

JUNE KIDSHAPE NEWS



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Inspirational Quote

“What you do, the way you think, makes you beautiful.”

Scott Westerfield

Physical Activity Game of the Month — Spuds

One lead person holds a playground ball. The other people stand around him/her. The lead person throws the ball in the air while everyone else runs away. Once the ball bounces three

times the lead yells spud and everyone has to freeze where they are. The lead then tries to roll the ball to someone. The person who is tagged with the ball then is the lead and throws

the ball in the air. No one can climb on equipment or other objects. Try the same game where you only let the ball bounce twice or once before yelling spud.



KidShape Graduate Recipe Corner — Shrimp Appetizer Squares

Ingredients:

16 oz package of frozen, cooked small shrimp

2 Tbs trans-free margarine

2 cans Pillsbury reduced-fat crescent roll dough

1/2 cup each, green bell pepper, red bell pepper

1 med onion, sliced into rings

1 tsp chopped garlic

1 tsp dried basil

6 oz shredded mozzarella cheese

Directions

Preheat oven to 425 degrees. Press dough into 13X9 inch rectangle on a greased baking sheet. Bake for 5-10 minutes. Meanwhile, melt margarine in

sauté pan. Add shrimp, veggies, herbs and cook 3-4 minutes. Top baked crust with half of cheese. Spoon shrimp mixture over cheese. Top with remaining cheese. Bake 8-10 minutes until cheese is melted.

Submitted by Dorothy and Kevin Grow

Nutrition Tip

At your next party or backyard BBQ, keep the same plate for the entire meal — don't take a new one if you want seconds or dessert. Studies show you're less likely to go back for more if there's a reminder of what you've eaten already — ie. the remaining crumbs.

