



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Eat a healthful breakfast each morning this week.

Eating a healthful breakfast each morning is a great way to stay active and alert throughout the day. Studies show that people who maintain a healthy weight eat breakfast every morning. This helps keep your blood sugar at a more consistent level, eliminates mid-morning hunger pangs, and helps you avoid binging on unhealthy foods later in the day.

Your family does not need to eat a “traditional”



breakfast to stay healthy. Try some of the ideas below, or have the children in your family come up with their own healthy alternatives. Add low- or fat-free milk and a 6-ounce glass of 100% juice and you have a well-balanced breakfast. Enjoy!

Healthful “Nontraditional” Breakfast Ideas

- Chicken noodle soup and fruit
- Pita bread and low- or fat-free yogurt
- Oatmeal with unsweetened applesauce
- All-natural peanut butter on whole-wheat toast
- Dry cereal mix with a pear
- Scrambled eggs, whole-grain toast, and fruit
- Grits topped with low-fat or fat-free cheese
- Reheated rice and a hard cooked egg
- Bagel with low-fat or fat-free cheese
- Rice and beans with fruit

*Breakfast ideas from the USDA,
www.teamnutrition.usda.gov

Recipe

Breakfast Burrito with Salsa

- 4 large eggs
- 2 Tablespoons frozen corn
- 1 Tablespoon 1% milk
- 2 Tablespoons diced green peppers
- 1/4 cup minced onions
- 1 Tablespoon diced fresh tomatoes
- 1 teaspoon mustard
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon hot pepper sauce (optional)
- 4 8-inch flour tortillas
- 1/4 cup canned salsa

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 Tablespoons of salsa.

*Recipe from <http://recipefinder.nal.usda.gov>

Shopping List for Recipe

- | | | | |
|-------|-------------------|-------|--------|
| _____ | Eggs | _____ | Salsa |
| _____ | Frozen Corn | _____ | Garlic |
| _____ | Low-fat milk | | |
| _____ | Green bell pepper | | |
| _____ | Onion | | |
| _____ | Tomato | | |
| _____ | Mustard | | |
| _____ | Hot pepper sauce | | |
| _____ | Flour tortilla | | |

Families On The Move

Family Goal: Take one hour this week and have everyone in your family play like a kid.

If left to their own devices, children move a lot. Without the stimulation of television and video games, most kids will move. Set aside one hour this week to play as a family. Some ideas include: fly a kite, blow bubbles, swing on swings, play hopscotch, skip rope, play tag, or play hide-and-seek. You'll be amazed at how much you move without even realizing it and how much you laugh as a family!



Physics Connection: Since kites are denser than air, how do they go and stay up when you fly one? (See answer at bottom of page?)

Health and Fitness Resources

Website

Dairy Council of California "Breakfast & Jump To It!" game
www.dairycouncilofca.org/Tools/BreakFAST

Parent's Book

Real Food for Healthy Kids: 200+ Easy, Wholesome Recipes by Tanya Wenman Steel and Tracey Seaman, HarperCollins Publishers, 2008

Children's Book

Let's Eat Breakfast by Clare Hibbert, Evans Publishing Group, 2008

DVD

Signing Time! Vol. 12, Time to Eat by Rachel Coleman, Two Little Hands Productions, 2006

Well-Balanced Breakfast Idea

1 multi-grain English muffin with 2 TBLS low-fat cream cheese, topped with sliced strawberries and banana
8-ounce low- or non-fat yogurt
Water

Subject of the Week

Breakfast

Why we need it: your body has gone at least 8 hours without eating and needs fuel for the day

What is a Healthy Breakfast:

A healthy breakfast consists of at least one food from each of the food groups. Choose your favorite food from each group and enjoy! It may not look like a traditional breakfast, but it will be healthy. And, you'll be ready to take on the day.

Fruit: orange, peach, grapes, pear, plums, apricots, raisins, grapefruit, papaya, kiwi, prunes, cherries, cantaloupe, watermelon, nectarine, banana, blueberries

Grains: oatmeal, whole-grain bagel, whole-wheat toast, hot or cold whole-grain cereals

Dairy: fat-free or low-fat milk, yogurt, or cheeses

Protein: Hard-boiled egg, all-natural peanut butter, lean ham, salmon

Healthful Breakfast Snacks

1. Low- or non-fat cottage cheese topped with honey
2. String cheese and apple
3. Mini bagel and banana

Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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For more information: www.TheFitSchool.com

Physics Answer = Air is made up of gas particles. Wind is due to moving air particles. The moving air particles push the kite up.