

AUGUST KIDSHAPE NEWS



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Inspirational Quotes

"Someone's sitting in the shade today because someone planted a tree a long time ago."

- Warren Buffet

Physical Activity Game of the Month — Balloon Stomp

Equipment needed: Balloons, string

Blow up balloons and tie around each player's ankles with string so the balloons are dragging on the ground. When everyone is ready, one person yells start. Run around the play area trying to pop the other player's balloons by stomping on them, while

trying to keep your balloons from being popped.

The last person with a balloon on his ankle is the winner. For a more organized game, have one person control background music and when he turns the volume down, everyone freezes momentarily. When the volume is turned up, the game resumes.

Nutrition Tip

Keep fruits and veggies easily accessible and you'll eat more of them. Studies show that the more visible a food is, the more of it we'll eat. Put whole fruit in a bowl on the table and cut up veggies on the shelf right at eye level in the fridge. In contrast, move treats to high shelves in the pantry and hide them behind the baking supplies or boxes of pasta.

KidShape Recipe Corner — Green Salad with Strawberries & Goat Cheese

Ingredients:

- 1 tablespoon pure maple syrup or brown sugar
- 2 tablespoons red-wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 3 cups baby spinach
- 3 cups watercress, tough stems removed
- 2 1/2 cups sliced fresh strawberries, (about 12 ounces)
- 1/3 cup fresh chives, cut into 2-inch pieces
- 1/2 cup toasted chopped pecans, (see Tip)
- 1/4 cup crumbled goat cheese

Directions: Whisk maple syrup (or brown sugar), vinegar, oil, salt and pepper in a large bowl. Add spinach, watercress,

strawberries and chives; toss to coat. Divide the salad among 4 plates and top with pecans and goat cheese.

Tip: To toast chopped or sliced nuts, stir constantly in a small dry skillet over medium-low heat until fragrant and lightly browned, 2 to 4 minutes.

Recipe submitted by Shara Aaron, KidShape Dietitian

