

FUN FOOD

NEWS

MAKE YOUR MOVE!

Being active is more fun when the whole family is involved. An easy thing to do to get the family moving is to turn off the television. Active play helps children sleep better at night and keep a healthy weight. You are your child's most important teacher. Teaching your child through active play will help them be active the rest of their life.

Activity for children means jumping, walking, running, climbing, throwing, swinging, and rolling. Children need to be active for at least 60 minutes every day and grownups need at least 30 minutes of physical activity most days of the week. The best activities are ones that are fun and keep children moving!

TIPS

- Make balls from rolled-up socks, crumpled newspapers or aluminum foil, and yarn.
- Let children ice skate by giving them two paper plates. Have them put one foot on each plate and slide around on the floor as if they were ice skating. Ask them to skate backwards or go in circles.
- Play some music or sing a song and dance with your child. When the music stops, freeze in place. Start dancing when the music starts again.
- Go outside or take your child to the park to jump, run, and climb.
- Have your child put out their arms and move around like an airplane. Pretend to take off, fly, zoom, and land.
- Blow bubbles and have your toddler chase them.



MAKE YOUR MOVE.

WORD SEARCH

C	S	B	M	N	A	C	H
F	I	M	O	E	C	H	B
V	A	P	V	L	T	A	M
K	O	M	E	S	I	S	I
L	R	U	O	A	V	E	L
A	S	J	U	M	E	R	C
W	Y	H	T	L	A	E	H
G	U	S	E	R	N	L	N
A	L	R	U	N	A	R	O
N	E	C	N	A	D	P	G

CAN YOU HELP BOBBY B. WELL FIND THE FOLLOWING WORDS IN THE PUZZLE?

JUMP, RUN, WALK, DANCE, MOVE, ACTIVE, HEALTHY, CLIMB, CHASE



BE YOUR OWN ACTION HERO.

MERRY-GO-ROUNDS

YOU'LL NEED

- Apple
- Peanut Butter
- Animal crackers
- Celery, sliced in pieces
- Carrots, sliced in pieces
- Raisins

HOW TO PREPARE:

1. Wash hands. 2. Core and slice apple to make rings.
3. Thinly spread peanut butter on top of each apple ring.
4. Stand animal crackers around the apple ring in the peanut butter.
5. Decorate with carrot slices, celery pieces, or raisins. Serves 2.

Nutrient analysis per serving: calories, 156; carbohydrates, 27g; protein, 3g; total fat, 5g; saturated fat, 1g; cholesterol, 0mg; fiber, 3g; sodium, 95mg; percent calories from fat, 29%.

Arizona Nutrition Network
Recipe provided by Kathy Lohrenz, Nutrition Manager, Yuma County Health Department.

BANANA PANCAKE

YOU'LL NEED

- 1 1/2 cups flour
- 2 1/2 teaspoons baking powder
- 1 cup low fat (1%) milk
- 1 egg
- 4 bananas, peeled and sliced

HOW TO PREPARE:

1. Wash hands. 2. Combine flour, baking powder, sugar, milk, and egg. Add two of the sliced bananas and stir gently. 3. Warm griddle or skillet over medium heat and coat with non-stick cooking spray. Pour 1/4 cup of batter onto heated griddle or skillet. Flip pancakes when air bubbles appear on the surface. Cook on other side until golden brown. 4. Place pancakes on plate and top with remaining sliced bananas. Serves 4.

Nutrient analysis per serving: calories, 320; carbohydrates, 66g; protein, 10g; total fat, 5g; saturated fat, 1g; cholesterol, 56mg; fiber, 4g; sodium, 200mg; percent calories from fat, 7%.

PEAR SURPRISE

YOU'LL NEED

- 1 can (15-16 oz) pear halves in juice, frozen overnight in the can
- 1 tablespoon sugar
- 4 tablespoons chocolate syrup

HOW TO PREPARE:

1. Wash hands. 2. Run warm water over frozen can to loosen pears. Open can and slide frozen pears into blender container or food processor. 3. Whirl frozen pears and sugar until smooth. 4. Scoop into bowls or glasses and place in freezer or serve immediately. 5. Spoon chocolate syrup over pears. Serves 4.

Nutrient analysis per serving: calories, 134; carbohydrates, 36g; protein, 0g; total fat, 0g; saturated fat, 0g; cholesterol, 0mg; fiber, 2g; sodium, 24mg; percent calories from fat, 1%.

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FOR MORE RECIPES:
(800) 695-3335/WWW.EATWELLBEWELL.ORG



This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, call the DES hotline at 1-800-352-8401. This institution is an equal opportunity provider and employer.