



Teachers'
Edition!

December 2011

Have a Healthy Class Party!

This December, make your class party a healthy one by assigning healthier foods for students to bring. The following are some ideas for yummy and nutritious snacks.

<u>Instead of:</u>	<u>Try:</u>
Chips	Crackers and cheese cubes Celery and/or pretzels with peanut butter Popcorn
Cookies	Granola bars, animal crackers
Ice cream	Sherbet, sorbet or frozen yogurt
Soft drinks	100% fruit juice or water

There are many other snacks that the children can bring to a party, including fresh fruit and vegetables.

For more fun ideas and recipes, visit www.smartbodies.org and www.kidsacookin.org.



For program
information, please
visit our website at:
www.smartbodies.org



Get Fit—And Get Things Done!

Exercising with an Active Schedule

In today's world, we are constantly hearing about pedometers. But why are they important, and what can they tell you?

Pedometers are very useful because they help individuals assess how active they really are (or aren't) and then provide a measurable way to improve their level of physical activity. In other words, they get us moving!

So what is the magic number? The current physical activity recommendation for adults set forth by the federal government is 30 minutes each day on most days of the week. In pedometer language, this is equal to about 10,000 steps each day. Having that useful little gadget attached to your hip is a great way to tell how many steps you have taken already and how many more you need to take. Knowing that you only have 3,000 steps to go is much more motivational than simply knowing that walking is good for you and that you should do it—something that rarely gets us off of the couch!

Healthy Hints

*Quick Tips for Becoming
and Staying Healthy*



Keep track of what you eat. Simply knowing how many calories our bodies are taking in can help us make better decisions. Try keeping track of this in a notebook or online at www.choosemyplate.gov



Beef Meatloaf with Mushrooms and Onions

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 cup button mushrooms, sliced
- 2 clove garlic, minced
- 1 teaspoon dried oregano
- 1 1/2 pounds lean ground beef sirloin
- 1 cup breadcrumbs
- 1 egg white
- 1/2 cup chopped parsley
- 1/4 cup skim milk
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 cup freshly grated Parmesan cheese

Instructions

1. Preheat the oven to 425°F.
2. Heat olive oil over medium heat in skillet. Add onion and mushrooms; cook for 5 minutes. Add garlic and oregano and cook for 2 more minutes; set aside to cool.
3. Combine ground beef sirloin, breadcrumbs, egg white, parsley, skim milk, salt, pepper, and the cooled onion/mushroom mixture well.
4. Divide mixture into 6 portions; put each into a 1/2-cup baking dish. Sprinkle tops with cheese, and bake for 25 minutes. Let stand for 5 min.

Serves 6

www.foodfit.com