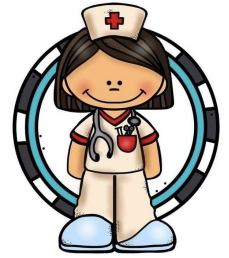


# Health News



## NURSING CORNER

### March is National Nutrition Month!

As parents, you can do a lot to help your children learn healthy eating habits and how to maintain a healthy weight. Having healthier foods available for snacking, eating healthier meals together and being more physically active as a family are great places to start. Remember, parents and caregivers are often the most important role models for children. When you choose to eat healthy and be physically active, your child will more likely make those choices, too. Plus, being active and preparing healthy meals together are great ways to spend quality time with your family.



Involving your child in meal preparation and cooking can motivate them to try new foods. There are plenty of age appropriate tasks you can teach your child to be helpful in the kitchen. Keep reading to discover great ways to broaden your student's experience in the kitchen as well as start a journey to eating new foods.

Remember the food pyramid? Well, it has been revised into My Plate! My Plate is a visual reminder to make healthy choices from each of the five food groups. The website [myplate.gov](http://myplate.gov) offers tips and resources that support a healthy dietary pattern. Do you know the five food groups? Read below be reminded and maybe discover new variety of choices in each group.

Hopefully we are nearing the end of cold and flu season! Although Spring brings warmer weather, it also brings allergies. It is important to stay healthy and distinguish between allergies and more serious illnesses. Read on to discover how to control allergies to keep asthma at bay, learn several symptoms of allergies along with their triggers and some common treatment tips.

### Monthly Health Trivia Question



February's Health Trivia Question "What is the largest organ of the human body?"

**Answer:** Your Skin

**K-3 through 1st grade winner:** Angela in Kindergarten

**2nd through 8th grade winner:** Elaina in Fifth Grade

Please have your student come to the Nurse's office to select their prize.

### March's Trivia Question

**K-3 through 1st grade:** How many chambers does the human heart have?

**2nd through 8th grade:** What is the main function of platelets in the blood?

## Teaching Kids to Cook

Teaching kids to cook can be a great bonding experience. Not only will you be spending time together, you will be teaching them future life skills.



Before entering the kitchen with your child, you will need to set some ground rules first that are non-negotiable. They can include the following:

1. Always wash your hands before and AFTER handling food
2. All hair will need to be pulled back off the shoulder
3. Always keep counter tops and work surfaces clean
4. Wait until food is cooked before tasting. Don't lick your fingers or place your hands in your mouth, especially when working with raw foods, such as cookie dough and raw meat or poultry.
5. Avoid double dipping with utensils, such as placing spoons back into food after using it for tasting

Tasks can be assigned to children based upon their age and abilities. Remember, safety is the key and you know your child best. If these lists state your child can do something like using a peeler or knife, but you do not think they will be able to do it safely, use your judgement.

Most 6-7 year olds have developed fine motor skills. They may be able to handle more detailed work than their younger counterparts but they will still require adult supervision. Appropriate tasks for this age group can include using a peeler, breaking eggs into a bowl, scooping out an avocado after being sliced in half by an adult, snapping green beans, shucking corn and rinsing before cooking and cutting herbs such as parsley or green onions with clean, blunt kitchen scissors.

In the 8-9 year old group, there is a wide range of skills. Tailor tasks for your child based on their maturity level. Teach the importance of wiping down all surfaces and refrigerating perishables, such as eggs and milk, immediately. Appropriate tasks for this age group can be opening cans with an electric can opener, pounding chicken on a cutting board, beating eggs, checking the temperature of meat with a food thermometer and juicing a lemon or orange for a recipe. Children ages 6-9 can be taught how to load the dishwasher properly after cooking, eating a family meal or both.

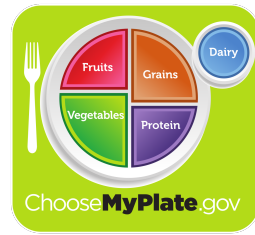
10-12 year olds can work independently in the kitchen but should still have adult supervision. Parents and caregivers should assess whether their children can follow basic kitchen rules such as adjusting pan handles over counters to avoid bumping and dumping contents onto the floor, safe use of knives, ovens or microwaves. Appropriate tasks for this age group, WITH adult supervision, can include boiling pasta, microwaving foods to reheat, following a recipe step by step while measuring ingredients, placing foods for baking safely in the oven, simmering ingredients on the stove and helping to slice or chop veggies.

Letting your child pick out some meal ideas and helping to cook, can encourage them to try new ingredients and foods. Have them help to pick out a new fruit or vegetable they haven't tried before, or try a different type of meat or bread. Food choices are a great way to broaden your child's experience. Make things from scratch instead of processed foods whenever possible.

If you are ever worried about your child's eating habits, speak with your pediatrician for some ideas. A visit with a registered dietician can be helpful with getting on the right track.

## My Plate!

My Plate has replaced the food pyramid for teaching parents and children how to make healthy choices from all of the five food groups: Fruits, Vegetables, Grains, Protein and Dairy.



The benefits of healthy eating add up over time, small bite by small change. Starting with something simple as My Plate will make these changes easier! According to MyPlate, half your plate should be made up of fruits and veggies, with the other half grains and proteins. Focus on whole fruits and vary your veggies from meal to meal. Half of your grains should be whole grains. Vary your proteins as much as you vary your veggies.

Whole fruits include fresh, frozen, canned without syrup and dried. Have fruit on hand for snacking on or for a choice during meals. If you are purchasing fruit juice, make sure you select 100% fruit juice. Based on a 2,000 calorie diet per day, you and your children should be consuming two cups of fruit per day. The equivalent to one cup can be a small apple or large banana, a cup of grapes or mangoes, a 1/2 cup of raisins or one cup of 100% fruit juice.

You can add to your rainbow by eating a variety of veggies. You can eat them raw, add them to mixed dishes like casseroles and stews, or as a topping to a sandwich or wraps. Veggies can be fresh, frozen or canned. Look for labels that state "reduced sodium" or "no salt added." Again, based on that 2,000 calorie diet, MyPlate! suggests eating 2 1/2 cups of veggies every day. One cup of veggies include 2 cups (yes that is correct 2 cups in this instance is equivalent in nutrition to a one cup serving of veggies) of spinach, one cup of cooked collard greens, one small avocado, one large sweet potato, one cup of cooked lentils or one cup of cut up cauliflower.

When selecting grains, choose the whole-grain version of breads, pastas and tortillas. Examples of whole grain foods include quinoa, popcorn, whole oats, barley, oatmeal, and brown rice. Not sure if a grain is whole grain? Check the ingredient lists for the words whole or whole grain. Once again, included in a 2,000 calorie diet should be six ounces of grains that can come from a variety of sources. The following are examples of one ounce of grains: one slice of bread, 1/2 cup cooked oatmeal, 1 small tortilla, 1/2 cup cooked brown rice, 1/2 cup cooked couscous or 1/2 cup cooked grits.

Most people think of lean meats and poultry when they think of proteins. But there are some surprising sources of proteins found in beans, soy, seafood, unsalted nuts and seeds also. Seafood as a protein twice per week is optimal. Leaner cuts of meat and ground beef that is at least 93% lean are perfect twice per week. Poultry has a wide variety of cuts that are nutritious and full of protein. Back to the 2,000 calorie diet, one ounce equivalents in the protein foods group can include one ounce cooked lean beef, goat, ham, lamb, or pork; one ounce cooked chicken or turkey without the skin, one ounce of cooked fin-fish such as cod, flounder, haddock or halibut; one ounce canned fish such as light tuna in water, one egg or 1/2 ounce of seeds such as chia, flax or pumpkin.

Lastly is the dairy group, which includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little amounts of calcium and high fat content, such as cream cheese, sour cream and butter.

## Allergies or something more?

The sniffles, the sneezing, the difficulty breathing can be frustrating when these symptoms appear and even more so when they don't go away. It can be difficult to distinguish between allergies and something else because their basic symptoms are all similar. Plus allergies can trigger your child's asthma, if they have been diagnosed.

Allergies are the body's immune system response to a substance it considers harmful. They are very common and can be seasonal or year-round. Common allergens include pollen, grass, mold, pet dander, dust mites and cockroaches. Allergy symptoms can include itchy skin, watery eyes, runny nose, a persistent dry cough, congestion, post nasal drip and sneezing. These symptoms are very similar to the common cold and can sometimes be hard to distinguish between that and allergies. Some common treatment tips for allergies include:

1. Avoid known allergens and keep house clean and free of pests
2. Wash hands often, cover your mouth when sneezing and coughing, wash hands afterwards
3. Change clothes when coming in from playing outdoors to reduce the amount of allergens carried inside
4. Use over the counter antihistamines and decongestants as directed by your physician
5. Keep air filters clean and change at regular intervals. Use air purifiers when available
6. If your child's allergy symptoms are severe, it is recommended to have allergy testing performed and have treatment prescribed by MD.
7. Administer all medications for asthma as prescribed by your physician to keep asthma under control.

## Healthy Eating

You won't believe the flavor in these fast and easy egg tacos!

### Ingredients:

4 eggs  
1/2 tbs chili powder  
1/2 tbs garlic powder  
1/2 tbs cumin  
1/4 tsp kosher salt  
1/2 tbs olive oil  
4 taco sized flour or corn tortillas  
pico de gallo or salsa Fresca, drain extra liquid before serving  
1 handful thinly sliced red onion  
torn cilantro leaves  
hot sauce (optional)

1. In a medium bowl, whisk together eggs. Add chili powder, garlic powder cumin and salt. Whisk until combined
2. In a skillet, heat olive oil. Add eggs and cook over medium low heat, scraping as the eggs solidify, about 3 to 4 minutes total. As you scrape, they will start to form together into a meat-like texture.
3. Warm tortillas in the microwave inside a paper towel
4. Place cooked egg mixture into tortilla and top with pico de gallo or salsa Fresca, thin sliced red onions, torn cilantro leaves and hot sauce if desired.

**Nutritional facts:** Serves 2, Calories per serving: 297

Total Fat: 14.6g, Total Carbs: 26.1g, Dietary fiber: 3.6g, Sugars: 0.9g, Protein: 15.8g, Calcium: 102g

