

Nutrition Nuggets™

Food and Fitness for a Healthy Child

April 2020

Metz Culinary Management
Southern Fulton School District, Home of the Indians

BEST BITES

Better ballpark choices

Baseball season is here! If you take your child out to a ball game, look for healthier concession-stand options. Examples include plain popcorn, grilled chicken strips dipped in mustard, fresh fruit, and veggie wraps. Watching the game at home?



Let your youngster set up his own nutritious snack bar. *Tip:* Drink water rather than soda.

Take a homework break

When your child does homework, encourage her to take active breaks. A younger child may need a break every 20 minutes, while an older one might work for 45 minutes at a time. She could set a timer to remind herself. When the timer goes off, she can march in place, do jumping jacks, or walk up and down the stairs.

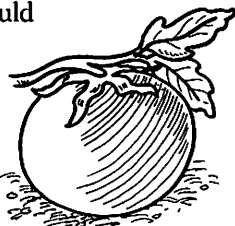
DID YOU KNOW?

Rhubarb is in season now, and it contains a lot of calcium and vitamin C. Since rhubarb is naturally tart, your child may enjoy it roasted and sweetened. Remove the leaves, cut into bite-sized pieces, drizzle with honey, and roast 5 minutes at 450°. Chill, then serve with strawberries.

Just for fun

Q: Why is a tomato round and red?

A: Because if it were long and green, it would be a cucumber!



Whole grains for health

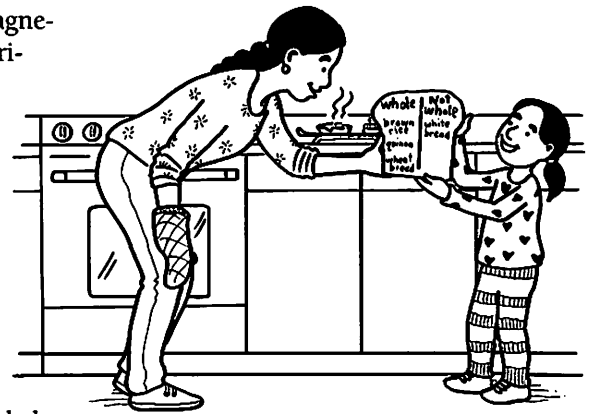
Whole grains provide zinc, magnesium, B vitamins, and fiber—nutrients your growing child needs. Plus, they add many flavors and textures to meals. Get more whole grains into her diet with these ideas.

Track your grains

Help your youngster make half of her grains whole. Have her draw a slice of bread on brown paper, cut it out, and draw a line down the middle. She can label one half “Whole” and the other “Not whole.” Each time she eats a grain serving (one slice of bread or one cup of rice or pasta, for example), she lists it on the correct side. At the end of the day, have her count her grains.

Revamp recipes

Together, create new recipes for foods your child likes—swapping in whole grains. If she loves pizza, she could write a recipe for mini pizzas on whole-wheat English muffins. Her recipe for chicken nuggets might include crushed whole-grain cereal for the breading.



Now let her help you make the recipes for family meals.

Eat something new

Has your youngster ever had farro? How about barley or quinoa? Trying a new whole grain as a family—and incorporating it into something familiar—may make her more likely to eat it. For example, add farro to soups, toss cooked barley into salads, or put cooked quinoa into burritos. ●

Food-related field trips

Your youngster can learn about food—and get more steps in while walking around—with these family outings.

● **Visit a garden center.** Let your child pick seeds to plant in containers or a garden. Talk about how you can use the vegetables or herbs he'll grow. (“We could make yummy pasta sauce with fresh basil.”)

● **Attend a food festival.** Try a “taste of the town” event where you can sample many different foods. Or look for a festival dedicated to a specific food like watermelon or potatoes—your youngster will see the various ways it can be served. Maybe you'll find an international fair where you could eat foods from Scandinavia or Guatemala, for instance, and expose your child to other cultures. ●



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