

# DECEMBER KIDSHAPE NEWS



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## Inspirational Quote

"Blessed are those that can give without remembering and receive without forgetting."

~ Author Unknown

## Physical Activity Game of the Month — Jump Rope Activities

*Warm up:* Free jumping with music.

*Flat Rope Jump, Ropes on the Ground:* Jump from side to side down the rope, hop on one foot down one side and up the other.

*Single and Double Bounce Forward:* Take two bounces between each forward rope turn or one jump with each rope turn.

*Challenges:* While jumping continuously, how many

jumps can you do in 15-20 seconds? Can you jump 10 times with no mistakes? How many double bounce forwards can you do without mistakes?

## KidShape Recipe Corner — Amazing (Lower-fat) Iced Sugar Cookies

### Ingredients:

1 cup sugar  
1 stick unsalted butter, softened to room temp  
1 large egg, beaten  
1/4 cup light corn syrup  
2 Tbs lemon juice  
1 Tbs vanilla  
2 3/4 cups whole wheat flour  
2 tsp cinnamon  
3/4 tsp baking powder  
1/2 tsp baking soda

### Icing:

1 cup confectioners sugar  
1-2 tsp lemon juice  
Food coloring

**Directions:** Preheat oven to 375. In large bowl, cream sugar and butter with electric mixer. Add egg, corn syrup, lemon juice, vanilla; beat until creamy. In smaller bowl mix dry ingredients; add to liquid ingredients mixing until dough forms. Divide into fourths; wrap each ball of dough in plastic wrap; refrigerate

for 30 minutes or more. Unwrap one dough ball; roll out onto floured surface. Cut out cookies into desired shapes; place on greased baking sheets about 2 inches apart. Bake 5-9 minutes. Cool. Mix confectioners sugar with lemon juice and coloring to make icing. Spread onto cooled cookies.

Makes 48 cookies.

Submitted by Shara Aaron,  
KidShape Dietitian

## Nutrition Tip

At parties or holiday dinners, fill your plate with vegetables first. It leaves less room for the higher calorie items.

Make sure your plate is at least half veggies and fruit; fill a quarter plate or less with starches and a quarter plate or less with protein-rich foods.

