Foods for Fitness

Help Chef Metz as he explores and learns about FOODS FOR FITNESS

The Nutritious Friends program promotes a different fruit or vegetable or healthy food concept each month through posters, decorations, educational materials, point of purchase materials, student interaction and incorporation in the cafeteria menu. Nutritious Friends proves nutrition education can be fun as students take part in promotional games, learn interesting nutrition facts and sample new recipes.
Being a Fit Kid

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you’re fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Here are five rules to live by, if you’re a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

1. Eat a Variety of Foods, Especially Fruits and Vegetables
   you may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you’re more likely to get the nutrients your body needs. Taste new foods and old ones you haven’t tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

2. Drink Water and Milk Most Often
   When you’re really thirsty, cold water is the No. 1 thirst-quencher. And there’s a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. Aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.

3. Listen to Your Body
   What does it feel like to be full? When you’re eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don’t notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

4. Limit Screen Time
   What’s screen time? It’s the amount of time you spend watching TV or DVDs, playing video games, and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

5. Be Active
   One job you have as a kid — and it’s a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do.

http://kidshealth.org/kid/stay_healthy/fit/fit_kid.html#
All kids need to eat a variety of healthy foods, and kids participating in sports or activities are no different. Everybody needs foods that include:

- **protein** (found in meat, poultry, seafood, eggs, beans, nuts, and dairy foods)
- **carbohydrates** (fruits, vegetables, and whole grains are the best sources)
- **vitamins** (as found in fruits and vegetables, for instance) and **minerals** like calcium (found in dairy products)

Balance is the main idea. It is important for all kids to eat foods from all of the food groups.

The grain group - bread, cereal, rice, pasta, etc. - provides carbohydrates needed for energy. Whole grains like wheat and bran also provide vitamins, minerals, and fiber.

Fruits and vegetables are high in vitamins and minerals to ensure proper growth, development, and overall body functioning. Fruits also provide carbohydrates for energy.

Dairy foods - milk, cheese, and yogurt - provide carbohydrates, protein, and important vitamins and minerals. Calcium and vitamin D are very important for athletes because they build strong bones and are involved in muscle contraction.

Protein foods - the meat, poultry, fish, eggs, dry beans, and legumes group - provide protein needed for energy and healthy muscles.

It’s important to include iron-rich foods in your diet, such as meat, dried beans, and fortified cereals. Without enough iron, kids might get tired more easily.

Drinking before, during, and after exercising is the best way to stay hydrated. Don’t wait until you’re thirsty. Water is the best choice.

Avoid sugary stuff like sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained.

Refueling is giving back to your body what it has used during activity. To refuel properly, a meal or snack should be consumed within thirty minutes of ending athletic activity. The best refueling meals and snacks contain both carbohydrates and protein.

For all kids, listening to the body’s hunger and fullness cues will help ensure adequate nutrition. Choose healthy foods, eat when you’re hungry, and stop when you’re full!

http://www.shapefit.com/sports-nutrition-kids.html
I'm going to the park to play with my friends. Can you help me find my 10 snacks and play things?

I try to be physically active at least 60 minutes on most days. You should try. It's easy - walk the dog, play catch, or ride your bike.

Funnies Answer: It saw the salad dressing.

Why did the tomato turn red?

Hidden Puzzle Items: bananas, baseball and bat, carrot, football, grapes, hockey stick, tennis racket, toast, tortilla chips

Power Partner® says... Eat Smart. Play Hard.

www.fns.usda.gov/eatsmartplayhard

Balance Your Day With Food and Play

The USDA is an equal opportunity provider and employer.

July 2007

Eat Smart. Play Hard.
Con Alimentos, Juegos y Energía

Me voy al parque a jugar con mis amigos. ¿Me ayudas a encontrar mis 10 bocadillos y juguetes?

¡Una Idea Poderosa!

Comparte tu postre o papas fritas con un amigo.

Para reir!

¿Qué le dijo el azúcar a la leche?

Yo trato de estar físicamente activo por lo menos 60 minutos todos los días. Tú deberías hacerlo también. Es fácil: camina con el perro, juega con la pelota, o monta en tu bicicleta.

Equilibra Cada Día

Food and Nutrition Service

USDA es un proveedor y empleador que ofrece oportunidad igual para todos.

July 2007

Power Panther, dice... Aliméntate Bien y Juega Fuerte. ¡y fáciles!
Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1. **Smoothie Creations**
   - Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2. **Delicious Dippers**
   - Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

3. **Caterpillar Kabobs**
   - Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4. **Personalized Pizzas**
   - Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5. **Fruity Peanut Butterfly**
   - Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6. **Frosty Fruits**
   - Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7. **Bugs on a Log**
   - Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8. **Homemade Trail Mix**
   - Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9. **Potato Person**
   - Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10. **Put Kids in Charge**
    - Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

Go to www.ChooseMyPlate.gov for more information.
## Exercise is FUN! - Track your Move It Minutes

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My favorite Move It activities are:

Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!
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