

Healthy News

Newsletter of
Healthy Schools Project &
Healthy Hawks

September 2008
Volume 6



Eating Healthy at School

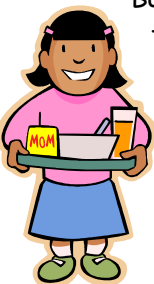
By: Ann McGrath Davis, PhD, MPH

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All of our children have headed back to school for the new school year, which means trying to eat healthy at school. Eating at school can often be a challenge for a variety of reasons. These include school lunches that are less than perfect, vending machines that are tempting with lots of red foods, school stores or events that sell special treats that are packed with sugar and fat.

As you know the school lunch program is supported by the federal government and requires schools to meet certain minimal nutritional guidelines in order to obtain their funding. The problem is, however, that meeting these national nutritional guidelines does not necessarily mean that the foods that are served are healthy. There is a big national movement underway to improve the nutritional content of school lunches - see the website of the Healthy School Lunches program for more information (<http://www.healthyschoollunches.org/>).

Basically, the problem is that school lunches often contain high amounts of sugar and fats. What we teach you in our programs is that your diet should mostly be composed of fresh fruits and vegetables - green foods. Lots of people call this type of diet a plant based diet (because fruits and vegetables are plants, of course). School lunches are not serving mostly green foods and are not focusing on mostly serving a plant based diet so that is what organizations like the Healthy School Lunches program advocate. Until this type of national change takes place, your options as a parent are somewhat limited. Unless you can send a healthy, green, plant based lunch with your child each day, your child is going to have to eat what the school is serving. To make this option the most healthy, have your child only eat one school lunch per day, have them only drink skim milk or water with their lunch, and have them take an extra serving of fruits and vegetables when you have time to pack them.



As for vending machines, try to avoid them all together as they are typically packed with those red foods that we're all trying to avoid. If your child simply must visit the vending machine at school, teach them about what a healthier choice would be and have them make this choice. The same goes for the school store - avoid it if at all possible, but if your child has to visit it, focus on making the healthiest choice possible. When your school asks your child to sell cookies, candy or other red foods to raise money for the school or some activity, my advice would be to simply refuse. Rather than selling the unhealthy item, have your child simply ask for donations to support their effort to boycott the selling of the unhealthy red foods. I



In This Issue:

| | |
|-----------------------|--------|
| Main Article | Page 1 |
| Recipe Highlight | Page 2 |
| Website Highlight | Page 3 |
| Participant Highlight | Page 3 |
| Family Activity | Page 4 |
| Crossword Contest | Page 5 |

would bet that your child will be not only financially rewarded for their unconventional choice (and raise a lot of money for their cause), but that they will also receive lots of positive praise from others for choosing to think for themselves and advocate for the health of others around them by not promoting all those red foods! Best of luck for a healthy start to the new school year.

Recipe of the Month: Fish Tacos

By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

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Are you having trouble getting your kids to try fish? Well, why not try using fish in a food you know they already love - like tacos! Tilapia is a very mild white fish that is low-fat and a great fish to introduce children or other non-fish eaters to.

Tilapia Tacos with Peach Relish

Salsa:

2 cups finely chopped peeled peach (about 2 medium)
1/2 cup finely chopped red onion
2 tablespoons chopped cilantro
1 tablespoon fresh lime juice
1/2 teaspoon kosher salt
1/8 teaspoon ground red pepper
1 jalapeño pepper, seeded and finely chopped
1 garlic clove, minced

Remaining ingredients:

1/2 cup panko (Japanese breadcrumbs)
1/2 teaspoon kosher salt
1/4 teaspoon ground red pepper
1 pound tilapia, cut into 2-inch strips
Cooking spray
8 (6-inch) corn tortillas



To prepare salsa, combine first 8 ingredients in a medium bowl. Let stand 30 minutes at room temperature. Preheat oven to 375°. Combine panko, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Add fish to bowl, tossing to coat. Place fish in a single layer on a baking sheet coated with cooking spray. Bake at 375° for 10 minutes or until desired degree of doneness, turning once. Heat tortillas according to package directions. Divide fish and salsa evenly among tortillas.

Yield: 4 servings (serving size: 2 tacos and about 1/2 cup salsa)

CALORIES 250 (15% from fat); FAT 4.1g (sat 1g,mono 0.5g,poly 0.9g); IRON 0.6mg; CHOLESTEROL 75mg;
CALCIUM 30mg; CARBOHYDRATE 30.6g; SODIUM 533mg; PROTEIN 25.8g; FIBER 3.5g

Cooking Light, AUGUST 2006



WEBSITE HIGHLIGHT

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<http://www.bam.gov/>

This is a website run by the Center for Disease Control and Prevention, Department of Health and Human Services. BAM stands for Body And Mind.

This is a fun website for kids! This site will answer the questions that many kids are concerned about such as fitness, diseases, food, and peer pressure. It is informative, and there are a lot of games, quizzes, and fun activities.

For Kids: I recommend that you visit this website. It's fun and full of information that could greatly improve your lives!

Section highlights: In order to promote healthy eating and exercise habits, I would like to highlight the following sections.

a) Food and Nutrition

This section has a lot of wonderful recipes for treats, snacks, and lunches. It also tells how to make good decisions when you dine out.

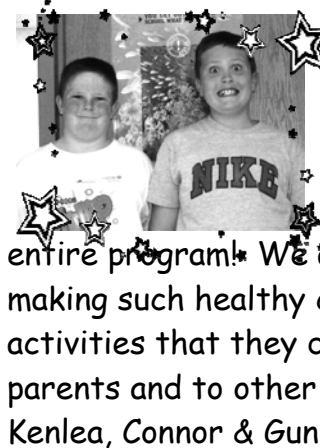
b) Physical Activity

In this section, you can create a customized activity calendar that could help you meet your exercise goals. You can also learn about which activities are suitable and interesting to you.

c) Your body

You can learn about diabetes, the energy equation, hygiene, genetics, and puberty. You get experts' answers about the questions that you may have always wanted to ask.

Participant Highlight Kenlea, Connor & Gunner



This month we have decided to highlight three participants from our Healthy Schools Project - a project that focuses on helping children and families in rural Kansas live healthier lives. Kenlea, Connor and Gunner all attend Holcomb Elementary School in Holcomb, Kansas. They are finishing their 8 months of participation and have made it through the entire program! We are very proud of Kenlea, Connor and Gunner for making such healthy changes in the foods that they eat and the activities that they do. We know they are an inspiration to their parents and to other children in their community. Keep up the great work Kenlea, Connor & Gunner!!



Family Exercise Activity Highlight!

By Cinnamon Smith
Email: csmith6@kumc.edu

TAG! You're IT!!

Everyone knows how to play tag! It is a great way for friends and families to have a good time. Tag is also a great way to run around and get some exercise. There is the traditional tag game but, there are a lot of variations on the original game. Here are a few games that are based on tag that your whole family can play.

Fruit and Veggie Tag

In this game of tag, the person who is It runs around and tags the other players. When a player is tagged, he/she must freeze. In order to get unfrozen, a player who is still in the game comes over and tags him or her. Then the frozen person must say the name of a fruit or vegetable to be able to run around again. The last person who didn't get tagged will become It for the next game! Since you can get "unfrozen," there is no base where you can be safe.



Surprise!! Hide and Seek

This is a great tag to play if there are a lot of good hiding places around. In this version of tag, there is a base and the person who is it gets to surprise the players. First, all of the players get to decide on a base. Base is where players are safe for getting tagged out. All of the players hang out on base for 30 sec. While the players are counting, the person who is IT goes to hide. When the players count to 30, they all go out in search of It. Once they find him or her, It pops out and tries to catch as many people and he/she can before they get back to base. Once It has been found, players may only stay "safe" on base for 10 seconds. The last person left gets to be It next time.



Octopus Tag

In this version of tag, everyone can become It. The base will be at the two opposite walls in the room. When the person who is It says "GO!" everyone must run to the other side of the room. When a player gets tagged, he or she must sit down right there. Now the person who was tagged can get people too. The people, who get out, can reach out and tag anyone else who is still running around. You can only stay on base for 15 seconds. The last person who does not get out will be the new It.



APPLE CROSSWORD PUZZLE

By: Martha Gonzalez, Research Assistant

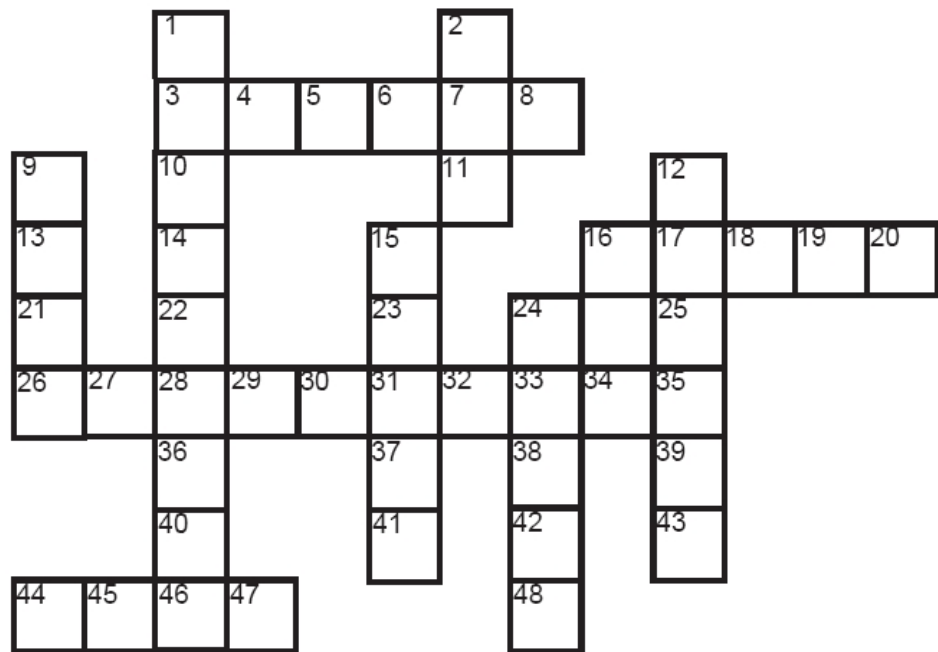
Email: mgonzalez@kumc.edu

Want to learn more about apples? Try completing the crossword puzzle below, see what you know & learn as you go! Challenge yourself by knowing more about what you eat & if you don't know the answer work with a partner or look it up. When completed submit your crossword puzzle for a chance to win a prize!

For more healthy, fun, games, & activities please visit the following website:

<http://www.dole5aday.com/html/kids.html#banana>

Apples Crossword Fun



Across

3. _____ are available year-round.
16. More than 7,000 varieties of apples grow in the _____.
26. In the United States, _____ state grows the most apples.
44. Apples help your _____ with digestion because they are high in fiber.

Down

1. In the fall apples are _____ by hand.
2. The most popular type of apple in the U.S.A. is _____ delicious.
9. Apple trees can _____ more than 40 feet tall.
12. One apple _____ as one serving of your 5 A Day.
15. Pack apples for a snack or with _____.
24. _____ apples at home in the refrigerator

CONTEST RULES:

If you would like to participate in this month's contest please:

- Submit your completed crossword puzzle via email (mgonzalez@kumc.edu), post mail or you can drop it off at the Pediatrics Clinic at KU please make attention to: Martha Gonzalez, before Monday, October 27, 2008.
- Please include your name, phone# & mailing address so we can contact you in case you win.
- Our Healthy News Team will then look at the puzzle to see who has them all correct.
- If you are our winner look forward to hearing from our team and get a **FREE PRIZE!**

For more information about Healthy Schools & Healthy Hawks please call: 913-588-2452

Toll Free: 1-877-588-3775






Visit our website at

http://www2.kumc.edu/kids/healthy_hawks/

Please contact us if any of your contact information has changed so we can continue to send you our newsletters. If you would like to be taken off our mailing list please let us know.

THANK YOU & STAY HEALTHY!!

Calendar of Events:

-  **September 25 - Flint Hills Elementary completes the Healthy Schools Project!**
-  **October 2 - Holcomb Elementary completes the Healthy Schools Project!**
-  **October 27 - Current Healthy Hawks Group Completes!**
-  **October 31 - Halloween**
-  **November 3 - Next Healthy Hawks Group Starts!**

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