

APRIL KIDSHAPE NEWS



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Inspirational Quotes

"Spring is nature's way of saying, 'Let's party!'"

- Robin Williams

"Whether you think you can or think you can't—you are right."

- Henry Ford

Physical Activity Game of the Month — Red Snack/Green Snack

This game is similar to red light/green light. All players are on one line. The leader is standing on another line across the room from the players. The leader turns his/her back and says a healthy snack, such as an apple or banana. The players all run toward the leader.

When the leader says an unhealthy snack, such as chips or cookies, he/she turns around and the players have to stop running. If a player is still moving, he/she must go back to the starting line. The first one to reach the leader, then becomes the leader and must call the foods.

KidShape Recipe Corner — Sweet Citrus Salmon

Ingredients:

- 1.5 lb salmon filet
- 1 Tbs McCormick Salmon Rub (Sweet Citrus & Spice)
- 1/4 cup chopped pineapple
- 1/2 cup water

Directions:

Preheat oven to 350 degrees. Spray cooking pan with nonstick spray and place salmon in pan. Sprinkle salmon with rub. Top with pineapple. Bake in oven for approx 20 minutes, until fish flakes. Remove fish and place on serving dish. Pour water into baking pan and stir to get all the flavor from the spices. Pour

water/pineapple mixture over the salmon.

Submitted by: Sarah Kleinguether

Nutrition Tip

April is national soy foods month. Soy is a source of complete protein that provides more fiber and phytonutrients and less saturated fat and cholesterol than most animal sources of protein do. Here are some kid-friendly soy foods to try:

- Steamed edamame or soybean pods
- Honey roasted soynuts
- Soy nut butter
- Soy crisps
- Soy pepperoni
- Soy hotdogs
- Soy crumbles