

Get Active as a Family

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For more information on ways to lead a healthier lifestyle visit our

website GetHealthyCT.org



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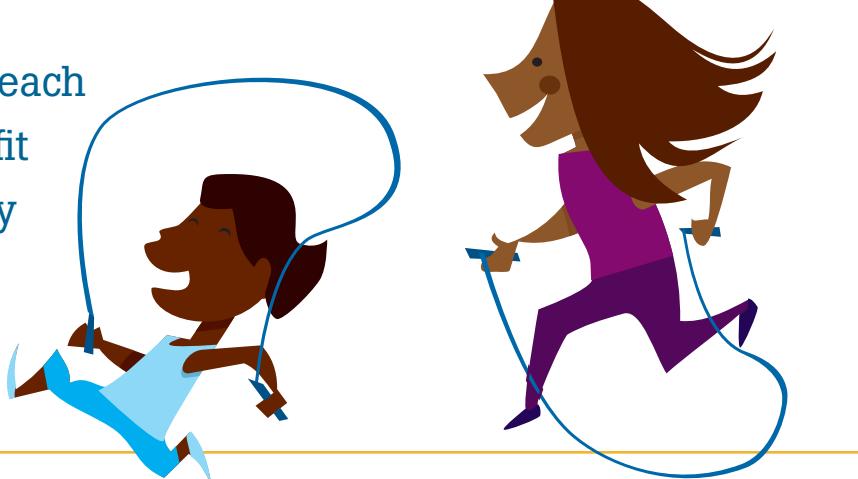
January 2020



parent tips

Be Active and Have Fun

Be active with your family each day. Here are some tips to fit physical activity into a busy week—and make it fun!



Find the best times to be active.

First, I will:

- Keep track of how my family spends our time for one week.
- Find two 30-minute time slots when my family could fit in physical activity.
 - Choose times when my family is usually together to try an activity.
 - Choose times when we usually have a lot of energy.

Start small.

Which of these activities will work for your family?

- Taking a walk or play tag with the children.
- Walking to work, school, or a friend's house.
- Using chores to move more; I can burn calories while I vacuum, rake leaves, or scrub floors.
- Asking my family to start (add your own ideas here!)

Start with what you know.

What will you start to do?

- Do things I know how to do—riding a bike or dancing.
- Pick activities that don't need any costly sports gear—like jogging, doing pushups, or tossing a ball.
- Get active at home, in my neighborhood, or in the park.
 - I don't need to go to a gym.
 - I can try active video games, where my kids and I dance or run in place.
- Make a pledge to:

Be active together.

I plan to:

- Play with my kids or let them join me for an exercise video or fitness game.
- Set up a birthday party or other social event that gets people moving, like dancing or having a jump rope contest.
- Exercise with friends.

Try new things.

I haven't done this before, so I will:

- Ask a friend to teach me a sport or active game.
- Take a dance or sports class. Sign my kids up for a class too.

If your family does not want to be active:

- Tell them physical activity will help make their bodies strong and healthy.
- Lead by example. When they see you having fun, they will want to join in.
- Tell them being active will give them more energy. Ask them to try it for two or three weeks and see how they feel.
- Have children choose fun ways to get moving.

Get support.

When I need support, I will:

- Find free or low-cost programs to help me and my family move more, such as:
 - Parks and recreation or YMCA programs
 - After school programs
 - Exercise classes at work
- Tell friends and family that I am trying to move more. Ask them to support my efforts.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



consejos para padres

¡Podemos! hacer que la actividad física sea divertida

Anime a su familia a practicar actividad física todos los días. Siga estos consejos y verá cómo es posible incluir actividades físicas en su ocupada semana y diviértase al mismo tiempo.



Escoja el mejor momento para estar activo

Primero:

- Escriba las actividades que hace su familia cada día durante una semana.
- Identifique por lo menos dos momentos de 30 minutos donde su familia podría practicar actividad física.
 - Trate de escoger momentos donde la familia está junta para probar una actividad.
 - Trate de escoger momentos en que todos tengan mucha energía.
- Escriba las actividades físicas que hará en la semana en un calendario para que no las olvide.



Empiece poco a poco

Lea estas actividades físicas y escoja las mejores opciones para su familia:

- Camine o ande en bicicleta por su vecindario o en un parque.
 - Use los quehaceres del hogar para aumentar sus niveles de energía.
 - Escoja actividades simples como caminar, correr, subir escaleras o bailar. No tiene que aprender habilidades nuevas.
 - Hable con sus familiares y pida ideas para saber qué les gustaría hacer. (Escriba las ideas en las líneas)
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Motive a su familia y únase a otras personas activas

Explique a familiares y amigos su interés en hacer ejercicio y díganle que su apoyo es muy importante.

- Planifique actividades sociales que incluyan actividad física. Prepare una fiesta o un evento para los amigos de sus hijos que los mantenga activos, ya sea bailando o jugando algún deporte como fútbol o baseball. Haga actividades físicas que motiven a sus hijos a mantenerse activos, como jugar a las escondidas o juegos de video que le permitan moverse.
- Haga actividad física con sus amigos y con personas que quieran mantenerse activas. Busque un grupo de ejercicio que sea gratis o inscríbase en un programa, como la YMCA o un club para caminar en su comunidad.

No tenga miedo a intentar cosas nuevas

- Encuentre a un amigo que le pueda enseñar algo nuevo. Tome una clase de baile o de algún deporte que le permita aprender nuevas habilidades. (Escriba las ideas en las líneas)
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¿Su familia no quiere realizar actividad física?

Siga estos consejos para hacer que sus familiares se mantengan activos:

- Díganles que la actividad física es importante para mantener el cuerpo fuerte y saludable.
- Sea el ejemplo para sus familiares.
- Al ver que se está divirtiendo, van a querer estar activos también.
- Díganles que al hacer actividad física tendrán más energía. Pídale que lo traten al menos por dos o tres semanas para que vean como se sienten.
- Deje que sus hijos escogen actividades divertidas para mantenerse activos.

Manténgase activo cuando viaje

- Empaque en su maleta una cuerda para saltar y úselo en la cuarto de su hotel.
- Camine por los corredores y suba las escaleras en el hotel. Visite un parque o centro comercial y camine por media hora o más. Lleve un reproductor de MP3 con su música favorita mientras hace ejercicio.



iPodemos!® es un programa desarrollado por los Institutos Nacionales de la Salud (NIH, por sus siglas en inglés). **iPodemos!** ofrece instrucciones, herramientas y consejos gratuitos a los padres, personas a cargo del cuidado de niños y a las comunidades, para ayudar a los niños de 8 a 13 años a mantener un peso saludable mejorando su alimentación, aumentando su actividad física y reduciendo el tiempo que pasan delante de una pantalla.

Para obtener más información, visite <http://wecan.nhlbi.nih.gov/espanol> o llame al 1-866-359-3226.

iPodemos! y los logotipos de **iPodemos!** son marcas registradas del Departamento de Salud y Servicios Humanos de los Estados Unidos (U.S. Department of Health & Human Services, DHHS, por sus siglas en inglés).

Infant Sensory Hoops

What is it?

An infant sensory hoop is a versatile toy that will not only entertain an infant, but will encourage gross and fine motor development. Typically, it is a hula hoop covered with multi-sensory materials and fabric that will engage an infant's mind and body.



Why?

- Makes tummy time more enjoyable
- Encourages rolling, twisting, turning, creeping/crawling, head control, reaching and grasping
- Strengthens core, neck, and arm muscles
- Offers a multi-sensory experience

Tactile (Touch)
using different textures
* Stimulates breathing
* Builds nerve connections in the brain's pathway
* Increases interest

Visual (Sight)
using different colors, patterns, etc.
* Black and white contrast, along with red aids in visual development and increased brain growth
* Stimulates vision through the use of different patterns and/or objects that sparkle/shimmer
* Some colors evoke emotional effects
* Helps with focus and visual tracking
* Increases interest

Auditory (Sound)
using different sounds
* Builds nerve connections in the brain's pathway
* Items that crinkle, beep, ring or other noises stimulate visual connections
* Increases interest

Create your own!

Materials:

- Hula hoop*
- Scissors
- Sensory Items (use 5 or more of these items)

- Loofah
- Tulle fabric
- Small stuffed toys
- Rattles
- Soft brush
- Textured materials
- Materials that make noise

- Fasteners (sew items on, use zip ties, ribbons, etc.)



- Silk ribbon
- Bath toys
- Teething toys/teething rings
- Duster
- Shower rings
- Boa
- Soft books

* When selecting the size of the hula hoop, consider the size of the child and their development level. For those that are bigger, longer, or more active it may be beneficial to use a larger hoop.

How to Make the Sensory Hoops:

1. Purchase or create a hoop and sensory items
2. Attach sensory items to ring by sewing, taping, tying, or using zip ties
3. Make sure all items are securely fastened to the hoop before allowing it to be used by any child

Safety

- No foam or balloons
- Ribbons must be shorter than 18 inches
- No small items that could pose a choke hazard
- Children should always be supervised



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www.beactivekids.org



Healthy Tips for Active Play



Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



Your child loves to move!

Encourage your child to play actively several times each day.

Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.

Yes **No**

I make sure my child's TV and screen time is less than 2 hours a day.

Yes **No**

I make sure my child is actively moving for at least 60 minutes a day.

Yes **No**

When actively playing, my child breathes quickly or sweats.

Yes **No**

If you can usually answer yes to these statements, your child is probably getting enough active play.



How can you raise an active child?

- **Make active play fun for the whole family.** Let your child help plan the fun.
- **Focus on fun, not performance.** All children like to play. They will win when they move, have fun, and are active daily.
- **Set limits on TV and computer time.** Limit TV and other screen time to less than 2 hours a day, as advised by many doctors. Try reading during inactive time rather than watching TV.
- **Be active yourself.** Active parents tend to raise active children. You influence your child's behavior, attitudes, and future habits. Be more active and limit your own time watching TV. Set the example by using safety gear, like bike helmets.



As children grow, they may be ready for new activities.

By age 2, they can run, walk, gallop, jump, and swim with adult help.

By age 3, they can hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, and catch, throw, bounce, and kick a ball.

By age 4, they can skip, swim, and complete an obstacle course.

There are many activities you can do with your child.

**Here are some ideas of how to be active with your child.
Write down your own ideas, too!**

Indoor play

Act out a story

Turn up the music and dance

Walk inside a shopping mall

Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Your family ideas: _____

Outdoor play

Family walks after dinner

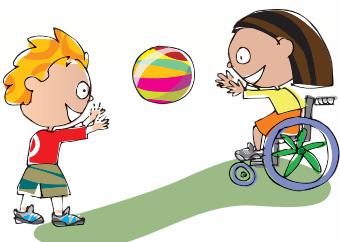
Play catch

Take a nature hike

Games in the yard or park

Kick a ball

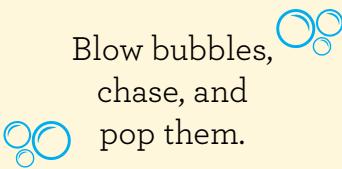
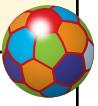
Your family ideas: _____



**For more great tips on these
and other subjects, go to:
ChooseMyPlate.gov/preschoolers/**

Move, Play, Have Fun!

Try these fun activities below. Cross them off as you and your family enjoy each one. Make up your own! How many can you do?

	Ride bikes or scooters.	Play "Simon Says."	Go swimming, toss water balloons, or run through the sprinkler.	Walk to school.
Play hopscotch.	Blow bubbles,  chase, and pop them.	Play with a hula hoop.	Kick a soccer ball back and forth.	
Play "Catch 1-2-3." Count aloud how many times the ball is caught.	Play sock basketball (toss rolled socks into a laundry basket).	Race to the nearest tree or other landmark.	Jump rope.	
Take a walk after dinner and look for a specific shape, like circles or triangles.	Hop! Place a broomstick on the floor. Stand on one side with both feet together. Jump over the stick and back 10 times.	Play volleyball with balloons. Keep a balloon afloat by hitting it back and forth.	Play "ABC Jacks." With each jumping jack, say the letters of the alphabet in order.	
Say the days of the week as you touch your toes.	 Go on a bug (or leaf, or different-colored cars) hunt.	Have a treasure hunt and see how fast everyone can find clues.	Play some music and have a family dance party.	
Play on a playground.	Take the dolls (or dog or action figures) for a walk.	Play tag.	Rake leaves, build a snowman, sweep, or garden.	
	Walk through the mall on a rainy day. 	Choose your own activity: _____	Play "Follow the Leader."	Go skating.



Sing and Dance!

Your kindergartener has been singing and dancing to a special song in class about the five food groups. Get the whole family in on the fun! Download it for free at: <http://www.fns.usda.gov/multimedia/kindergarten.mp3>.

Reach for the Sky

Here's a little song about the five food groups
Fruits, veggies, protein foods, grains, and dairy!



The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So eat five food groups and sing with me!



Give a hoot (hoot hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vroooooom!) with some grains
Now add dairy, you've got all five
So come on everybody, reach for the sky!

The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So eat five food groups and sing with me!



An apple is a fruit!
Broccoli is a vegetable!
Chicken is a protein food!
Bread is a grain!
And yogurt is dairy! (That makes five)



Give a hoot (hoot hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vroooooom!) with some grains
Now add dairy, you've got all five
So come on everybody, reach for the sky!

The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So thank you everybody for singing with me!



¡Muévete, juega, diviértete!

Prueba y diviértete con cada una de las siguientes actividades. Marca cada actividad después de disfrutarla con tu familia. ¡Inventa tus propias actividades! ¿Cuántas puedes hacer?

 <p>Montar en bicicleta o monopatín.</p>	Jugar a “¡Simón dice!”	Ir a nadar, lanzar globos de agua o correr por el rociador.	Caminar a la escuela.
 <p>Jugar a la rayuela.</p>	 <p>Soplar burbujas, perseguirlas y explotarlas.</p>	Jugar con un aro de hula-hula	Patear un balón de fútbol una y otra vez.
 <p>Jugar a “123 atrapa.” Cuenta en voz alta cuántas veces atrapan el balón.</p>	Jugar baloncesto con calcetines (lanza calcetines enrollados dentro de un cesto para ropa).	Hacer una carrera al árbol o punto de referencia más cercano.	 <p>Saltar la cuerda.</p>
 <p>Salir a caminar después de la cena y buscar formas específicas por la calle, por ejemplo círculos y triángulos.</p>	 <p>¡Saltar! Pon una escoba en el suelo. Párate a un lado y salta con los pies juntos. Salta de lado a lado sobre la escoba 10 veces.</p>	 <p>Jugar voleibol con globos. Golpea el globo una y otra vez para que no toque el suelo.</p>	Hacer saltos de tijera ABC. Con cada salto debes decir las letras del abecedario en orden.
 <p>Decir los días de la semana mientras te tocas los dedos de los pies.</p>	Hacer una búsqueda de insectos (o de hojas o coches de colores distintos).	Organizar una búsqueda del tesoro y ver quién descubre las pistas más rápido.	Poner música y hacer una fiesta de baile familiar.
 <p>Jugar en un parque infantil.</p>	 <p>Llevar a las muñecas (o al perro o figuras de acción) de paseo.</p>	Jugar al escondite.	Rastrillar hojas, hacer un muñeco de nieve, barrer, o trabajar en el jardín.
 <p>Caminar por el centro comercial en un día lluvioso.</p>	Elige tu propia actividad: _____	 <p>Jugar a “Seguir al líder.”</p>	Ir a patinar.



Padres

Los niños necesitan un mínimo de 60 minutos de actividad física cada día. Haga que el tiempo en familia sea activo.

¡A cantar y bailar!

Su hijo de kínder ha estado bailando y cantando una canción especial en clase sobre los cinco grupos alimenticios. ¡Pídale a toda la familia que se una y se divierta! Descárguela libre de costo en: <http://www.fns.usda.gov/multimedia/kindergarten.mp3>.

Reach for the Sky

Here's a little song about the five food groups
Fruits, veggies, protein foods, grains, and dairy!

The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So eat five food groups and sing with me!



Give a hoot (hoot hoot hoot), if you like fruit
Stomp your feet (stomp, stomp, stomp), and eat veggies
Sing my tune (ooh ooh ooh), for protein foods
Fly like a plane (vroooooom!), with some grains
Now add dairy, you've got all five
So come on everybody, reach for the sky!



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So thank you everybody for singing with me!



10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.



8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

DG TipSheet No. 29

April 2013

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

que su familia se mantenga activa



10 consejos para que su familia sea más activa

La actividad física es importante en niños y adultos de todas las edades. Mantener la familia activa puede beneficiar a todos. Los adultos necesitan 2½ horas de actividad física a la semana y los niños necesitan 60 minutos por día. Siga estos consejos para incrementar la actividad física de su familia.

1 planea actividades específicas

Determine las horas en las que toda la familia está disponible. Dedique algunas de éstas horas para la actividad física. Trate de hacer alguna actividad después de la cena o empieza el fin de semana con una caminata en la mañana del Sábado.



2 planea con anticipación y tome nota de sus logros

Escriba sus planes en el calendario familiar. Deje que los niños ayuden a planear las actividades. Permita que ellos marquen las actividades que ya realizaron.

3 incluya el trabajo en la casa

Deje que los niños participen en el trabajo del jardín y otras tareas de la casa. Ellos pueden ayudar rastrellando, deshierbando, plantando o aspirando.



4 use lo que esta disponible

Planea actividades que no requieren herramientas o espacios especiales. Ejemplos incluyen: caminar, trotar, saltar soga, jugar a las escondidas y bailar. Busque programas gratis o de bajo costo en los centros recreativos de su comunidad.

5 desarrolle nuevas habilidades

Suscriba a los niños en clases que los entretengan como: gimnasia, danza o tenis y ayúdelos a practicar. Esto ayudará a mantener las actividades divertidas, interesantes y desarrollarán nuevas habilidades.

6 planea para todas las condiciones del tiempo

Escoga algunas actividades que no dependan de las condiciones del tiempo. Pruebe caminando en el centro comercial, natación en piscina cubierta o juegos activos de video. Disfrute actividades adicionales afuera cuando el tiempo lo permita.

7 apague la televisión

Establezca una regla de tal manera que nadie pueda ver TV, juegos de video o usar la computadora por más de 2 horas por día (excepto por las tareas de la escuela). En vez de un programa de televisión participe en un juego familiar activo, baile su música favorita o salga a caminar.



8 empiece poco a poco

Empiece introduciendo una nueva actividad familiar y adicione más cuando vea que todos estén listos. Lleve al perro a largas caminatas, juegue con la pelota o vaya a clases de educación física.

9 incluya otras familias

Invite a otras familias a tus actividades. Esta es una manera para que sus niños comparten el tiempo con amigos mientras hacen actividad física. Planea fiestas con juegos activos como boliche, carrera de obstáculos, suscríbase en los programas familiares de YMCA o en un club recreacional.



10 deleite a su familia con actividad divertida

Cuando sea tiempo de una celebración familiar, planea algo activo como premio. Planee un paseo al zoológico, al parque o al lago, para deleite de todos.



United States
Department of
Agriculture

Visite www.ChooseMyPlate.gov
para obtener más información.

DG TipSheet No. 29

Abril 2013

Center for Nutrition Policy and Promotion

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.

Apple oatmeal

Ingredients

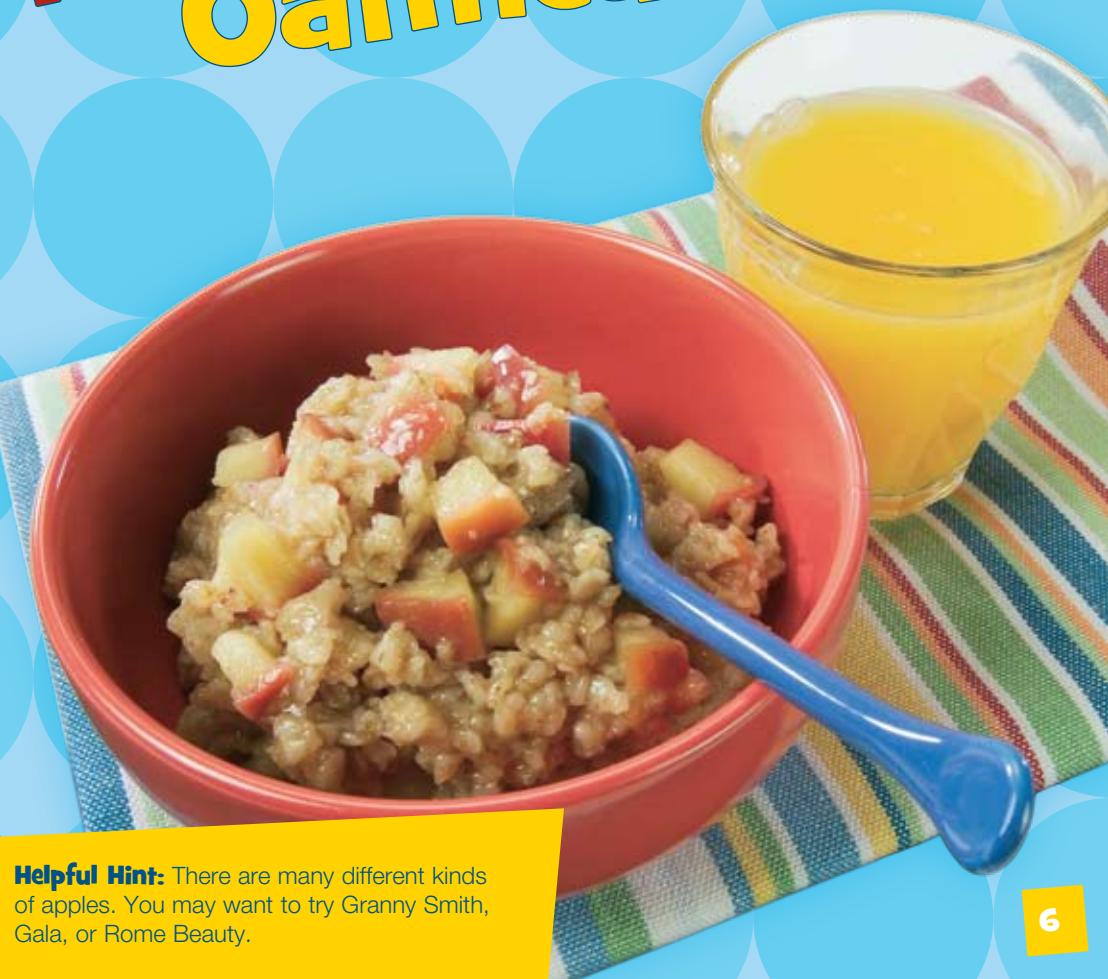
1 large apple
1 cup quick cooking oats
½ teaspoon ground cinnamon
¼ teaspoon salt
1¾ cups 100% apple juice

Preparation

1. Chop the apple into bite-size chunks. Be sure to remove the core (the part with the stem and seeds).
2. Combine the apple chunks, oats, cinnamon, salt, and apple juice in a microwave safe bowl. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.
3. Microwave on high for 2 minutes. Use pot holders to remove the bowl from the microwave because it may be hot.
4. Stir and let cool for 1 minute before serving.

Makes 4 servings. One serving equals ¾ cup.

Preparation time: 10 minutes
Cooking time: 2 minutes



Helpful Hint: There are many different kinds of apples. You may want to try Granny Smith, Gala, or Rome Beauty.

Avena con Manzana

Ingredientes

- 1 manzana grande
- 1 taza de avena de cocción rápida
- ½ cucharadita de canela molida
- ¼ cucharadita de sal
- 1 ¼ tazas de jugo de manzana 100% natural

Preparación

- Pica la manzana en trocitos. Asegúrate de retirar el corazón (la parte que tiene el tallo y las semillas).
- Combina los trocitos de manzana, la avena, la canela, la sal y el jugo de manzana en un tazón que pueda usarse en el microondas. Cubre el tazón con una tapa o envoltura de plástico. Asegúrate de dejar una pequeña apertura para que salga el vapor.
- Calienta en el microondas a alta potencia durante 2 minutos. Usa agarradores para proteger tus manos al sacar el tazón del microondas porque puede estar muy caliente.
- Mezcla y deja enfriar durante 1 minuto antes de servir.

Rinde 4 porciones. Una porción equivale a $\frac{3}{4}$ taza.

Tiempo de preparación: 10 minutos

Tiempo de coccimiento: 2 minutos



Consejo Útil: Hay varios tipos de manzanas. Prueba las variedades *Granny Smith*, *Gala*, o *Rome Beauty*.