

# NOVEMBER KIDSHAPE NEWS



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## Inspirational Quote

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life and you'll find that you have more of it."

~ Ralph Marston

## Physical Activity Game of the Month — Musical Hoops

Place hoops around in a circle. Each child stands inside a hoop. Leave the hoops on the floor and be careful not to kick them as you walk around. Turn on music and everyone walks around the circle from hoop to hoop. Stop the

music and everyone must find a hoop and stand in it. Each round take a hoop away so it gets harder. When the music stops everyone must still find a hoop to stand in, so some people will have to share hoops. As you take hoops away, everyone must

work together to try to squeeze in the remaining hoops together.

Variation: Play the same way but have the children jump, skip, walk, run or hop around as they go around the circle.

## KidShape Recipe Corner — Split Pea Turkey Barley Soup

### Ingredients:

Turkey Stock (see nutrition tip for making), 10-12 cups  
Cooked turkey breast, 2 cups  
Split peas, 16 oz dry  
Barley, 1 c dry  
Carrots, 1 c, chopped  
Celery, 1 c chopped

Directions: Bring turkey stock to a boil over medium-high heat. Add cooked turkey breast, split peas, barley and vegetables. Cover, turn heat to low and

continue to cook for 40-50 minutes. Season with salt and pepper to taste.

Makes 16 servings.

Submitted by Shara Aaron, KidShape

Dietitian

## Nutrition Tip

With your leftover turkey, make a lowfat, flavorful stock for use in soups and recipes. Place the bones and remaining meat (remove all the skin) into a pot of boiling water. Boil for an hour or more until the meat falls off the bones. Remove the bones from the stock. Place in the refrigerator overnight and skim all the fat floating at the top and discard. Strain the stock for use in recipes or use in soups with the turkey meat.