

MAY KIDSHAPE NEWS



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Physical Activity Game of the Month — Crab Soccer

Equipment: a soccer ball, markers or cones for boundary lines and goals

To start, everyone must sit on his/her backside placing hands and feet on the floor. The game is the same as traditional soccer except you crawl like a crab, rather

than walking or running to retrieve the ball, in an effort to kick it in the goal and score a point. You cannot use hands to touch the ball but all other body parts are fair game. No goalies are needed.

Variations include: Bunny Soccer, where you must hop to the

ball and kick with both feet at the same time; Donkey Soccer, in which you crawl to the ball and kick behind yourself as if you were a donkey; Three Legged Soccer, in which you're tied to a partner.

KidShape Graduate Recipe Corner — Shake It Up Chicken Nuggets

Ingredients:

1 3/4 cups seasoned stuffing mix
1/4 cup parmesan cheese
3 Tbs trans-free margarine
1/4 cup low-fat buttermilk
1/4 tsp black pepper
2 boneless, skinless chicken breasts (approx 1 lb)

Directions: Preheat oven to 450 degrees. Measure stuffing mix into Ziploc bag; crush into crumbs using a rolling pin. Open bag and add parmesan cheese. Melt margarine in a bowl; add buttermilk and pepper; stir well. Cut chicken into 16 chunks of the same size. Dip chicken chunks into buttermilk mixture, covering all sides. Then, place chicken

chunks in bag of crumbs, 3-5 at a time and shake to coat. Bake on a baking sheet for 8-10 minutes, turning halfway through.

Submitted by Elizabeth, Jocelyn and Jenna Cimino.

Inspirational Quote

“If you can imagine it, you can achieve it; if you can dream it, you can become it.”

William Arthur Ward



Nutrition Tip

To eyeball portions, use these visuals:

Meat: 3 oz = deck of cards

Pasta or rice: 1/2 cup = 1/2 baseball

Piece of fruit: 1 = baseball

Cheese: 1 oz = 4 dice

Baked potato: 1 small = computer mouse

Butter/oil: 1/2 tsp = fingertip

