

... it's the most

WONDERFUL

time of the year!

DECEMBER 2018

The holiday season is the perfect time to get your kids involved and excited about nutrition. Kids love to learn and be able to apply their skills. Let them be your little helper in the kitchen when preparing some holiday treats. Giving them guidance and allowing them the freedom to help prepare a holiday treat will give them a boost of confidence when they get to try their product and see others enjoying them too.

Safety Precautions

First cover a few ground safety rules before getting started. Educate your kids on proper hand-washing with warm, soapy water while singing two choruses of "Jingle Bells" to wash away germs.

Teaching Basics

Start with the basics by teaching your kids how to gather appropriate ingredients for the recipe or technique on cracking an egg. Teach them the importance of measuring the correct amount and how to use different cooking utensils.

Look Who's Cooking!

To ensure excitement for your child about cooking, assign cooking tasks according to their abilities. Below are some tips based on child's age and abilities:

- Three to five years old: mix together simple ingredients, snap green beans, tear lettuce for salad, press cookie cutters
- Six to seven years old: shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- Eight to nine years old: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- Children age ten and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on stove

Remember to allow your child to learn and gradually master cooking methods.

<https://www.eatright.org/homefoodsafety/safety-tips/holidays/the-joy-of-cooking-with-kids-during-the-holidays>

NUTRITION NEWS

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NAUGHTY OR NICE?

This time of year is a favorite for most, but unfortunately it can land some people on the naughty list health-wise. The end of the year is a persistent food feast. Here are some tips to stay on track, but still be able to enjoy some popular, seasonal goodies. There are ways to prepare and choose healthier versions of common foods during this time of year that will be a little nicer to your body and health.

- ❖ 1.) Naughty: White Dinner Roll- refined white flour has a high glycemic index, which leads to high blood sugar levels.
Nice: Whole Grain Dinner Roll- whole grains provide heart-healthy fiber and have lower glycemic index than white bread.
- ❖ 2.) Naughty: Green Bean Casserole- often made with canned green beans which have about 650 milligrams of sodium per cup, as well as cream of mushroom, also very high in sodium.
Nice: Green Beans Amandine- fresh green beans are salt-free and loaded with folate and vitamin C. Plus, the good for you fat in almonds helps your body absorb vitamins and minerals.
- ❖ 3.) Naughty: Fried Chicken- a 2.5 oz. serving adds 13 grams of fat and 217 calories to your plate.
Nice: Grilled Chicken Breast- protein packed and makes you feel full, all for 120 calories and less than two grams of fat in a 2.5 oz. serving.
- ❖ 4.) Naughty: Cured Ham- a salty nightmare, a 2.5 oz. serving has 639 milligrams of sodium.
Nice: Roasted Turkey- contains just 35 milligrams of sodium per 2.5 oz. serving, plus it's an excellent source of niacin, which helps with digestion.
- ❖ 5.) Naughty: Gravy- often packs 165 milligrams into just two tablespoons.
Nice: Fresh Cranberry Sauce- with a mere 10 milligrams of sodium per two tablespoons, this is a better turkey topper than gravy, and it has heart-healthy antioxidants.
- ❖ 6.) Naughty: Chocolate Covered Nougats, Marshmallows, Other Candy- sugar, sugar, and more sugar..Need I say more? Empty sugar calories, meaning a lot of calories offering little to none nutritional value
Nice: Dark Chocolate Dipped Fruits- dark chocolate is a concentrated source of flavanol antioxidants that can help decrease cholesterol. Choose 70% cocoa or higher for the most flavanols and least amount of sugar and fat.
- ❖ 7.) Naughty: Candied/Canned Sweet Potatoes-comes with lots of added sugar and calories
Nice: Baked Sweet Potato (sprinkled with a little brown sugar and cinnamon, if you must)- powerhouse vegetable full of fiber, beta carotene, vitamin C and potassium; less sugar

BUT REMEMBER: Food is your friend, not your enemy. Everything in moderation is key. There is nothing wrong with enjoying the "naughty" food. It only becomes naughty when too much is consumed.

<https://www.lakenewsonline.com/article/20131109/LIFESTYLE/131109436>

<https://www.canadianliving.com/health/nutrition/article/naughty-and-nice-10-healthy-eating-tips-for-the-holidays>

LET'S GET MOVING!



Complete 25 Reps Of Each Of The 25 Exercises.
Time yourself to see how quickly you can finish!

1. Low Lunges/Leg
2. Squat Jacks
3. Slow Jacks
4. Thrusters
5. Inch Worms
6. Plank Up-Downs
7. Donkey Kicks
8. Dips
9. Pike Push-Ups
10. Push-Ups (reg)
11. High Knees*
12. Mt Climbers*
13. Squat Jumps
14. Jumping Jacks
15. Butt Kicks*
16. Lemon Squeezes
17. Leg Raises
18. Flutter Kicks
19. Hollow Rocks
20. Diag. Toe Touches
21. Lunge Walks
22. Close Squats
23. Shoulder Taps
24. Plank Jacks
25. Burpees

For more workouts and fitness tips go to:
LiftingRevolution.com



White Chocolate Reindeer Popcorn

An easy 5 min delicious treat!

Ingredients:

- 1/3 cup popping popcorn kernels or 1 bag white popcorn popped
- 9 oz bag vanilla candy melts (about 1 ¾ cups)
- 1 cup broken pretzel pieces
- 1 ¾ cups M&M's (holiday ones)
- Green, red, and white sprinkles

Instructions:

1. Line a jelly roll pan with parchment paper. Set aside.
2. Pop your popcorn in popcorn maker or in microwave if using microwavable popcorn. Once popcorn is done add it to large bowl, add broken pretzels, and half of M&M's
3. Melt the vanilla candy melts in microwave safe bowl for 30-second intervals, stirring well after each. Drizzle half of melted candy into popcorn bowl and stir. Add in rest of melted candy and M&M's, stir until everything is coated. Add sprinkles so that they stick.
4. Spread popcorn mix onto prepared pan and let sit until hardened. Break into pieces and store in air tight container!

"I don't have time" is the grown up version of "the dog ate my homework." We make time for our priorities. Is your health a priority?