

Mrs. Riddle's 1st Grade



Healthy Heroes

Hi Parents!

This month, our class is learning about maintaining a healthy lifestyle. We will be focusing on nutrition, including eating healthy meals and healthy snacks, as well as creating a class cookbook full of healthy recipes. If you have a recipe to share with the class, please send it in with your child. We will also be focusing on fitness. The students, also known as, "Mrs. Riddle's Healthy Heroes," will learn a variety of exercises, as well as tips on how to incorporate fitness into their daily schedules. This newsletter contains several different ways to help your child stay healthy. I encourage you to discuss the importance of nutrition and fitness with your child, and support your child in maintaining a healthy lifestyle at home. Please email me if you have any questions, concerns or ideas. Thank you for your participation and cooperation!

Sincerely, Mrs. Riddle (rriddle@oakland.edu)

Stay on Track with Healthy Snacks

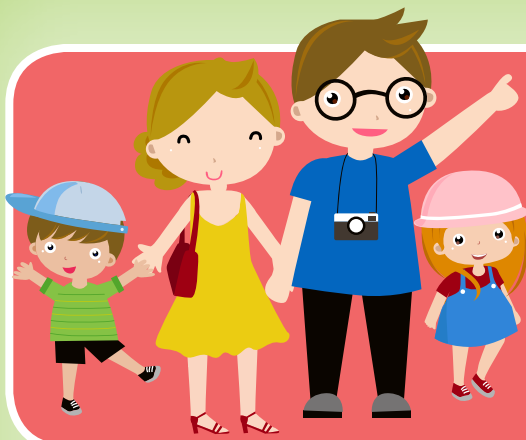
"I want a snack!" Most parents know that phrase all too well. We may occasionally roll our eyes upon hearing it, but it is OK for kids to eat a little something between meals. In fact, snacks can play a big part in fulfilling a child's daily nutritional requirements.

The important thing is to provide children with nutritious snacks that don't undermine our primary goal of keeping them healthy and fit. Avoid foods that are fried, processed, too oily or too salty. And, definitely keep sugar to a minimum. If your child eats healthy snacks from the start, they'll likely continue to make good food choices throughout their lives.

As for serving sizes, young children don't need large portions. Many experts agree that servings should equal about one tablespoon of food for each year of a child's age. Enjoy serving them those small portions now, because your grocery bills will increase dramatically as they get older!

Healthy Snack Ideas:

- Crunchy vegetable sticks (carrots, celery) with low-fat ranch dip (for older preschoolers)
- Nearly frozen applesauce
- Melon Melody: Watermelon, cantaloupe and honeydew with non-fat whipped cream
- Ants on a Log: Peanut butter on celery with raisins
- Mud & Dirt: Low-fat pudding with crushed graham crackers mixed in
- Peanut butter on half of a whole-wheat bagel
- Whole-wheat crackers or whole-wheat tortilla with salsa
- Hummus and pita wedges
- "Light" microwave popcorn with grated parmesan cheese (for children three years and older)
- Mini-pizzas: Half an English muffin covered with a tablespoon of tomato sauce, then topped with part-skim mozzarella cheese



Take a Family Walk

Kids need at least 60 minutes of physical activity every day. Exercising every day can help prevent obesity, help build healthy bones and muscles and make your heart healthier. A great way to get some of your daily exercise is to take a walk with your whole family. You and your family can explore walking trails in local parks or just walk around the neighborhood. Either way, it can be a fun way for your family to spend time together while enjoying the outdoors and staying healthy!

Motivating Kids to Get Fit

Focus on fun.

You don't have to call it "exercise," just consider it an activity. Find out which ones your child likes and encourage those.

Limit TV and computer time.

The American Academy of Pediatrics recommends no more than "two hours of daily media exposure" for children ages two and older. When they are watching or clicking, make sure they take breaks and move around.

Schedule play dates.

The key word here is "play." Have your child get together with a friend and play a game of tag, race down the block or kick a ball around.

Get fit as a family.

Create some funny dance moves. Put up a net and shoot hoops. You could also visit a zoo, play miniature golf or enjoy other activities where a lot of ground is covered on foot.

Choose fitness-oriented gifts.

For your child's next birthday, consider giving him or her a jump-rope, mini-trampoline, hula-hoop — something that will encourage movement.

Clean up.

Chores don't have to be a bore. Sing a silly song with your child as you both wipe tables and counters. See how long both of you can hold a funny face while folding and putting away clothes. Older kids can help wash the car. On a hot day, this can turn into water play.

Be a model of fitness.

It's much easier to motivate kids to be active, if you lead an active lifestyle. Whether you follow a structured fitness program or are lucky to get in some morning stretches, let them see you moving. It will likely inspire them to do the same.

Keep Track

When watching TV, have your children keep track of how many times they can do each exercise during each commercial break:

	Jumping Jacks	Push-ups	Sit-ups
Commercial Break #1			
Commercial Break #2			
Commercial Break #3			
Commercial Break #4			

Healthy Reading

Picky Peggy

by Jennifer Dussing

Peggy, who is known for being a picky eater, decides to become "Peggy the bold eater" after learning a lesson from her pet duckling. This is an entertaining tale that includes scientific information in sidebars and within the story itself.

Murphy Meets the Treadmill

by Harriet Ziefert

Murphy the dog is happy to lie on the porch. His "favorite activity is eating." Though he's reluctant at first, he finds a way to get in shape that's fun and effective: walking every day on an exercise treadmill.

