



A Louisiana youth program for healthy bodies and active minds

September 2011

Teachers'
Edition!



Welcome to Smart Bodies!

Smart Bodies is a multi-faceted program designed to educate children in grades K-5 about nutrition, physical activity, anatomy, and physiology. Get a head start by taking a look at what Smart Bodies has to offer you.

OrganWise Guys

The OrganWise Guys are a fun group of characters who aid in teaching through the use of books, games, dolls, and informational videos.

Wisercise!

Wisercise! is a great tool for teachers who are looking for ways to incorporate physical activity into everyday classroom lessons. Its grade-specific activities are fun for students and teachers alike. Teachers will also love the fact that this curriculum has been matched to the GLEs that must be met each year!

2 Step 4 Kids

2 Step 4 Kids is an interactive website for kids. You can sign-up your class and request free pedometers! The site also includes a pedometer-based physical activity program for the classroom so that you can encourage students to use their pedometers.

Body Walk

Take an interactive journey through the human body with this 35-foot by 45-foot walk-through exhibit. During your journey, you and your students will visit 11 stations including the brain, mouth, small intestines, muscles, and much more! Each student will also receive an activity book to complete in class or at home with their families.



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



Get Fit—And Get Things Done!

Exercising with an Active Schedule

Two of the most common reasons that people avoid exercise are:

- 1) Not being able to find an activity that they truly enjoy and
- 2) Exercising *solely* for the purpose of getting and/or staying in shape.

Find a form of exercise that will bring enjoyment rather than one done only to stay in shape or lose weight.

For instance, some people actually enjoy running while others would not do it unless something was chasing them. Some adults enjoy staying active by swimming. Again, there are others who would much rather stay high and dry, away from the pool.

So what's the point? The point is that our bodies need some form of physical activity. Whether what you love to do is running, swimming, biking, dancing, or playing chase with your kids in the backyard, get out there and do it. You will feel great, and you may even find that you shed those pounds you've been itching to lose!

Healthy Hints

*Quick Tips for Becoming
and Staying Healthy*



Team up with your coworkers! Each week, assign a teacher who will be responsible for supplying small snacks like a bowl of fruit or trail mix. By doing this, healthy items will be available, and you will be surrounded by a group of teachers who are all choosing healthy snacks.



Tortilla Pizzas

Ingredients

- 12 small flour or corn tortillas
- Vegetable oil or margarine
- 1 can (16 ounce) refried black beans
- 1/4 cup chopped onion
- 2 ounces diced fresh or canned green chili peppers
- 6 Tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper
- 1/2 cup cheese, shredded part-skim mozzarella
- 1/2 cup chopped, fresh cilantro

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with other tortillas.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, and then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

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

