



Healthy Start to the New School Year

September 2016

LOOK! inside for...

Monthly Nutrition Tip 1: Let's Try New Foods

Monthly Nutrition Tip 2: Enjoying Different Foods

Recipe-of-the-Month: Chicken Alfredo

Get Moving Today! September Activity Calendar

Monthly Wellness Tip: Ready for School Activities



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how to lead a healthier
lifestyle, visit our website
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Together... Let's Try New Foods!

Enjoy all kinds of foods! That is good advice for kids – and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That is good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- **Offer a new food first, at the beginning of the meal.** Kids usually are more willing to try new foods when they are hungry.
- **Have your child choose a new food as you shop.** Trying new foods is more fun for kids when they pick them.
- **Do a taste test.** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it. No “yucks”!
- **Go for at least “one bite.”** But stay away from forcing your child to taste. Keep food trying positive.
- **Try new foods, too.** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you do not like the food.
- **Prepare new foods in different ways.** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- **Try and try again.** Some kids need to try a new food many times before they like it. It is normal for kids to be cautious at first.
- **Relax.** Your child does not need to like every food. Everyone (you, too) has different food favorites.



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Together... Let's Try New Foods!

Clip this!

Give your child credit for trying new foods. Keep an "I tried it" chart on the refrigerator. Write the name of each new food. Your child can add a star ★ each time he or she tries it.



I Tried It!	
My New Food	Tasting Stars ★ ★
1	
2	
3	
4	
5	
6	

Try this:

Use **new words** as you explore new foods together.
Ask how this food:

- **Looks?** Green, orange, purple, round, skinny, oval, tiny, huge
- **Feels?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy
- **Sounds?** Crunch, crackle, splash, pop, snap
- **Tastes?** Sweet, salty, bitter, spicy, bland, sour

Trying, Sharing, Enjoying **Different** Foods

For breakfast, Sisi had rice cakes filled with beans. Timmy ate cheese grits. Juan ate a scrambled egg wrapped in a soft tortilla. Sondra munched on a waffle and ham. They all drank milk and nibbled on fruit – orange, peach, mango, or berries. What is on your family table for breakfast?

Every family has its own customs and culture, no matter how long they have lived in a place. Your family foods reflect your culture. Some may differ from foods that others eat and enjoy. Some foods are about the same. That is true about people, too. We are alike. We are different. And we are all special!

Sharing family foods with others helps your child...

- Learn about your family's customs and culture.
- Feel proud of who he or she is.

Trying foods of other families and other cultures helps your child...

- Learn about and enjoy new foods.
- Get the health benefits from different kinds of foods.
- See how people are alike and different.
- Know and respect others.



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Trying, Sharing, Enjoying Different Foods

Share Your Family Foods

Get involved in your child's day care or learning center. Being a parent volunteer helps your child, the staff, and you. **Pick one or more ways you can help.**

- ☐ **Share your family food customs and traditions.** That helps staff and other adults understand your child better.
- ☐ **Talk in Circle Time about your family foods** – if you can. Bring ingredients, perhaps a fruit or vegetable. Show special cooking equipment, dishes, utensils, or table coverings, too.
- ☐ **Encourage your child to tell others about a family food.** A picture may help. That helps build self-esteem.
- ☐ **Offer ideas for field trips.** Go to places that grow or sell special foods.
- ☐ **Learn to make foods from other families.** Offer them at home.
- ☐ **Cook with kids.** Do a “show and tell” about the ingredients. Let children help with simple, safe tasks, perhaps pouring or stirring. Adults can help, too. Talk about the taste, color, aroma, and look of the food.
- ☐ **Make a family food to share with other families at child care center events.** You may need to prepare it there.
- ☐ **Offer a recipe for center meals or snacks.** You might help staff prepare it. Eat with kids when it is served.
- ☐ **Help with a family cookbook.** It can be filled with family recipes from all the children in the child care center.
- ☐ **Share more!** Share other things from your family's culture. Teach a dance or game. Play music. Read a book.
- ☐ **Your idea:**

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Chicken Alfredo with a Twist

Each month's packet will include a recipe created by a school. The following pages include information about the school's recipe creating process, the required ingredients, and the steps to make it!

Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL

Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. The school continually strives to be a leader in educational excellence.

The Van Buren Middle School recipe challenge team initially developed nine recipes for testing. From these recipes, five were prepared and served to approximately 500 students. Students were asked to vote for their favorite two recipes and provide comments. The team submitted two recipes to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner! The team felt that the experience was an excellent way to gain student support and to market healthy choices for the lunch menu.

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains, using whole-grain rotini instead of traditional fettuccine noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo that students will surely delight in eating.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Louise Easterly, LD, SNS

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Mary Kozarec (School Nurse)

STUDENTS


Graham B., Jonathan A., Shawnrica W.,
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Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Main Dishes D-54r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	2 lb	2 qt 2 ¾ cups	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12" x 20" x 4"). For 25 servings, use 1 pan. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	4 lb 11 oz	2 qt 1 ¾ cups (1 ½ No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		1 qt 2 cups	
Ground white pepper		1 tsp	
Garlic powder		½ tsp	
Parmesan cheese, grated	8 ½ oz	3 cups	
Frozen, cooked diced chicken, thawed, ½" pieces	3 lb 4 oz	2 qt 2 ½ cups	
			5. Combine noodles and sauce immediately before serving.
			6. Critical Control Point: Hold for hot service at 135 °F or higher.
			7. Portion with 8 fl oz spoodle (1 cup).

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.


Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Main Dishes D-54r

Notes
Keep noodles and sauce separate until serving time to maintain consistency of sauce. Sauce will thicken upon standing.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.	25 Servings: about 13 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan


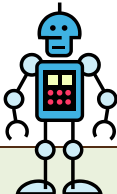




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Nutrients Per Serving					
Calories	344.92	Saturated Fat	3.59 g	Iron	2.34 mg
Protein	29.71 g	Cholesterol	68.68 mg	Calcium	173.98 mg
Carbohydrate	40.85 g	Vitamin A	449.55 IU	Sodium	571.55 mg
Total Fat	8.16 g		(28.74 RAE)	Dietary Fiber	2.67 g
		Vitamin C	0.38 mg		

SEPTEMBER

Get Moving Today!


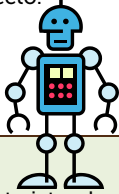




ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make paper airplanes and practice throwing them – step and follow through toward the target.</p> 	<p>Shake your body! Take turns leading a fun dance move to your favorite music.</p>	<p>Spread wash cloths around the room and jump from one to another.</p>	<p>Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p>	<p>Pretend to be robots and walk through your house, keeping your body stiff and straight.</p> 	<p>Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.</p>	<p>Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?</p>
<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.</p>	<p>Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P or crawl to get the S</i>.</p>	<p>Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.</p>	<p>Use the shape cards from the 6th, put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.</p>	<p>Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.</p>	<p>Walk around the house three times – first fast, second backwards, and third like your favorite animal.</p>
<p>Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.</p>	<p>Go for a walk and look for things that begin with different letters of the alphabet.</p>	<p>Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p>	<p>Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?</p>	<p>Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.</p>	<p>Sit facing each other and roll a ball back and forth.</p>	<p>Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.</p>
<p>"What am I?" Take turns moving like something as the other person copies and guesses what you are.</p>	<p>Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p>	<p>Move to every room in your home and jump five times. Remember jumping is two feet!</p>	<p>Go for a color nature walk. Can you find fall colors?</p> 	<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Build an obstacle course outside – run, jump, crawl, and climb.</p> 	<p>I spy something red! Take turns saying, "I spy something ____" and then together run to that object.</p>
<p>Practice skipping. Step-hop-step-hop.</p>	<p>Practice your kicking skills. Can you kick far and near?</p>	<p>Find a stick and pretend to be in a parade as you move outside.</p> 	<p>Get outside and practice your running. Pump your arms forward and backward. Feel your heart!</p>	<p>Go on a walking nature scavenger hunt, looking for signs of fall.</p>	<p>Yell out a body part and see who can touch that part to the floor the fastest – without falling down.</p>	<p>Go back and do your favorite activity from this month!</p> 

SEPTIEMBRE

"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Haga aviones de papel y practique tirándolos – de un paso y tirelo hacia el blanco. 	¡Sacude tu cuerpo! Toma turnos dirigiendo un divertido baile moviéndote a tu música favorita.	Esparece toallitas por la habitación y salta de una a otra.	Engrapa dos platos de papel para hacer un platillo volador. Ve fuera, lánzalo, corre hacia él, y lánzalo de nuevo.	Pretende ser un robot y pasea a través de tu casa manteniendo tu cuerpo rígido y recto. 	Haz una serie de tarjetas de formas - selecciona una forma, encuentra algo que sea de esa forma y corre lo más rápido que puedas a tocarla.	Encuentra un punto de partida fuera o dentro y elige diferentes lugares a donde ir. Cuenta cuántos pasos se necesita para llegar a cada lugar. ¿Cuál es el más lejano? ¿Cuál es el más cercano?
Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.	¡A limpiar! Esparece varios objetos pequeños en una habitación. Camina como un cangrejo hacia cada objeto, pon el objeto en tu barriga, camina como un cangrejo y pon el objeto un nuevo lugar.	Haz dos pares de tarjetas con el abecedario. Esparece algunas letras en el suelo. Recoge las mismas letras del otro par. Suspende una carta en el aire y determina una manera de moverse... galopea para obtener la letra P o gatea para obtener la letra S.	Hoy practica caminando con estilo – camina feliz, camina con miedo, camina enojado, camina tímido. Piensa en tu propia manera de caminar.	Utiliza las tarjetas de formas del 6 de Agosto - pon un número en cada forma y esparce las tarjetas en el suelo. Muévete hacia una forma, lee el número y salta por encima de la tarjeta el número de veces que corresponde.	Estírate en el suelo.... dóblate, salta, congélate, gira, estírate y dobla tu cuerpo entero.	Camina alrededor de la casa tres veces - primero rápidamente, después hacia atrás, y por ultimo como tu animal favorito.
Usa las tarjetas del abecedario, esparce unas cuantas letras a través del piso. Esta vez usa calcetines enrollados para practicar lanzándolos a las letras correctas.	Ve a caminar y buscar cosas que comienzan con distintas letras del alfabeto.	Usando todo tu cuerpo, crea un estilo de apretón de manos/saludo de manos con cada persona en tu familia - trata de añadir una gran cantidad de movimiento.	Recoge 10 animales de peluche - ponlos en una línea en un lado de la sala. ¿Qué tan rápido puedes mover cada uno hacia el otro lado de la habitación?	Nuevamente usa las tarjetas del abecedario, crea una pista o camino por toda la casa o fuera. Salta o brinca sobre cada letra, mientras dices su nombre.	Siéntense uno frente al otro y rueden una pelota entre ustedes.	Señala algo afuera, di el nombre del objeto, muévete hacia el tan rápido como puedas. Al llegar descansa y busca otro objeto.
"¿Qué soy yo?" Toma turnos, moviéndote como algo mientras la otra persona copia lo que haces y adivina lo que eres.	¡Haz tres conmigo! Menéate, estira los brazos, toca el piso. Toca tu nariz, siéntate en el suelo, salta muy alto. Piensa en otras cosas que hacer.	Ve a cada habitación de la casa y salta cinco veces. ¡Salta con los dos pies!	Ve a dar un paseo de colores por la naturaleza. ¿Puedes encontrar los colores de otoño? 	Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.	Construye un curso de obstáculos afuera – corre, salta, gatea, y trepa. 	¡Veo algo rojo! Túrnense diciendo, "Veo algo ____" y luego corran juntos hacia ese objeto.
Practica saltando. Toma un paso-salta-toma un paso-salta.	Practica tus habilidades de patear. ¿Puedes patear lejos y cerca?	Encuentra un palo y pretende estar en un desfile mientras vas afuera. 	Ve afuera y corre. Mueve los brazos hacia adelante y atrás. ¡Siente tu corazón!	Ve a dar un paseo por la naturaleza y ve en busca de diferentes señales de otoño.	Grita el nombre de una parte del cuerpo y ve quien puede tocar esa parte contra el piso lo más rápido, sin caerse.	¡Vuelve a hacer tu actividad favorita de este mes! 



happy, healthy,
REady
for school!

children's
activity book



INSIDE:

Fun activities for you
and your child
Tips for getting ready
for school



A service of PNC Grow Up Great
In partnership with Sesame Workshop
Helping children get ready for school

Making the most of your time together

Since birth, your child has been developing skills that are helping him get ready for school. When he:

- builds a block tower, he learns about symmetry, shapes, and colors
- plays outdoors, he learns how his body works, and how to interact with other children
- helps you cook a meal, he learns about measuring and following directions
- sings his favorite song in the car for the 101st time, he learns about patterns in music and rhyming sounds

All of these everyday activities are preparing your child for preschool.

Each day, you can do important things that will help your child get his very best start in preschool. By providing healthy choices for meals and snacks, you fuel your young child's energy for the day ahead. By scheduling a consistent routine for resting and sleeping, you make sure your child's body is working at its best. When you say, "Tell me why you're crying," you encourage him to develop and use his language, as well as to recognize and express his feelings.

Remember, play is your child's work. Give him many opportunities and a variety of materials to play with – by himself, with you, and with other children – and he'll get to work getting himself ready for school.

Inside you'll find some activities that you can do together. You'll also find tips for nurturing your child's learning throughout your daily routines.



letter search

B is for book – and for Big Bird!
Can you help Big Bird find other things
that begin with the letter B?



family tip:

Learning to recognize the letters of the alphabet, and the sounds that the letters make, is one of the steps on the road to learning to read. One of the first letters your child will probably recognize is the one that begins her name. Make a game out of finding that letter on road and store signs, on food containers, and in your child's favorite book.

Can you write the letter B?



feelings and friends

Look at the pictures of Elmo's friends.

How do you think they feel?

Why do you think they feel that way?

What makes you feel proud?

*How do you look when you
feel proud?*





family tip:

Young children need help learning the words to use to describe how they are feeling. They also need to learn how to identify how others are feeling in order to develop empathy. You and your child can make faces in the mirror to show a range of emotions beyond happy and sad, such as surprised, proud, excited, frustrated, or disappointed. Help your child explore other ways to express his emotions, such as through music, art, and storytelling.

get moving!

Rosita is learning about animals. Point to an animal. Can you move like that animal?

It feels great to move your body. What do you like to do that gets you moving?



frog



snake



butterfly



elephant



turtle



tiger

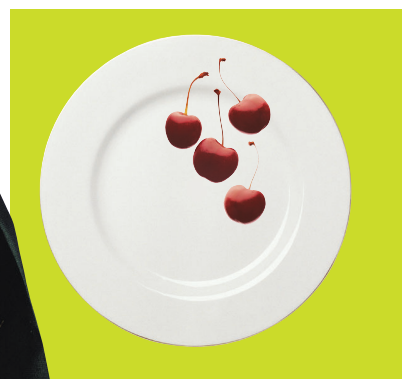
family tip:

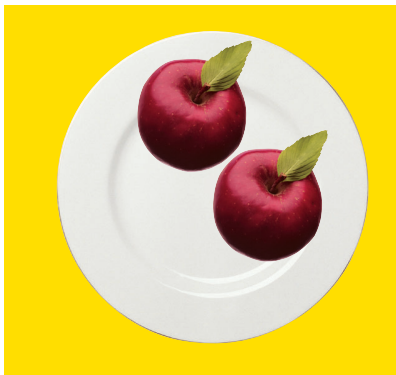
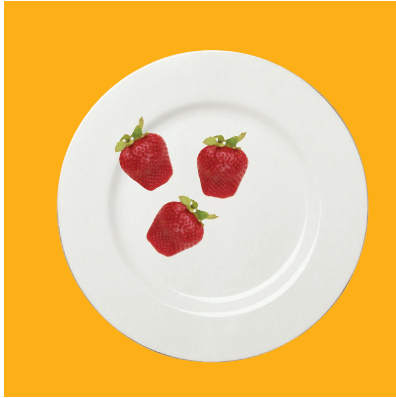
Movement activities like this one, as well as playground play, help your child develop skills that use the large parts of her body, like her arms and legs. You can also play games like “Simon Says,” and sing and move to songs like “Heads, Shoulders, Knees and Toes” to develop these skills. Ask your child to show you other ways she can move, such as fast, slow, high, low, tiptoe, and leap. To develop your child’s fine motor skills, give her opportunities to write and draw, fasten buttons and snaps, and thread shoelaces.

the Count's snacks

Come on everyone – it's time for a treat.
Right here at our school on Sesame Street.
Count all the snacks that you see on each plate.
These snacks are all healthy and they also taste great!

*Cherries, strawberries, pretzels, apples, and
broccoli are all healthy snacks.
What snacks do you like
to eat?*





family tip:

The kitchen is a great place to explore math skills. Your child can help measure ingredients when you cook. As you measure, use words such as full, empty, more than, and less than. Your child can also learn about one-to-one correspondence by helping to set the table. She will see that there is a plate, a fork and a napkin for each person. Talk with your child about healthy food choices, and explain that the right foods give her energy, make her feel good, and are full of the things her body needs to work well.

Can you write all the numbers you counted?

