



Healthy Families

Spring 2018



healthy kids
a journey to healthy habits

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Lincoln

A healthier tomorrow starts today!



January: Superpower Vegetables

Students learned the definition of vegetables with an interactive game. A vegetable is a plant or part of a plant used as food such as roots, leaves and stems. A plant is made up of many different parts with all different functions. While all the parts are responsible for keeping the plant healthy, each plays a specific role that no other plant part can do and yet, all vegetables are made up of a part of a plant. Veggies are good for us because they have:

FIBER – which fills our stomachs and helps our heart.

VITAMIN A – which is good for healthy skin and eyes.

It is found in veggies like carrots, broccoli and spinach.

H2O – veggies are full of water and that helps protect our body.

ENERGY – veggies collect energy from the sun as they grow and when you eat them, they help give you energy too!

The students were able to taste ruffle cut carrots.

February: Reading Food Labels

Some of our favorite foods can trick us into thinking they are healthy because when companies brand them a certain way, it can sway our mind into thinking it is better for us than it really is. By looking at the nutrition facts food label, we can discover exactly what is inside of a food. Remember, it's what's on the back or side of the box that counts. Companies can put lots of pictures and phrases on the front to make us think the product is healthy, even though it may be a pretender. Popular characters or cartoons are used to distract you from what is really going on inside the box. Cartoons on a food package don't ALWAYS mean that a food is unhealthy, but it certainly means you should take a closer look to make sure you aren't getting tricked. There is tons of information on a food label, but there five main pieces of information that can help us determine if a food or drink is a smart, healthy choice for us.

1. The calories per serving is the first thing we look at. If it has 100 calories or less per serving that is a very good thing.
2. Next, we look at the amount of sugars. We want our food to have 10 grams of sugar or less.
3. Following that, we check the percentage of total fat. If it has 10 percent or less total fat per serving, this food is looking like a good choice.
4. Now we look at the lower half of the food label which lists the amount of vitamins. We want this food to have one or more vitamins that provide 20 percent or more of our daily value.
5. The final thing we look at is the ingredient list. This list should be short (about 10 ingredients or less) with familiar ingredients, meaning very few artificial or processed ingredients.



March: Match 2B Fit

Exercise is important for your body for many different reasons. It helps build stronger muscles and bones while improving your mood, sleep and focus. Exercise also can decrease your risk of developing certain diseases like Type 2 Diabetes and heart disease. We should get up, exercise and move our body, for at least 60 minutes every day! In the classroom this month Healthy Kids helped the students get closer to their daily exercise goal by playing "Match 2B Fit." In this game the kids were to find two matching cards and once they matched two alike cards, the opposing team had to complete the exercise listed! To receive your very own Match 2B Fit game cards call Jenna at **217-345-6827**.



THE HEALTHY HEROES WANT YOU TO TRY NEW HEALTHY FOODS!

Remember, it takes our body 10 times of trying a new food to really know if we like it.

Kids in the Kitchen

Sweet Potato Mac and Cheese

Ingredients

- | | |
|--|---|
| 2 medium sweet potatoes,
peeled & cubed | 4 tbsp. all purpose flour |
| 13 oz. elbow macaroni
noodles | 2 cups fat-free milk |
| 1/2 large white onion, diced | 1 tbsp. Dijon mustard |
| 2 cups chopped fresh spinach | 1 tsp. red pepper chili flakes |
| 4 garlic cloves, chopped | 6 oz. four-cheese blend
salt and pepper to taste |
| 1 cup vegetable broth | 1 cup Panko breadcrumbs |
| 3 tbsp. extra virgin olive oil | 1/4 cup freshly grated
Parmesan cheese |

Directions

1. Preheat oven to 375.
2. Add cubed sweet potatoes to boiling water and cook for 10-15 minutes or until tender.
3. Mash potatoes.
4. Cook macaroni according to package.
5. Add olive oil to pan and add garlic and onion. Cook over medium heat for 4-5 minutes.
6. Add flour and whisk for 30 seconds.
7. Continue to whisk while adding milk and broth. Bring to a boil and continue to whisk. Reduce to low heat.
8. Add mustard, salt, pepper, red pepper chili flakes, cheese, and sweet potato to onion mixture. Stir well, and remove from heat.
9. Add noodles, mix well and pour into to oven safe 9x11 dish.
10. Top with parmesan cheese and panko crumbs. Place in oven, uncovered for 10-15 minutes or until bubbly.



**Save
the
Date**



Come join in the fun and excitement as runners and walkers gather on the EIU campus for the 12th annual Races for all Paces.

May 12, 2018

Register at www.sarahbush.org/races

Spring into action with these fun spring activities:

As the winter thaw begins and snow starts to melt, we can all get excited knowing that spring is on the way! This means no more hibernating inside. It's time to get out and play! Listed below are five fun spring outdoor activities that you can do with family and friends. So get ready to get your body moving because the fun, warm days of spring are here.

1. Water Wars

Playing with squirt guns and water can be a blast. So this spring (on a warmer day) get out and play with water! Whether it is a super soaker or water balloons, enjoy water wars with your friends or siblings. It is great exercise!



2. Plant a Garden

This spring plant a family garden together. This is a great opportunity to learn about plants and how certain fruits/vegetables grow. It will also give you plenty of time to be together as a family and all the weed pulling and digging will make your muscles big and strong.

3. Fly a Kite

This seems to be a lost activity these days, but there is a lot of fun in flying a kite. It is great exercise for your body and teaches you to keep going until you get that kite in the air. For a really good time see who can keep their kite up the longest.



4. Walk, Don't Drive

This spring try walking as a family to your destination instead of driving. This will help strengthen your heart while giving you some time to talk with your family. Whether it is going to a local library or movie theater, try walking to those places that are close to your house. Leave the keys at home and get your body moving.

5. Go Camping

With the warmer temperatures there is no time like spring to go camping. Find a local campground near you and experience all that nature has to offer. There are so many fun activities to do while camping, like fishing, hiking, or swimming. So grab your tent, sleeping bag, and sunblock and head out there!



Got info or photos of your family being healthy?

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