

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

January 2010

Williamson County Schools
Coordinated School Health



FAST TAKES

Baked onion rings

Love onion rings? Try this healthy version. Cut an onion into thick slices, and divide into rings. Whisk an egg in one bowl, and crush whole-grain cereal in another. Dip each ring into the egg and then into the cereal to coat. Spread on a cookie sheet, and bake at 375° for 30 minutes.

Give me 20!



Doing push-ups is a great way to strengthen muscles in the upper and lower body. With toes on the ground and hands palm down, push your body up (keeping it in a straight line). Then, lower your body back to the starting position. How many push-ups can each family member work up to?

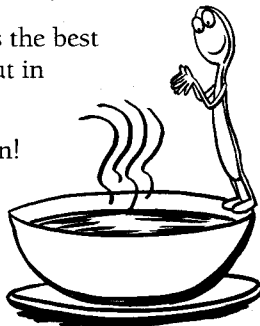
Did You Know?

Fiber helps the digestive system stay healthy. Encourage your child to have high-fiber berries (raspberries, blackberries), figs, and papayas, as well as the fiber-rich skin on potatoes, apples, pears, peaches, and nectarines. Also, make sandwiches and toast with whole-wheat bread instead of white.

Just for fun

Q: What's the best thing to put in soup?

A: A spoon!



Healthy resolutions

New year, new goals! When your family makes New Year's resolutions, set food and fitness goals that you can reach together. Here are a few to consider.

"We will eat more meals together."

Children tend to eat more balanced meals when they eat with their parents. Write family mealtimes on your calendar at the beginning of each week. Don't limit yourselves to dinner.

If your child has evening practices or you're working late, you might schedule Sunday brunch or daily breakfast times.

"We will try a new workout routine."

Keep everyone motivated by changing how, when, or where you exercise. You might resolve to visit your community center's weight room weekly. Or family members may make separate resolutions. Your teen could join a wrestling league while you sign up for aerobics.

"We will use healthy recipes."

Ask everyone to be on the lookout for healthy meal ideas. Browse through food



magazines, cookbooks, and cooking Web sites. Add the recipes to a folder in your kitchen. Once a week, a different family member can choose one to prepare.

"We will walk more." Substituting walking for driving will help your family fit more physical activity into busy days. Talk about places you might walk to, such as friends' houses, school, the library, or the mailbox. Your child might even look into starting a lunchtime walking club at his school, or you could suggest one at work.

Tip: Put your resolutions in writing, and post them where everyone can see them. ●

Yummy fruits

Fruits are filled with vitamins—and they're delicious, too. Try these ideas to add fruit to your family's diet:

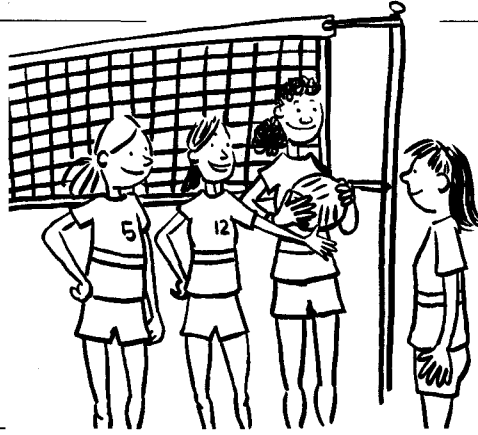
- Cut a grapefruit in half, and sprinkle on 1 tsp. brown sugar. Broil until hot and bubbly, about 2 to 3 minutes.
- Serve oranges for dessert at dinner. Or your child can pack orange wedges in a zipper bag with her lunch.
- Have sliced pears or red grapes with cheese (Gouda, Jarlsberg). Drizzle on honey for a touch of sweetness.
- Make a fruit salad of apples, oranges, and bananas. Mix in a few spoonfuls of low-fat lemon or vanilla yogurt.
- Slice a kiwi in half, and scoop out the fruit with a spoon. ●



Team sports

What's good about playing team sports? Plenty! Your child can get regular exercise, spend time with new and old friends, and enjoy team spirit. Help her have a good experience with these suggestions.

Find the right sports. It may take several tries before your youngster discovers her favorite activities. Help her check community recreation leagues or the school Web site for tryout information. She should investigate the time commitment, cost, and skills needed. She might try drop-in games at the



local youth center or join in neighborhood pickup games to see what she likes.

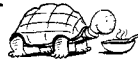
Be a team player.

Remind your child that there's more to sports than winning. She should also focus on having fun and being a team player. Discuss ways to keep those goals in mind (attend all practices, work hard). Tell her it's okay to be

upset after a loss, but she should be polite to the other team ("Good game"). Also, encourage her to point out when her teammates play well, such as making a good pass or defending the goal. ●

ACTIVITY CORNER

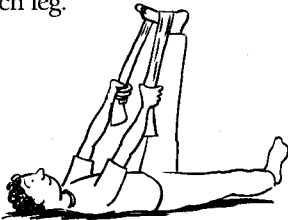
Stretch bands



Stretch bands provide an easy and inexpensive way for your family to work out at home. Try these exercises.

Calf stretches

Lie on your back. Place the center of the band around the bottom of one foot, and hold the ends in your hands. Lift your leg (keeping it straight) until the sole of your foot faces the ceiling. Hold, and then slowly lower your foot. Repeat 10 times with each leg.



Bicep strengthening

Grab one end of the band in each hand, and step on the middle. With your arms at your sides, turn the inside of your wrists so that they face up. Alternating arms, bend your elbow and pull the band to your shoulder. Repeat 10 times.

Tip: You can find stretch bands at sports shops, discount stores, or yard sales. ●

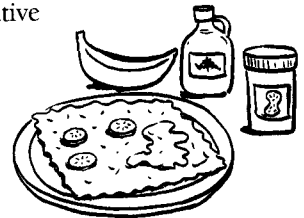
In the Kitchen

Fantastic flatbreads

Thin and slightly chewy, flatbread is a nice alternative to pizza. Eat it any time of day with these recipes.

Sweet breakfast

Warm a small flatbread in a toaster oven, and top with 2 tbsp. peanut or sunflower butter, 1 sliced banana, and a little maple syrup.



Chickpea snack

Mash chickpeas (15 oz. can, drained and rinsed), and stir in 1/8 tsp. each of cumin and coriander. Spread on an unheated flatbread.

Chicken dinner

Put strips of cooked, boneless chicken breast on a flatbread. Top with diced tomatoes and shredded skim mozzarella cheese. Broil until the cheese melts.

Note: You can buy fresh or frozen flatbread at the grocery store. Or make your own: Mix 3 cups whole-wheat flour, 1 1/2 cups water, 1 tbsp. olive oil, and 1/4 tsp. salt. Roll dough into a ball, and flatten on a cookie sheet. Bake at 350° for 20 minutes. ●

Q & A

The sunshine vitamin

Q: I heard recently that many children aren't getting enough vitamin D. How can I make sure my son gets enough?

A: Vitamin D is called the "sunshine vitamin" because the sun helps our bodies produce it. The vitamin keeps the immune system strong and helps us absorb calcium for healthy bones. Although it can be harder to get vitamin D in the winter, try to make sure your son is outside at least 15 minutes a day.

Beyond that, have your child eat foods that are fortified with vitamin D, such as milk, cereal, yogurt, bread, and orange juice. Since the amount



of vitamin D may vary between brands, he should check the nutrition labels. The recommended daily amount of vitamin D is 400 IUs (international units)—and just one cup of fortified milk contains 25 percent of that. Other good sources include egg yolks and salmon. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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