

JANUARY KIDSHAPE NEWS



Volume 2, Issue 1

January 2010

Inspirational Quote

"It is not enough to take steps which may someday lead to a goal; each step must be itself a goal and a step likewise."

~ Johann Wolfgang von Goethe

Physical Activity Game of the Month — Ski Jumps

Place 8 hula hoops on the ground in a diagonal line, 2 side by side. Put your feet together and ski jump hoop to hoop to the end. Once you finish the line, run back to the

beginning and repeat.

The activity can be done without hoops by placing tape in a diagonal line on the ground and ski jumping back and forth

over the line. If you want to make it more challenging, time each participant to see who can do 3 "runs" the fastest.

KidShape Recipe Corner — Chicken Fried Rice

Ingredients:

Cooking spray
4 egg whites
1/2 c chopped scallions
2 garlic cloves, minced
12 oz. uncooked, boneless, skinless chicken breast
1/2 c diced carrots
2 c cooked brown rice
1/2 c frozen green peas, thawed
3 Tbsp low sodium soy sauce

Directions:

Coat a large nonstick skillet with cooking spray and set pan over med-high heat. Add egg whites and cook until scrambled, stirring frequently, about 3-5 min. Remove from pan and set aside. Spray skillet again with cooking spray and place back over med-high heat. Add scallions and garlic;

sauté 2 min. Add chicken and carrots; sauté until chicken is cooked through, about 5 min. Stir in cooked egg whites, brown rice, peas, and soy sauce; cook until heated through, about 1 min.

Serves 4.

Submitted by Alicia McAbee

Nutrition Tip

Now is the time for New Year's resolutions so be very specific about your plan and don't tackle everything at once.

Write down a list of goals and pick *one* eating or exercise habit you'd like to work on. Be specific with your goal — for example "eat two vegetables each day" or "walk for 30 minutes after school 3 days a week." Broad resolutions, such as "eating healthier" or "being more active" can be hard to implement or achieve. Don't try to change a second habit until the first one has become a habit.

