

Find A Balance



School Nutrition Program
February 2012

Eat wise and exercise is a message for people of all ages. **While childhood obesity is certainly affecting the health of America, adults have the ability to set the example of how to incorporate more physical activity and wise food choices into their daily routine.** Unfortunately, for many of us, daily exercise and activity breaks have been replaced with caffeine to enable us to power through our busy schedules. **But exercise is not just recommended for energy levels...it helps prevent chronic diseases such as cancer, heart disease, and stroke.** It is recommended that children need 60 minutes of moderate to vigorous activity each day. But the average 8-18 year old spends more than 7 hours per day using video games, phones, and computers. In order to shift this scary, stationary lifestyle, kids must see their role models making physical activity a priority. Active families produce active kids, who eat wise and exercise.

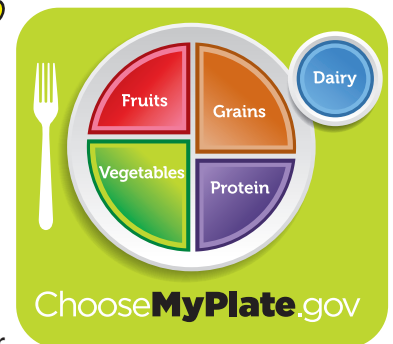


Abraham Lincoln and Thomas Edison birthdays are in February!



Power Players!

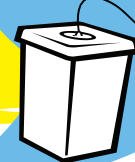
USDA has developed an easy to use tool to guide our eating choices. Exercising is only half of the equation to a healthy, balanced life. Eating wise can be difficult due to busy schedules, monstrous portion sizes, and tight budgets. However, when thinking about snack or meal time, remember the power players of the plate... MyPlate! **Fruits, vegetables, whole grains, lean proteins, and low-fat dairy choices will give you and your family the nutrition and the energy to be more physically active.**



Teeth Peace!

February is National Children's Dental Health month. Good oral health is an important part of overall total health. Studies support that children with poor dental health have decreased performance in school and poor social relationships. The American Dental Association (ADA) recommends that brushing thoroughly twice per day and flossing should be daily routines. Healthy eating is also a part of good dental hygiene since sugar and other carbohydrates allow bacteria to multiply on the tooth's surface. **Taking time to create healthy dental healthy habits will allow you and your family to have teeth peace...and be well on your way to balanced health.**

**Q: What do you call a very small Valentine?
A: A ValentINY!**



Believable But Bogus

Eating more sugar means more tooth decay.

Carbohydrates, such as sugar, saliva, and bacteria lead to the formation of plaque. Then bacteria can adhere to the tooth and begin to use the sugar as energy to produce an acid, which begins to dissolve the enamel of the tooth. **However, it is not the amount of sugar that is consumed that matters as much as the amount of time the sugar has contact with the teeth.** Items, such as slowly-dissolving, sticky candies stay in the mouth for longer periods of time, which increases the amount of time teeth are exposed to the acids formed by bacteria. **Sugar-free items are considered safer for teeth but regular dental hygiene habits must still be practiced.**



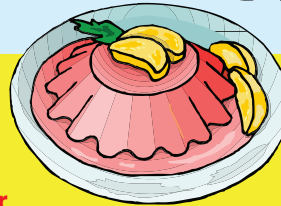
Hidden Healthies

Use the word bank below to find the Hidden Healthies.

Look back through the newsletter to remember why each of these words is important to your daily diet.

B	Y	S	M	R	S	E
R	K	P	U	I	L	S
U	F	B	F	G	L	I
S	L	H	L	V	A	C
H	X	T	O	S	U	R
W	Q	E	S	A	G	E
E	N	E	S	U	W	X
E	A	T	W	I	S	E

Recipe Rescue: Fruit Fizzle



Ingredient:

- 1 cup Boiling Water
- 1 pkg Instant Gelatin
- 1 cup Sparkling Soda, cold
- 1 cup Fruit, chopped

Rescue with:

- 1 cup Boiling Water
- 1 pkg Instant Gelatin, Sugar-Free
- 1 cup Sparkling Seltzer Water, cold
- 1 cup Fruit, chopped

Directions: Stir boiling water into gelatin in until completely dissolved. Add seltzer water. Refrigerate 1 hour or until slightly thickened. Add fruit; stir gently until well blended. Pour into 5 dessert dishes or medium serving bowl. Refrigerate until firm.

Eat Wise
Brush
Floss

Exercise
Teeth
Sugar

