

MAY KIDSHAPE NEWS



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Inspirational Quotes

A successful man (or woman) is one who can lay a firm foundation with the bricks others have thrown at him.

-David Brinkley

Physical Activity Game of the Month — Run the Bases Kickball

Place two bases opposite each other about 10-15 feet apart. One person stands on each base. The first person, the pitcher, rolls a ball to the other person, the kicker. The kicker kicks the ball as far as he/she can and then runs back and forth between the bases as fast as possible until the pitcher can get the ball and

tag him/her out. Each back and forth counts as 1 run. Then switch positions so the pitcher is now the kicker and vice versa. Keep track of runs to see who can get to 10 runs first. If you have more than 2 players, either pair up and use multiple base pairings or take turns as pitcher, kicker and catcher.

KidShape Recipe Corner — Whole Grain Pasta Salad

Ingredients:

- 16 oz whole grain pasta, any shape
- 1 cup green beans, trimmed and cut in 1 inch pieces
- 1/2 cup of carrots, chopped bite-size
- 1/2 cup grape tomatoes, sliced in half
- 1/2 cup parmesan cheese
- 1/2 cup mozzarella

cheese, cubed

- 3/4 cup light Italian salad dressing

Directions:

Cook pasta according to directions. In the last 2 minutes of cooking the pasta, toss in green beans and carrots to boiling water to blanch. Drain pasta and vegetables. Rinse for a few minutes with cold wa-

ter to stop cooking and cool down. Put in a bowl and mix in tomatoes, parmesan cheese, mozzarella cubes and dressing. Refrigerate for an hour to mix flavors. Serve cold.

Recipe submitted by: Shara Aaron, KidShape Registered Dietitian

Nutrition Tip

Fruits and vegetables contain nutrients, called phytochemicals, that help fight diseases and keep you healthy. Foods richest in phytochemicals are easy to spot because they are often brightly colored: dark green spinach, bright blue blueberries, vibrant red tomatoes. Since each phytochemical offers a different type of protection, it's best to eat a rainbow of these colorful foods as much as possible. And now that summer is coming, with its bounty of bright produce, eating a rainbow is easier than ever.