Stir Up Something New

Try out your cooking skills with these easy-to-make, kid-approved fruit and veggie dips. Don’t forget to ask an adult for help!

**Veggies with Awesome Sauce**

**What You Need:**
- ¾ cup buttermilk
- 2/3 cup light mayonnaise
- 1 tablespoon + 2 teaspoons vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 green onions, cut into chunks
- ½ cup parsley leaves
- 1 clove garlic

**What You Do:**
1. Put all ingredients in a blender and blend until smooth.
2. Pour the sauce into small cups and serve with a variety of cut-up veggies, such as broccoli, carrots, green beans, sugar snap peas and peppers.

**Salsa Roja**

**What You Need:**
- 1 (28-ounce) can of whole peeled tomatoes
- ½ bunch cilantro
- ¼ large onion
- ½ teaspoon salt
- 1-2 serrano or jalapeño peppers, seeded (optional)

**What You Do:**
1. Drain the tomato juice from the can of tomatoes and put the tomatoes in a blender.
2. Add the remaining ingredients to the blender and process until well blended. Serve with whole grain tortilla chips or cucumber slices.

**Pumpkin Fruit Dip**

**What You Need:**
- 1 (15-ounce) can of pumpkin
- 1 pint of Greek yogurt
- ¼ cup maple syrup
- 1 teaspoon pumpkin pie spice
- ½ teaspoon ground ginger
- Chopped pecans, raisins and/or pumpkin seeds (optional)

**What You Do:**
1. Put all ingredients in a bowl and whisk until smooth.
2. Serve with cut-up fruit, such as apples and pears, sprinkled with optional toppings.

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**9-5-2-1—Almost none**

**Healthy Tips**

Raquel Hernandez, MD, MPH, FAAP
FHA Kids medical director and assistant professor of pediatrics

Staying healthy is as easy as counting down! Have you heard about 9-5-2-1—Almost none? If you follow these numbers every day, you’ll be on the path to a healthy lifestyle.

- 9 hours of sleep: Getting enough sleep is an important part of staying healthy. The light from electronics can disrupt your natural sleep cycle. Talk to your family about setting a “family bedtime” when everyone can relax for the night.
- 5 cups of fruits and vegetables: Did you know that not only are veggies and fruits full of vitamins and minerals you need to stay healthy, but they can also help keep you full? Help your family pick out a new veggie to try every week and prepare it as a family. Don’t forget to keep fruits and veggies close for quick snacks.
- 2 hours or less screen time: TV, video games and time spent on computers, tablets and other devices are common sources of inactivity, which is a leading risk factor for an unhealthy lifestyle. Challenge yourself to spend no more than two hours a day (not counting homework) with electronics.
- 1 hour of physical activity: Getting active is a great way to be healthy. Choose activities that are fun for you or start a competition with your family to see who can be the most active.
- Almost none: Skip sugary drinks such as soda, sports drinks and fruit juice. Instead, choose water or flavored water when you can.

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**Unscramble the words below to find out what you should eat or drink every day. Can you name an example of each?**

**SRITFU**

**GSATEVELEB**

**TORNEIP**

**RYIAD**

**LOWEH ANSRIG**

**ERATW**

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Ask an adult to go online to KohlsCooksforkids.org and request a free copy of our Yum Yum! Let’s Make Some family cookbook.
**MyPlate Tips**

**Fruits**
- Provide fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole-grains include brown rice, wild rice, buckwheat, bulgur, millet, amaranth, popcorn and quinoa.

**Grains**
- Provide fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole-grains include brown rice, wild rice, buckwheat, bulgur, millet, amaranth, popcorn and quinoa.

**Dairy**
- Provides calcium for building strong teeth and bones.
- Best choice: fat-free or low-fat foods.
- Try low-fat string cheese and fruit for an after-school snack.
- A low-fat yogurt with lunch or a glass of skim milk with dinner.

**Protein**
- Provides the building blocks for strong muscles and helps you feel full.
- Best choice: lean meats, fish with high levels of omega-3, beans, nuts and seeds.
- A lean burger can be just as tasty as beef – without the fat.

**Vegetables**
- Provide vitamins for good eye-sight and can help cut and break down food faster.
- Best choice: Choose a rainbow of different colored vegetables every day.
- The more types of vegetables you eat, the better for your health. Try to add fatty and high-calorie sauces and dips such as ranch or thousand island.

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**Meet the Team (F-R)**

**Sky Roberts**
- writer

**Kellie Gilmore**
- community wellness manager

**Melanie Newkirk, M.S., R.D.N, C.S.P., L.D.N.**
- FNMAKids instructor

**Raqhal Hernandez, M.D., M.P.H.**
- FNMAKids medical director, director of medical education and assistant professor of pediatrics

**Janelle Garcia, Ph.D.**
- FNMAKids coordinator

**Anita Jimenez**
- culinary expert

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**Fit4Allkids – and families!**

Are your vegetables boring? Do your meals need a makeover? Then share this page with your family! When families team up to create meals together, it’s easy to be healthy.

Kids are more likely to try new foods when they play a role in choosing and preparing them. That’s why Johns Hopkins All Children’s Hospital offers many programs, from after-school nutrition education to evening family cooking classes and special community events, to help kids and their families make nutritious choices and become adventurous eaters.

This project was made possible by a generous Kohl’s Cares grant from Kohl’s Department Stores and is supported by the Kohl’s Cooks for Kids culinary program and events held in cooperation with Johns Hopkins All Children’s Hospital. To learn more about the Kohl’s Cares program, visit any Kohl’s store nationwide or go to KohlsCaresForKids.org.

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**Kohl’s Cooks for Kids**

A six-week community-based program for families with children who are identified as overweight.

- Offered year-round in St. Petersburg.
- Ages 7-11.
- Physician referral is required.

- Cost: Free

For more information, email achFit4Allkids@jhnmc.edu
MyPlate Tips

Choose MyPlate.gov

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Dairy
- Provides calcium for building strong teeth and bones.
- Best choice: fat-free or low-fat dairy.
- Try low-fat string cheese and fruit for an after-school snack, a low-fat yogurt with lunch or a glass of skim milk with dinner.

Protein
- Provides the building blocks for strong muscles and helps you feel full.
- Best choice: lean meats, fish with high levels of omega-3, beans, nuts and seeds.
- A lean burger can be just as tasty as beef – without the fat.

Vegetables
- Provide vitamins for good eyesight and can help cuts and bruises heal faster.
- Best choice: whole fruits instead of fruit juice. Juices lack fiber and can be high in sugar.
- The natural sweetness of fruit makes it a great option for dessert instead of cake or cookies.

MyPlate coaching

- fit4Allkids – and families!

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For more information, email achFit4Allkids@jhmi.edu.
Welcome to FIT 4 ALL KIDSVILLE

Follow healthy habits to keep moving, but watch out for bad habits that will set you back.

The first player to reach the end of the path wins the game.

SETUP:
- You will need beans of different colors and/or shapes and a set of dice.
- Open up this poster and place it on a flat surface.
- Each player picks a different bean and places it on the START space.

GAMEPLAY:
- Roll the dice to determine who goes first. The player with the highest number will roll again to start the game. Play then passes to the left.
- On his or her turn, each player will roll the die and move forward that many spaces.
- Follow the directions on the square. Some squares require the player to complete a task before moving their piece forward. Other squares will send the player’s piece backward.
- There can be more than one player on a square at a time.

HOW TO WIN THE GAME:
If you are the first player to reach the end of the path, you’ve been following healthy habits and have won the game!

Learning with the Times

Eating healthy

Look through the articles and recipes in the Taste section of the Tampa Bay Times. Print a recipe that sounds great to you, and split apart the ingredients according to the MyPlate guide below. Place each ingredient in a section of the pyramid. Do you have a well-rounded meal? If not, what do you need to add? To enhance the nutritional value of your dish, try to use high-quality or high-fiber ingredients in the recipe. How can you modify the recipe to be even healthier? Share what you’ve learned with your class.

Getting fit

Getting fit and exercising can be a lot of fun, but it can also be a challenge. Use your critical thinking skills. Monitor the advertisements in the Tampa Bay Times and look for pictures to illustrate your menu. Also, look for advertisements for healthful foods. List the cost of the advertisements for healthful foods.

Don’t make poor choices

Though many of us know the differences between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make our eating choices. Look at the advertisements in the Tampa Bay Times, and select examples of ads for foods and beverages that you think are nutritionally sound. Analyze your selections carefully. What changes can you make to increase the nutritional value of the ads? Write down the advertisements and make notes on the arguments or techniques used to sell each of the foods of low nutrition and health. In a small group, discuss your findings. Design an advertisement promoting a healthy eating choice. Be sure to add your article and share with your class.

Critical thinking skills

It is time to use your critical thinking skills. Choose one of the articles that focus on health, fitness, food, and/or cooking. Write down the main points for each article. Using the Kale sections of the ChooseMyPlate.gov and Let’s Move.gov websites, note whether these articles are focusing on positive or negative choices. Choose one of the people represented in one of the articles to write a blog post to share with your peers. Be sure to use examples from the article and the website to support your ideas. Share your article and get your classmates involved with your class.

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### Talk with a Doc

**Healthy Tips**

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**Fit4All kids medical director and assistant professor of pediatrics**

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**Torneicp**

**Ryiaed**

**Lowen ansrigr**

**Eratw**

Answers: fruits, vegetables, protein, dairy, whole grains, water

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