



# Healthy Families

Winter 2020



**healthy kids**  
a journey to healthy habits

Sarah Bush  
Lincoln

*A healthier tomorrow starts today!*

## January: Screen Time

Did you know that on average, kids consume approximately seven to eight hours of screen time per day. Screen time is a term used for activities done in front of a screen, such as watching TV, playing on an iPad or cell phone, or even playing video games.



Screen time is a sedentary activity meaning you are being physically inactive while sitting down. Very little energy is used during screen time. Unfortunately, excessive screen time is linked to hyperactivity, poor school performance, irregular sleep patterns and obesity.

The American Academy of Pediatrics recommends limiting screen time to a maximum of **two hours per day**. If you think your children or yourself are spending too much time in front of the screen, you can cut back by setting limits and following these tips.



- Make screen time special: choose a single show or game that is really enjoyed.
- When a TV program ends, turn the TV off rather than channel surfing.
- Set a time limit for how long video games will be played.
- Do not eat meals or snacks while using electronics.

During our January lesson students looked at the different ways in which we spend our time throughout our day and learned to find balance between active, learning, family and screen time activities. They had chance to play a game where they acted out different activities to their classmates and asked to distinguish between active, learning, family and screen time. They then reflected to see if they have balance in their personal lives.



## February: Simple Swap

In our February lesson, students began to understand what “empty calories” are. They contain little to no good nutrients for our bodies! For example, you can have five starburst candies, which equals 100 calories, or you can have a banana which also has 100 calories. The starburst is full of “empty calories” while the banana is full of nutrients to help your body!

During our time together students were given examples of similar foods made in different ways and they identified which option was the healthiest. We call this a Simple Swap. A simple swap is when we choose a food that is similar but much healthier than the one we crave. Sometimes it just comes down to the way we cook it!

*Take a look at this Simple Swap recipe for your favorite pizza!*

## Party Pizza (single serving)

### Ingredients

- 1-6 to 8 inch whole wheat tortilla
- 2 Tbs pizza sauce
- $\frac{1}{4}$  cup shredded mozzarella cheese

### Optional Toppings

- pepperoni
- sausage
- olives
- diced bell peppers
- roma tomatoes
- shredded cooked chicken
- diced onions
- sliced mushrooms



### Directions

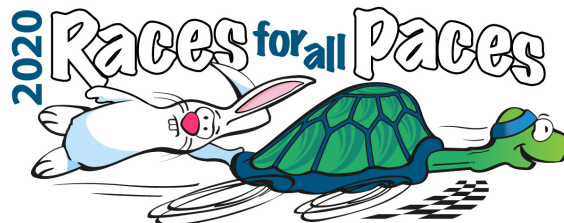
1. Pre heat the oven to 400° F.
2. Coat the baking sheet with cooking spray.
3. Arrange tortilla on baking sheet.
4. Spread sauce evenly on tortilla.
5. Top with cheese.
6. Add additional toppings of choice.
7. Bake for 8-10 minutes or until tortillas are beginning to brown on edges.
8. Remove from oven and let cool for 5 minutes before serving.

# Seven Ways to Jump Start Your Family Time in 2020

As we spring into 2020, make a renewed effort to spend more quality time with your family. With kids spending close to seven hours a day of screen time, family time can get thrown out the window. However quality family time is a great way to get to know your children and keep in touch with what's going on in their lives. In addition, it can be very fun too! So here are a few fun ideas to do instead of screen time:

- 1. Play a board game** - They may seem outdated, but board games are still a lot of fun especially when the entire family plays. So dust off that Clue or Monopoly game and have a great time!
- 2. Play a sport together** - Whether outside or at a local gym, there are a number of sports that families can play together. Some examples could be basketball, Frisbee, or even wiffle ball. They can be great ways to get out of the house and also get exercise for your body.
- 3. Explore your local town** - Believe it or not there are a lot of fun things to do with your family right in your own town. Take the family out on an adventure to find a brand new place. Maybe it's a park or nature preserve you've never been to. It could even be that new restaurant you've wanted
- 4. Go on a family picnic** - Why not take your food and family on the road by having a picnic at a local park? You get to eat delicious, healthy food while enjoying your family and the outdoors.
- 5. Have a cooking night** - Have a night where you let someone in the family pick a recipe they want to try. Then have the entire family pitch in. Studies show when kids help cook, they'll usually like the meal better. *(Check out our simple swap recipe!)*
- 6. Go on a walk** - This sounds so simple and easy because it is! Going on a family walk can be a great time of talking and interacting. It's also a great way to stay fit!
- 7. Find a family hobby** - Start a family hobby like camping or fishing. You could also volunteer at a local food pantry or nursing home. Be sure to get everyone's input for ideas they would like to do on a regular basis and then they will be more willing to try something new!

Save  
the  
Date



Half Marathon • 10K • 5K • 1 Mile  
Toddler Trot & Diaper Dash

Come join in the fun and excitement as runners and walkers gather on the EIU campus for the 14th annual Races for all Paces.

**May 16, 2020**

Register at [www.sarahbush.org/races](http://www.sarahbush.org/races)

## Which type of chicken is the healthiest for your body?

**Grilled Chicken**



**Fried Chicken**



**Chicken Nuggets**



**Answer:** 4.6oz of grilled chicken breast contains only 160 calories while a fried chicken breast contains approximately 585 calories and added fat. As for the chicken nuggets, besides offering very little nutritional value, they contain an overwhelmingly amount of high preservatives which are not good for the body.

Got info or photos of your family being healthy?

Contact Jenna Hilligoss, Healthy Kids Educator,  
at (217) 345-6827 or [jhilligoss@sblhs.org](mailto:jhilligoss@sblhs.org).