask your pediatrician to figure it out at your child's next visit.

Single servings

Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your youngster can grab a nutritious snack quickly.

Just for fun

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!



A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

● **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and



crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

● **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt. ●

Family meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

● **Keep the conversation light.** Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

● **Take turns.** Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

● **Play a game.** Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, George Washington Carver). ●



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