

Growing Healthy Students



Harvest of the Month

February

Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

broccoli



Let's Get Physical!

• It's American Heart Month. Get at least one hour of physical activity every day. Visit

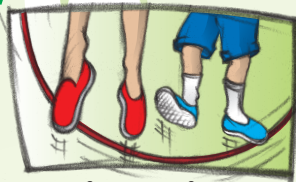
www.americanheart.org for more information.

• Start a weekly walking routine with your child. Invite your child's friends or neighbors to join you.

• While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more physical activity ideas, visit:

www.kidnetic.com ♦ www.verbnow.com



Recipe

ITALIAN BROCCOLI AND PASTA

Ingredients:

(Makes 4 servings at 1 1/4 cups per serving)

2 cups uncooked fettuccine noodles

Nonstick cooking spray

3 tablespoons chopped green onion

2 cups broccoli florets

1/2 teaspoon dried thyme

1/2 teaspoon dried or 1 1/2 teaspoons fresh oregano

1/2 teaspoon ground black pepper

1 (14 1/2-ounce) can stewed tomatoes, not drained

2 teaspoons grated parmesan cheese

1. Cook fettuccine according to package.
2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes. Simmer until heated.
4. Spoon warm vegetable mixture over fettuccine and top with parmesan cheese.

Source: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Produce Tips

Fresh Broccoli: Selecting, Storing and Serving

• Store broccoli unwashed in an open plastic bag in the refrigerator. It is best if used within a day or two after purchasing.

• Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

• Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color.

Healthy Help

• Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.

• Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.

• If your child brings a lunch, pack 100% fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.

• Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

Helping Your Kids Eat Healthy

• Dice and toss raw broccoli in a salad.

• Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.

• For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.

• Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

www.harvestofthemoth.com

Nutrition Facts

Serving Size 1 cup, chopped (88g)

Amount per Serving

Calories 30 Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 9%

Sugars 1g

Protein 2g

Vitamin A 12% Calcium 4%

Vitamin C 131% Iron 4%

Source: www.nutritiondata.com



EAT FRUITS & VEGETABLES AND BE ACTIVE