

JULY KIDSHAPE NEWS



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Inspirational Quotes

You can never appreciate the shade of a tree unless you sweat in the sun.

-- Author Unknown

Physical Activity Game of the Month — Everyone's It

Have all participants tuck a scarf inside their waistband but to the back. When the leader says go, everyone runs around trying to capture the scarf of the other participants, while not getting his own scarf taken. When your scarf is captured, you must do 10 jumping jacks

before you can come back in the game. Then re-tuck in your scarf and continue playing. Make sure there are boundaries for the game so children don't run too far. There are no winners or losers in this game, just lots of aerobic activity and fun.

Nutrition Tip

To expand your family's palate and try some new, healthy produce, visit a farmer's market. Have the children point out a fruit and a vegetable they've never seen or tried before. Ask the farmer about the produce and how it is grown. Take it home and look for a recipe online. By getting the children involved in picking and preparing the produce, they will be more likely to try it. Who knows? You may find a new family favorite.

KidShape Recipe Corner — Crunchy Noodle Salad

Ingredients:

- 1 pound whole wheat spaghetti
- 1 pound sugar snap peas
- 2/3 c vegetable broth
- 1/4 c rice wine vinegar
- 1/3 c low sodium soy sauce
- 5-6 Tbs sesame oil
- 1 Tbs honey
- 2 garlic cloves, minced
- 1 tsp fresh grated ginger
- 3 Tbs toasted sesame seeds
- 1/2 c reduced fat peanut

butter

- 2 red bell peppers, thinly sliced
- 4 scallions, sliced
- 3 Tbs parsley, chopped

Directions:

Cook spaghetti according to package directions. Drain and set aside. Bring pot of salted water to a boil, add snap peas, return to a boil and cook 3-5 minutes, until crisp tender. Transfer peas to a bowl of ice water to stop cooking. Drain. For dressing: whisk vegetable

broth, rice vinegar, soy sauce, sesame oil, honey, garlic, ginger, 2 Tbs sesame seeds, and peanut butter in a medium bowl. Combine spaghetti, snap peas, peppers and scallions in a large bowl. Pour enough dressing to lightly coat pasta and vegetables. Reserve remaining dressing to use as needed. Add 1 Tbs sesame seeds and parsley. Toss and serve.

Recipe submitted by: Lauren Meckler

