

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2019

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BEST BITES

Meal prep + math

Make busy school nights easier—and give your child math practice—with this idea. On weekends, ask him to double recipes for whatever you plan to cook, such as the baked beans for Saturday's picnic or egg casserole for Sunday's breakfast. Then, freeze half to save for a weeknight.

Heart-healthy exercise

Getting vigorous physical activity every day is good for your youngster's heart and overall health. Right after she's active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has exercised vigorously.

DID YOU KNOW?

Dark leafy greens have more nutrients than iceberg lettuce. For your child's next salad, choose spinach, baby kale, arugula, or romaine lettuce. If he'll only eat iceberg, introduce other greens by gradually adding more of them to each salad he eats.

Just for fun

Q: What has a big mouth but never speaks?

A: A jar.



Fall for healthy outings

With cooler temperatures and a bounty of fruits and vegetables, fall is a great season for healthy family outings. Here are a few to try.

Go apple picking

Pick ripe, juicy apples at an orchard or the grocery store. Your child can choose different varieties, such as Red Delicious, Granny Smith, and Macintosh. Afterward, hold a tasting party to see which kind everyone likes best. Then, incorporate the apples into meals. For instance, add thin slices to turkey sandwiches or dice into oatmeal.

Visit a market

Stop by a farmers' market or produce stand, and let your youngster pick out colorful fall vegetables. Depending on where you live, she might find acorn squash, parsnips, broccoli, pumpkins, or cabbage. At home, she can play farm stand with your veggies. Pretend to be her customer, and talk about each food's



taste and texture. Then, serve your healthy "purchases" for dinner.

Take a "bingo" hike

Go for a hike to get some exercise and appreciate fall scenery. First, have your child make a bingo card filled with things you normally see in your area this time of year. Examples: red leaf, acorn, squirrel, pinecone, flock of geese. Family members can check off each item as they spot it. Get five in a row and call out "Bingo!"

Build character with sports

Playing a sport not only helps your youngster stay fit and learn new skills—it can also be a great character builder. Help him succeed physically and mentally with these three tips.

1. Praise him for effort, a positive attitude, and good sportsmanship, rather than focusing on winning.
2. Encourage responsibility. Have him keep track of his equipment and wash his own uniform and practice clothes.
3. Set a good example by being respectful of players, coaches, and referees.

Tip: Make sure your youngster carries healthy snacks and a water bottle in his gym bag.

