



A Louisiana youth program for healthy bodies and active minds

January 2012

Teachers'
Edition!



BLUE CROSS AND BLUE SHIELD OF
LOUISIANA
FOUNDATION
AN AFFILIATED COMPANY OF THE BLUE CROSS AND BLUE SHIELD OF AMERICA

Host a Food Fun Day!

Start off the spring semester with a blast by hosting a Food Fun Day! To do this, choose a nutritious food that you think some (or most) of your students have not tried. Make this food the focus of all of your activities at school that day.

Start off by decorating your classroom with the color of the food. You can also center learning activities around the food. For instance, if you're studying fractions in math class, you can cut up the fruit or vegetable and ask the students what fraction of the food they are eating (serving size). For a neat science lesson, you can talk about the seeds or pits inside your chosen food. To incorporate reading, find a fun book that talks about your food and have your class read it. You may even want to pass out recipes for the students to try at home!

Another variation of this idea is to choose a food group from ChooseMyPlate as your focus. For example, you may want to "Focus on Fruits". You could also make your theme a certain color that represents many fruits and vegetables. For example, if you choose to highlight red fruits and vegetables, you can teach about apples, strawberries, raspberries, watermelons, pomegranates, cherries, tomatoes, radishes, and red bell peppers. The ideas are endless! Be creative, and encourage your students to branch out! For more resources, visit www.choosemyplate.gov.

BODY WALK



THE ORGANWISE GUYS

For program
information, please
visit our website at:

www.smartbodies.org



Get Fit—And Get Things Done!

Exercising with an Active Schedule

One of the greatest motivators for action is reward. Not only is this important in the lives of students who thrive from approval and encouragement, but it is also important in the lives of adults. Naturally, this mentality also applies to the realm of healthy living.

When trying to lose weight or simply become healthier, *it is critical that you set realistic goals and then reward yourself when those goals are met.* Come up with your own reward or use one of the following listed below. But remember, you can only have the prize if you meet your goal!

- ✚ Set aside an evening over the weekend to relax and watch one of your favorite movies. Maybe even find a sitter for the kids and enjoy some peace and quiet.
- ✚ Unwind in a warm, relaxing bubble bath.
- ✚ Indulge in a serving of frozen yogurt of your choice from a near-by shop.

Healthy Hints

Quick Tips for Becoming and Staying Healthy

Avoid fad diets. Though fad diets can seem appealing, many of them do not give lasting results. In order to maintain results, you must make long-term changes. Visit www.choosemyplate.gov for more details on how to lead a healthier lifestyle.



Delicious Broccoli and Cheese Soup

Ingredients

- 1/2 tablespoon olive oil
- 1/2 cup finely chopped celery
- 1 large onion, chopped
- Salt to taste
- Freshly ground black pepper
- 1 small russet potato
- 1 bay leaf
- 1/4 teaspoon dried oregano
- 1 quart low-sodium chicken broth or vegetable broth
- 5 cups broccoli florets
- 6 tablespoons shredded sharp cheddar cheese

Instructions

1. Heat olive oil in saucepan over low-medium heat. Add celery and onion and season lightly with salt and pepper. Cook for 10 minutes.
2. Peel and slice potato; add to pot. Add bay leaf, oregano, and broth, and quickly bring it to a boil over high heat.
3. Lower heat and simmer until vegetables are completely tender (about 15 minutes). Then, add broccoli and simmer until just tender (5-7 min).
4. Remove bay leaf and puree soup in blender. Strain and add small amounts of salt and pepper as needed.
5. Lastly, sprinkle with cheddar cheese, and enjoy!

Serves 6; <http://snap.nal.usda.gov/>