



Healthy Families

Fall 2021



healthy kids
a journey to healthy habits
Sarah Bush
Lincoln

A healthier tomorrow starts today!

October:

My Plate **PRETENDERS**

We are thrilled to be back in your child's classroom! We kicked off our first elementary Healthy Kids lesson of the year by learning about the My Plate food groups, and "food pretenders". These are foods that 'pretend' to belong to a food group, but are not healthy for us. Some examples of My Plate pretenders are fruit loops, chicken nuggets and veggie straws.



We discussed the importance of nutrients, and filling our plates with foods from all five food groups. The students were able to have some friendly competition by putting their knowledge to practice while playing the My Plate Takeover game!

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November: BALANCE YOUR TIME

Understanding the importance of balancing your time is important to maintain an overall healthy lifestyle. During our November lesson students were able to visualize ways we spend our time and reflect back on behaviors, and to be mindful about screen time. We discussed examples of active, learning, family and screen time activities and their impact on our day.

We concluded the lesson with a fun game of Balance Your Time charades. Students acted out activities of either active time, learning time, family time or screen time to their classmates. What a fun way to see how filling our days with all four of these parts are crucial to a balance healthy life.



December: RE-THINK YOUR DRINK

Despite numerous alternatives, sugary drinks are everywhere – at kid's parties, schools, on the soccer field and at home. While soda is the common culprit, it's important to remember it isn't the only one to blame. Fruit drinks, Starbucks and even sports drinks can be loaded with more than recommended daily values. Reducing sugary drink consumption is an immediate step we can take to stay healthy! It is always best to drink water or low-fat milk.

During the lesson, students were able to discover how much sugar is typically consumed in a day and the effects of diets high in sugar. We looked at a bottle filled with soda, and an emptied bottle filled with 18 teaspoons of sugar.

In a game titled "More, Less or the Same" students determined the amount of sugar in commonly consumed drinks. Remember to *think before you drink!*





Turnips: The Forgotten Vegetable

The turnip can be a tasty, healthy, and delicious treat! Turnips are a root vegetable that grows well in climates with cold winters. Turnips provide many health benefits including being fat free, cholesterol free, full of fiber, and vitamins C and potassium. Turnips usually taste sweeter if picked after a frost. There are many great ways to prepare this vegetable in order to make it as tasty as possible. You can boil them, steam them, or even bake them. You can also mash them up just like potatoes. You can also eat them raw, just like many other vegetables. Even the leaves, which taste similar to mustard greens, can be eaten and used in a salad or cooked like spinach.. So the next time you are at the grocery store grab a few

turnips and give your taste buds something new and exciting to try!

Fun facts about turnips:

- 1.) It was a main food used in ancient Greece and Rome.
- 2.) They are related to radishes and not potatoes.
- 3.) 19th and 20th century Celts used turnips and not pumpkins for Jack o Lantern carving.
- 4.) Turnips that are small to medium sized are usually the sweetest.
- 5.) Turnips contain vitamin C which may help boost your immune system!

We Wish You A Merry FIT-MAS!

12 days of Fit-mas Challenge – try each exercise from 12 back to one just like the song!

- One sky reach to keep me healthy
- Two toe touches
- Three side bends
- Four candy cane curls
- Five jumping jacks
- Six heels a raising
- Seven squats a squatting
- Eight stars a jumping
- Nine lunges lunging
- Ten little leaps
- Eleven arm circles
- Twelve second plank



Please Welcome: Harley Powley

My name is Harley Powley, and I'm so excited to be visiting your child classroom this year as a Healthy Kids Educator! Teaching kid's fun ways to be healthy and active is so fun and rewarding. Health and wellness are a passion of mine. I enjoy running, cycling, yoga and baking. Over the years I have participated and competed in many running events. My favorites are Races for All Paces, Run for the Bagel and being a part of the Mattoon to Peoria St. Jude's running team for the past three years. It was an incredible experience!



Got info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
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