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Cooperative Extension



# Choose Health: Food, Fun, and Fitness

## Help Your Child Eat Healthy and Play Actively

Over the next few weeks, the Choose Health: Food, Fun, and Fitness curriculum will be taught at the program your child attends. Why? So your child can learn healthy eating and activity habits.

We want you to know what we're doing, and why. And we'd also like your help to reinforce the lessons your child is learning. Why? Because nobody else has as much influence on your child's health as you do!

## What We'll Do

The following lessons and topics will be covered:

1. **Drink Low-Fat Milk and Water Instead of Sweetened Drinks!**
2. **Color Your Plate: Eat More Vegetables and Fruits!**
3. **Read It Before You Eat It: The Nutrition Facts Label**
4. **Make Half Your Grains Whole: Eat More Whole Grains**
5. **Healthier Foods Fast: Eat Fewer High-Fat, High-Sugar Foods!**
6. **Power Up Your Day: Eat Breakfast!**

## Why These Lessons?

Every lesson is focused on information and behaviors that lead to living a healthy lifestyle. Research says that following the seven behavior goals to the right helps kids – and adults – develop and maintain healthy eating and activity habits.

In each lesson your child will:

- Play active games – enough to help your child get about a third of the recommended 60 minutes of active play a day.
- Prepare and try a healthy recipe!
- Receive a Family Newsletter like this one to bring home. Each newsletter has two healthy recipes and tips to help your family be active and healthy!



## “Choose Health” Behavior Goals

- Replace sweetened drinks with low-fat milk and water
- Play actively 60 minutes a day
- Eat more vegetables and fruits
- Eat fewer high-fat and high-sugar foods and more nutrient-rich and high-fiber foods
- Eat only as often and as much as needed to satisfy hunger
- Limit screen time to two hours or less a day
- Promote healthy behaviors

## How You Can Help

- Get your child to help you make the recipes in the Family Newsletters!
- Try the family activities with your child!
- Help your child set – and meet – goals related to each lesson. You'll find goal ideas in each Family Newsletter, along with the goal your child chose to pursue that week.
- Ask questions that extend your child's learning such as:
  - What games did you play today?
  - Which game was the most fun?
  - What snack did you prepare today?
  - What did you like about it?
  - What can our family do to help you meet your goal?

PORTER 1.2: REPLACE SWEETENED DRINKS  
GOAL-SETTING CHOOSE HEALTHY FOOD, FUN, AND FITNESS

### Take a Healthy Step!

**Choose one action you'll take in the coming week.**

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea:

Signed: \_\_\_\_\_

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# Re-Think Your Drink!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea:

Signed: \_\_\_\_\_

## Drink Water and Low-Fat Milk Instead of Sweetened Drinks!

Did you know that a 20 ounce bottle of soda has 16 teaspoons of sugar in it? Fruit-flavored drinks, lemonade and iced tea have almost as much! Drinking too much of these is easy, and can lead to weight gain. Even 100% juice is easy to over-do. Instead:

- Encourage your kids to drink water and low-fat milk!
- Send a water bottle with your kids to school and elsewhere – re-fill with fresh water as needed
- Serve 1% or fat-free milk at meals to help kids get the 2-3 cups of milk or dairy experts recommend each day
- Limit juice to 1 to 1½ cups per day
- Don't buy sweetened drinks
- Be a great role model - drink water and milk yourself!



## Fruit Yogurt Smoothie

### Ingredients

- 3 cups (12 oz) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- ¾ cup low-fat yogurt (vanilla or plain)

### Instructions

1. Slightly defrost frozen fruit, just enough so that it will blend easily.
2. Pour milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

### Variations:

Try frozen peaches, pineapple or other berries. Let kids help choose which to use!

**Yield:** About 11 half-cup servings

**Source:** Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.



### Nutrition Facts

Serving Size: ½ cup			
Servings Per Recipe: 11			
Amount Per Serving			
Calories	51	Calories from Fat	3
<b>% Daily Value *</b>			
<b>Total Fat</b>	<b>&lt;0.5g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>36mg</b>		2%
<b>Total Carbohydrate</b>	<b>10g</b>		3%
Dietary Fiber	1g		4%
Sugars	6g		
<b>Protein</b>	<b>3g</b>		
Vitamin A	3%	Vitamin C	46%
Calcium	7%	Iron	2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

6% calories from fat

Nutrition facts using low-fat vanilla yogurt and strawberries.

## Choose Healthy Family Activities!

### Take them outside!

Did you know that kids are naturally more active when they're outside? Adults too! Being outside helps us all feel like running and jumping for joy! Look for opportunities to join your kids on trips to the playground, go for a walk, or just play a game of catch outside.

Children need at least 60 minutes of active play a day – and where is it more fun to play than outdoors? Play with your kids and they'll want to play even more!



### Water with a Twist

#### Ingredients

Choose one or more fruits or vegetables, such as:

Oranges, Lemons, Limes,  
Strawberries, Pineapple,  
Cucumber

Chilled Water

Optional: Use seltzer water instead of plain water



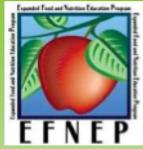
#### Instructions

1. Wash fruits or vegetables and cut into slices.
2. Add slices to a pitcher of water or to individual cups of water. Squeeze citrus to release more flavor into the water.
3. Serve and enjoy.

Feel free to mix and match different fruits and vegetables!  
Eat the fruit as you drink or when you're done!



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# Color Your Plate!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits!
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: \_\_\_\_\_

## Eat More Vegetables and Fruits!

Eating more vegetables and fruits may lower your risk for heart disease, stroke, and cancer, and help with weight control. Fill half your plate with vegetables and fruits to get the 2½ cups of vegetables and 1½ cups of fruit recommended per day for children aged 9-13 (more for adults). To help your family eat more:

- Include at least one vegetable or fruit at every meal and snack.
- Serve dark green, red and orange vegetables, and beans like pinto and kidney – these are especially healthy!
- Use frozen, canned (drained), dried, and fresh - all are healthy!
- Let children try vegetables many times, but don't push or they are more likely to say no.
- Keep ready-to-eat veggies and fruits available where your kids can help themselves!
- Eat lots of veggies yourself! It's the best way to get your kids to eat them too!
- Make them kid-friendly and watch them disappear - veggies with dip, apples slices, etc!



## Colorful Black Bean Salad

### Ingredients

- 2 15-ounce cans of black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- ¼ cup finely chopped onion
- 3 Tablespoons lime juice
- 2 Tablespoons olive or canola oil
- ½ teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped, optional
- 1 avocado, chopped, optional



### Instructions

1. Mix black beans, corn, tomatoes, chilies, onion, and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

**Yield:** About 12 servings

**Source:** Adapted from <http://snacktheplanet.blogspot.com>

### Nutrition Facts

Serving Size 1/2 cup		
Servings Per Recipe 12		
Amount Per Serving		
Calories	100	Calories from Fat 20
<b>% Daily Value *</b>		
<b>Total Fat</b>	<b>2.5g</b>	4%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	0%
<b>Sodium</b>	<b>230mg</b>	10%
<b>Total Carbohydrate</b>	<b>18g</b>	6%
Dietary Fiber	5g	20%
Sugars	2g	
<b>Protein 4g</b>		
Vitamin A	4%	Vitamin C 30%
Calcium	4%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

20% calories from fat. Nutrition facts using frozen corn, chili powder, olive oil, green bell pepper, and no avocado.

# Choose Healthy Family Activities!

When your children are active, they're ready to learn and live fully in good health! You know that encouraging your kids to be active will help them grow strong and be ready for anything. They'll just think it's fun – especially when you play along with them! Here are a couple ways to help your kids be active.

## Balloon-a-Palooza

Blow up a balloon and you've got instant fun! Take turns bopping it up in the air and see how long you can keep it there! Count the number of times you can bop it in one minute. Sit on the floor and keep the balloon in the air with your feet! And when it's hot outside, try tossing some water balloons for cheap, refreshing fun!



## Fruit and Vegetable Toss

Help your kids get familiar with the names of vegetables and fruits with this variation of playing catch. Before you toss the ball each time, name a vegetable or fruit. Try to name as many different kinds as possible! Include some dark green, red and orange vegetables, and beans like pinto and kidney!

## Low-Fat Ranch Dressing for Salad

### Ingredients

- 1 cup non-fat or low-fat plain Greek yogurt\*
- ½ cup reduced-fat mayonnaise
- ½ cup fat-free or 1% milk
- Half a 1-ounce packet ranch salad dressing mix (not dip mix)



### Instructions

1. Whisk all ingredients in a small bowl until blended.
2. Pour dressing over salad or let children add their own.
3. For salad, toss dark salad greens (romaine, leaf lettuce, and/or spinach - not iceberg) with raw veggies such as carrots, chickpeas, tomatoes, or cucumber.

**Yield:** About 16 servings dressing

\*Can use plain yogurt, reduced-fat sour cream, or a mixture instead.

Nutrition Facts			
Serving Size: 2 Tablespoons			
Servings Per Recipe: 16			
Amount Per Serving			
Calories	50	Calories from Fat	15
% Daily Value *			
<b>Total Fat</b>	<b>1.5g</b>		<b>2%</b>
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>160mg</b>		<b>7%</b>
<b>Total Carbohydrate</b>	<b>2g</b>		<b>1%</b>
Dietary Fiber	0g		0%
Sugars	1g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
30% calories from fat			
Nutrition facts using non-fat Greek yogurt and fat-free milk.			



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# Read It Before You Eat It!

## The Nutrition Facts Label

### Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: \_\_\_\_\_

Nutrition facts labels are on nearly all food packages and make it easier to choose healthier items. When comparing similar products, choose foods with:

- More fiber
  - More vitamins
  - More calcium and iron
- and
- Less calories
  - Less saturated and trans fat
  - Less sodium
  - Less sugar

Nutrition Facts	
Serving Size 1 egg (50g)	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Sat. Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholest.</b> 215mg	<b>71%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carb.</b> Less than 1g	<b>0%</b>
<b>Protein</b> 6g	<b>10%</b>
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%

Not a significant source of Dietary Fiber or Sugars.

Also be sure to look at serving size and number of servings per container since the nutrition information is for only one serving. For more information, see [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).



## Hummus with Veggies and Pita

### Ingredients:

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8<sup>th</sup> teaspoon garlic powder)
- 3 Tablespoons lemon juice
- 1/2 teaspoon salt
- 6 Tablespoons water
- 3 Tablespoons tahini (ground sesame seeds) \*
- 1-2 Tablespoons olive or other vegetable oil
- Optional: 1/4 teaspoons paprika



### Instructions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas in blender, add 3 Tablespoons water; blend until smooth. Or mash by hand (using garlic powder).
2. Add second cup of chick peas and 3 Tablespoons water. Blend or mash till smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. Add extra water if too thick or you want creamier hummus.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut up raw vegetables, and pita bread (optional).

**Yield:** About 12 servings

\* Can substitute peanut butter for tahini

**Source:** Modified from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey, 1981.

### Nutrition Facts

Serving Size: About 2 tablespoons  
Servings Per Recipe: 12

Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value *	
<b>Total Fat</b> 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

50% calories from fat  
Based on tahini and 1 Tbsp oil

# Choose Healthy Family Activities!

Kids often know lots of ways to be active! Play these games with your kids while dinner's cooking, during a TV ad, or even waiting in line at a restaurant or movie. You'll have lots more fun than those who are just standing there!

## “Snap”

Choose 3 different hand and voice signals, such as:

- Wiggle finger up and down at lips, saying ‘Buh, buh, buh-buh, buh.’
- Bend from waist, rise back up and throw hands up in air and yell ‘Who!’
- Put thumbs to ears, wiggle fingers, say ‘Na, na, na-na, na!’

Then stand back-to-back, one of you say “1, 2, 3, Snap”, and turn around to face each other as you do one of the 3 signals. Then turn back-to-back and do it again. See how many times you match!

## “Fitness Leaders”

Make up a stack of “Fitness Activity Cards” that each lists a different way to move. Then take turns drawing a card and leading each other in that activity.

Here are some ideas – or make up your own! 10 Jumping Jacks, 7 Hops on One Foot, Balance on One Leg, 14 Arm Circles, Stretch to the Sky, Goofy Dancing, etc.



Nutrition Facts			
Serving Size: Half a wrap (55g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	110	Calories from Fat	20
% Daily Value *			
<b>Total Fat</b>	<b>2.5g</b>		4%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>70mg</b>		3%
<b>Total Carbohydrate</b>	<b>19g</b>		6%
Dietary Fiber	2g		8%
Sugars	10g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
20% calories from fat			
Nutrition facts based on 1 spray of cooking spray per tortilla.			

## Apple Cinnamon Wrap and Roll

### Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups finely chopped)
- 1/3 cup low-fat vanilla yogurt
- Cooking spray
- 4 6-inch whole wheat flour tortillas
- 2 teaspoons vegetable oil



### Instructions:

1. Mix sugar and cinnamon in small bowl.
2. Wash and finely chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly spray top side with cooking spray. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so non-oiled side is up. Using 1/4 of apples, fill half of tortilla and fold over other half.
6. Heat oil in frying pan on medium heat.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. Remove from pan and cut in half.
8. Repeat with remaining tortillas.

**Yield:** About 8 servings **Source:** Adapted from *Get Fresh!* Cornell University, 2001.

**Variation:** Canned pears or peaches (kids can cut with plastic knife)



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# Make Half Your Grains Whole!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread instead of white bread!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

## Why Eat More Whole Grains?

Whole grains are rich in fiber, vitamins, and minerals. Eating more whole grains like whole wheat, brown rice, oats, and whole grain corn can help prevent heart disease, cancer, diabetes, and constipation, and help with weight control. When comparing similar grain products, look at the Nutrition Facts Label and choose those with more fiber. To help your family eat more whole grains:

- Try brown rice instead of white (cook it the same way, just longer.)
- Pop popcorn kernels in oil on the stove, and add Parmesan cheese, garlic powder, or cinnamon.
- Choose whole grain bread, cereals and crackers!
- Make whole grain pancakes – see the recipe below.



## Oatmeal Pancakes with Applesauce

### Ingredients

- ¾ cup quick or old fashioned oats
- 1½ cups fat-free milk
- ¾ cup enriched all purpose flour
- ½ cup whole wheat flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs, beaten
- 1 Tbsp oil, plus more for cooking
- 3 cups unsweetened applesauce
- Cinnamon



### Instructions

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl, and add.
3. Beat eggs and oil together, and add.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto an electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
7. Turn pancakes when tops are covered with bubbles and edges look cooked.
8. Serve with unsweetened applesauce and sprinkled cinnamon.

**Yield:** Serves 12

**Source:** Cornell Cooperative Extension of Nassau County

Nutrition Facts			
Serving Size 1 pancake and ¼ cup applesauce (125g)			
Servings Per Recipe 12			
Amount Per Serving			
Calories	140	Calories from Fat	35
% Daily Value *			
<b>Total Fat</b>	<b>4g</b>		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	<b>40mg</b>		13%
<b>Sodium</b>	<b>250mg</b>		10%
<b>Total Carbohydrate</b>	<b>24g</b>		8%
Dietary Fiber	2g		8%
Sugars	9g		
<b>Protein 4g</b>			
Vitamin A	2%	Vitamin C	2%
Calcium	15%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
25% calories from fat, using 1 Tbsp oil for cooking.			

## Choose Healthy Family Activities!

Have you noticed how fun it is to move when there's lively music playing? Get your whole family dancing by playing your favorite tunes. Dancing is also a great way to pass on your family's culture. Do special steps or just let yourself go! Crank up the music and watch your family move! Here's a simple dance for you to try!

### The Cupid Shuffle

Download the song "The Cupid Shuffle", by Cupid, crank it up and follow the directions!

Step to the right 4 times.  
 Step to the left 4 times.  
 Kick: right foot, left foot, right foot, left foot.  
 Move to music and make a one-quarter turn toward the left to "Walk it by yourself."  
 Repeat until song ends.

If you want to see it done, just search online!



### Nutrition Facts

Serving Size: 2 half mini pitas (186g)  
 Servings Per Recipe: 12

Amount Per Serving	
Calories	90
Calories from Fat	10

% Daily Value *	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 270mg	9%
<b>Total Carbohydrate</b> 23g	6%
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 70%	Vitamin C 4%
Calcium 2%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

14% calories from fat  
 Nutrition facts using low fat Ranch dressing

## Veggie Pick-Pockets

### Ingredients

- 12 whole wheat mini pita pockets (4")
- 1 cucumber, diced
- 3 carrots, slivered or grated
- ¼ cup low-fat creamy salad dressing

### Instructions

1. Cut each pita in half.
2. Peel and dice cucumber.
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket
5. Add veggies and serve.



**Yield:** 12 servings (2 half mini pitas per person)

**Variation:** Offer several choices of vegetables to fill pitas.

**Source:** Linda Earley, Cornell Cooperative Extension of Columbia County



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# Healthier Foods – Fast!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: \_\_\_\_\_

## Eat Healthy Even When You Eat Fast!

We all have times when we need a meal fast, but fast food meals are usually high in calories and fat, large in size, and have few vegetables or whole grains. What can we do instead? Luckily we have lots of choices:

- Choose lower-fat items from the menu (ask for their nutrition information!)
- Choose a small size or share an order
- Include a salad or other vegetable, or bring your own baby carrots!
- Ask for a cup of water instead of soda – it's usually free. Or choose milk.
- Make quick, easy meals at home – try these recipes!



## Broccoli Black Bean Quesadilla

### Ingredients:

- 1 cup cooked black beans (1/2 a can)
- 1/4 cup salsa
- 1 cup grated low-fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 8-inch whole wheat tortillas

### Instructions:

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with 1/4 of the bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned. Flip and cook second half.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.



**Yield:** 8 servings (half tortilla each)

**Source:** GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

### Nutrition Facts

Serving Size 1 piece (1/2 tortilla)	
Servings Per Recipe 8	
Amount Per Serving	
Calories 130	Calories from Fat 40
<b>% Daily Value *</b>	
<b>Total Fat 4.5g</b>	7%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	3%
<b>Sodium 230mg</b>	10%
<b>Total Carbohydrate 14g</b>	5%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 8%	Vitamin C 20%
Calcium 10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
31% calories from fat	

# Choose Healthy Family Activities!

To get as much activity as we need – **60 minutes a day for kids and 30 minutes a day for adults** – we often need to ‘sneak’ active play into our schedule. But here’s the good news! Sneaking in 5 minutes here, 10 minutes there – it all adds up! And still more good news? Playing and being active together is great family time! You’ll all move, feel good, and laugh. What better recipe could there be for a healthy and happy family?

## “Dragon’s Tail”

Everyone sticks one end of a bandana or sock into his or her back pocket or waistband to make a “tail.” When someone says "Go!" protect your tail while trying to grab everyone else’s tail! If your tail gets pulled out, do 10 jumping jacks, replace your tail, then re-join the game!

## “Slow-Poke Copy Cat”

Stand face-to-face with your child and ask him or her to copy your movements as if looking into a mirror. Lead a series of slow stretches such as:

- Tip ear to shoulder, each side
- Shoulder circles, forward then backward
- Bend at waist to touch both toes
- Stretch arms over head, lean to each side
- Touch opposite hand to toes
- Twist at waist to look behind, both sides



## Tortilla Roll-Ups

### Ingredients:

- 6 whole wheat flour tortillas
- 1 cup grated low fat cheddar cheese (4 oz.)
- 1 cup mild salsa (8 oz.)
- 1 cup black beans, drained (1/2 can)
- 1 avocado, mashed (optional)



### Instructions:

1. Put the tortillas on a plate, cover with paper towel, and microwave on High for 1 minute (optional).
2. Mix cheese, salsa, and black beans.
3. Spread a thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half and eat.

**Yield:** 12 servings (1/2 tortilla per person)

**Source:** Linda Earley, Cornell Cooperative Extension of Columbia County

Nutrition Facts			
Serving Size Half Tortilla			
Servings Per Recipe 12			
Amount Per Serving			
Calories	140	Calories from Fat	40
<b>% Daily Value *</b>			
<b>Total Fat</b>	<b>4.5g</b>	7%	
Saturated Fat	1g	5%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	0%	
<b>Sodium</b>	<b>290mg</b>	12%	
<b>Total Carbohydrate</b>	<b>17g</b>	6%	
Dietary Fiber	3g	12%	
Sugars	1g		
<b>Protein</b>	<b>6g</b>		
Vitamin A	2%	Vitamin C	8%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
29% calories from fat			



Cornell University  
Cooperative Extension



# Power Up Your Day!

## Eat Breakfast!

### Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat 3 food groups at breakfast!
- Add fruit to my breakfast every day!
- Try a new whole grain, low-sugar cereal!
- Eat breakfast every day!
- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: \_\_\_\_\_

Breakfast is important - children who skip breakfast have trouble paying attention in school and may not learn as well as those who eat breakfast, and are more likely to become overweight. To hold them until lunch, give your kids healthy, tasty, low-cost breakfasts that include a fruit or vegetable, a whole grain, and either dairy or protein:

- Make 1-minute oatmeal and top with raisins or craisins (see next page)
- Mix canned or fresh fruit with yogurt and top with granola (see below)
- Spread peanut butter on toast and top with banana slices
- If there's no time before school, try school breakfast or send your kids off with a healthy snack like trail mix.



## Breakfast Parfait

### Ingredients

- 3 cups chopped apple or other fruit (fresh, canned, or frozen)
- 2 cups low-fat yogurt, plain or vanilla
- 1½ cups low-fat granola or your favorite whole grain cereal

### Instructions

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite-size pieces.
3. Place ¼ cup fruit in bottom of cup or bowl.
4. Spoon 2-3 Tbsp yogurt on top of the fruit.
5. Spoon 2 Tbsp cereal on top of the yogurt.



**Fruit ideas:** Apple, banana, or fresh, canned or frozen peaches, pineapple, strawberries, blueberries, etc.

**Cereal ideas:** Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually very sweet.

**Yield:** About 12 half-cup servings

**Source:** Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.

### Nutrition Facts

Serving Size: About ½ cup  
Servings Per Recipe: 12

Amount Per Serving  
Calories 85    Calories from Fat 10

		% Daily Value *	
<b>Total Fat</b>	<b>1.5g</b>		2%
Saturated Fat	0.5g		2%
Trans Fat	0g		
<b>Cholesterol</b>	<b>3mg</b>		1%
<b>Sodium</b>	<b>50mg</b>		2%
<b>Total Carbohydrate</b>	<b>17g</b>		6%
Dietary Fiber	1g		6%
Sugars	9g		
<b>Protein</b>	<b>3g</b>		
Vitamin A	4%	Vitamin C	3%
Calcium	5%	Iron	3%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

12% calories from fat

Nutrition facts using low fat granola and plain yogurt.

# Limit Screen Time

More than two hours in front of any screen in a day isn't healthy for children. The American Academy of Pediatrics links screen time to to:

- **Less time for active play:** Moving our whole bodies as we run, jump, climb, and have fun feels good. Make active play important in your family life!
- **Overweight in children:** Exercising fingers and thumbs doesn't burn calories like active play can. And have you noticed how many food ads are on television? Ads can tempt us to eat food we don't need. Turn off the TV during meals to improve family talk and healthy eating!
- **Irregular sleep:** Screen time is so tempting that kids often choose to keep watching TV or playing electronic games over sleep. Want more time for breakfast in the morning? Try moving TV and computer out of bedrooms and into more public spaces!

As much as kids love television, movies, video and computer games, active play is also fun and a lot healthier!



## Top Your Own Microwave Oatmeal

Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 1	
Amount Per Serving	
Calories	310
Calories from Fat	30
% Daily Value *	
<b>Total Fat</b>	<b>3g</b> 5%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b>	<b>5mg</b> 2%
<b>Sodium</b>	<b>110mg</b> 5%
<b>Total Carbohydrate</b>	<b>56g</b> 19%
Dietary Fiber	6g 24%
Sugars	28g
<b>Protein</b>	<b>15g</b>
Vitamin A	10%
Vitamin C	0%
Calcium	35%
Iron	20%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
10% calories from fat Nutrition facts using 1 cup fat-free milk and 2 Tablespoons raisins.	

### Ingredients

- ½ cup quick oats (chopped up whole oats)
- ¾ cup fat free or 1% milk or water

### Instructions

1. Measure oats into individual bowl.
2. Pour on milk or water
3. Microwave on high 1-2 minutes
4. Stir, adding additional milk as needed.
5. Add your favorite toppings and enjoy!



### Topping Ideas (mix and match!)

- Dried fruit such as raisins, craisins, or currants
- Chopped nuts (almonds, walnuts, etc), peanut butter, or coconut
- Canned, fresh, or frozen fruit such as berries, bananas, peaches, mangoes
- Apples, chopped or grated, or applesauce
- Cinnamon, nutmeg, other spices, or vanilla
- Brown sugar, maple syrup, or honey

**Yield:** About 1 cup