

MARCH KIDSHAPE NEWS



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Inspirational Quote

“Go confidently in the direction of your dreams. Live the life you have imagined.”

Henry David
Thoreau

Physical Activity Game of the Month — Partner Stretch

Sit with a partner in straddle positions facing each other, with feet touching. Legs are straight and as far apart as they can be. Hold hands and have your partner slowly and gently pull forward. If he pulls too easily, you won't feel anything

If he pulls too hard, it will hurt too much. Tell your partner when to stop pulling, so he knows where you feel a good stretch. When you are at that point, stay and hold it for 30 slow seconds.

Your partner can count for you. Then switch, so that you slowly pull your partner and hold it for 30 seconds.

Older students can do this stretch in a pike position, with legs out straight and together.



KidShape Graduate Recipe Corner — Top Hat Pizza

Ingredients:

7-inch round whole wheat pita or pocket bread
3 Tbs pizza sauce
1/4 c chopped green pepper or broccoli
2 Tbs part skim mozzarella cheese
1/2 tsp Parmesan cheese

Directions

Preheat oven to 400 degrees. Use kitchen scissors to cut out a circle from the top layer of the pita, leaving one inch around the edge for the crust. Bake on cookie sheet for 5 minutes. Cool slightly. Spread pizza sauce on pita. Sprin-

kle with mozzarella cheese and vegetable. Top with reserved circle of pita bread to form a "hat." Bake 8-9 minutes. Sprinkle with Parmesan cheese.

Makes 1 pizza.

Submitted by Jocelyn
Cimino

Nutrition Tip

Use smaller dishes and utensils to help with portion control. Eat dinner on small salad plates and use teaspoons to dish out the food from serving dishes. Studies show that we tend to "eat with our eyes" - the more we're served, the more we'll eat.

