

Growing Healthy Students



Harvest of the Month

January

Health and Learning Success Go Hand-in-Hand

Celebrate a healthy New Year. You can help improve your child's overall performance in the classroom with nutritious meals and regular physical activity. Make a family resolution to eat more fruits and vegetables and be more active. With **Harvest of the Month**, your family can explore, taste and learn about how to eat more fruits and vegetables and be active every day.

The **Harvest of the Month** featured fruit is **orange**



Healthy Help

- Review the school menu with your child. Count the different ways in which oranges will be served (e.g., orange juice, orange slices).
- Encourage your child to eat the school breakfast and lunch. Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day.
- Keep healthy recipes and cookbooks in the kitchen. Let each member of the family pick a recipe and then cook it together.
- Keep nutrition information in your kitchen. When someone has a question, look it up and share with the family.

Recipe

ORANGE GLAZED VEGETABLES

Ingredients:

(Makes 4 servings at 1/2 cup per serving)

- 2 cups frozen vegetable mix
- 1/2 teaspoon grated orange peel
- 1/4 cup orange juice (squeeze from the orange grated for peel)
- 1 tablespoon Dijon-style mustard
- 1 teaspoon low-sodium soy sauce

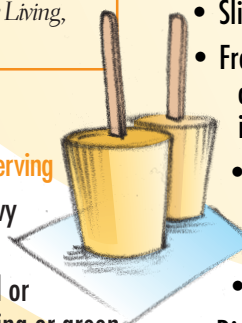
1. Cook vegetables in microwave according to package directions.
2. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small bowl. Stir until mixed.
3. Drain vegetables and toss with orange juice mixture. Serve immediately.

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

Produce Tips

Fresh Oranges: Selecting, Storing and Serving

- Look for fruit that is firm and heavy for its size with bright, colorful skins.
- Avoid fruit with bruised, wrinkled or discolored skins. Oranges with scarring or green spots on the surface are fine to eat.
- Fruits with thinner skins tend to be juicier than those with thicker skins.
- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.



Nutrition Facts

Serving Size 1 medium orange
(154g)

Amount per Serving

Calories 75 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 14%

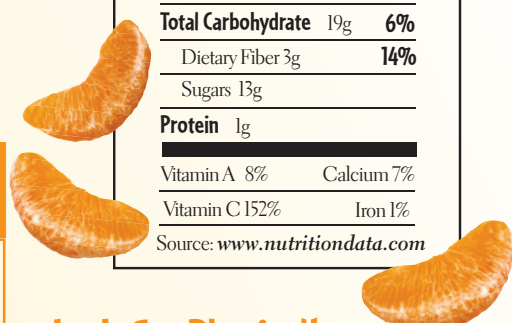
Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com



Let's Get Physical!

- Help your child start preparing for the **FITNESSGRAM**®. Ask your child's teacher for more information.
- Go for a walk or a jog in the morning to jump-start the brain.
- Start easy – add 10 to 15 minutes of physical activity to your day and gradually work up to one hour.
- Instead of watching TV, play a card or board game that exercises your brain.

For more physical activity ideas, visit:

www.kidnetic.com ♦ www.verbnow.com

Helping Your Kids Eat Healthy

- Slice oranges for a quick, healthy snack.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon. Serve it for dessert.
- Instead of a soft drink, give your child an orange for a sweet and juicy treat.
- Toss oranges in a salad.
- Discuss with your child how eating oranges helps fight colds and sickness.

For more ideas, visit:

www.havestofthemoth.com



EAT FRUITS & VEGETABLES
AND BE ACTIVE

This material was funded by USDA's Food Stamp Program through the *California Nutrition Network for Healthy, Active Families*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2005.