

# Wellness Tidbits October 2016

By Evelyn Klironomos, RD LD

## Stress-free Dinners *Provided by GA Foods*

Getting dinner on the table every night is stressful for families. Between the school schedule, nightly homework, sports and everyday life, it is tempting to grab dinner from a fast food drive through. But with a little planning, you can make easy, healthy meals that the whole family will enjoy. Here are a few ideas for stress-free meals:

- Store-bought roasted chicken with fresh or frozen vegetables. Serve with milk or 100% fruit juice.



- Breakfast for dinner! Scrambled eggs, toast, fruit and milk is always a family favorite.
- Yogurt parfait with granola and berries. Your kids will think they are eating dessert for dinner.
- Cheese or veggie pizza from your local pizzeria served with a salad or fruit and milk.
- Prepare a double batch of soup or chili on the weekends and serve the leftovers on another night.

## Kids in the Kitchen

Children love to help in the kitchen. Preparing dinner together is a great way to spend time together and find out about their day. Younger children can help with stirring and pouring ingredients. School-age kids love to chop and measure!

A fun, learning game in the kitchen is the Blindfold Test. Put spices and foods (like yogurt, bananas, peanut butter) in small dishes. Blindfold the kids and have them smell each item to guess what it is. If they can't guess by smelling, let them taste it. Your child might end up trying and liking a new food!



## Did you know that feathery fresh carrot tops were worn to adorn hair in Shakespeare's day?

Today, it's carrots' vibrant orange pigment, known as carotene, that's getting attention. Beta carotene turns into vitamin A, a powerful antioxidant vitamin. New research suggests that carrots' carotenoids may also reduce cancer risk, slow aging and reduce some diabetes-related symptoms. In farmers markets, heirloom carrots — scarlet, maroon, golden yellow, purple — are showing up, contributing other antioxidants such as anthocyanins in purple carrots.

Raw carrots are not recommended for children 4 years old or younger due to the possibility of choking. Instead, serve cooked or smashed carrots.

Academy of Nutrition & Dietetics. [www.eatright.org](http://www.eatright.org)



The fall school sports training schedule is under way and athletes need to focus on consuming adequate amounts of calories, carbohydrates, protein and water.

Teenage athletes need enough calories to maintain their growth and an additional amount to accommodate their working muscles. Spreading meals throughout the day is a good way to get the fuel teens need.

Also, plan meals around carbohydrates and protein. Good food choices include:

- Peanut butter and whole-grain bread;
- Sliced turkey in a whole-wheat pita;
- Whole-wheat pasta topped with baked chicken;
- Scrambled eggs and whole-wheat toast.

Add fruits, vegetables and dairy foods to all meals and snacks to round out the nutritional benefits and training needs.

## We are Spending Less Time in The Kitchen

by Costa Magoulas, MHA,CEC,CCE,CCA,AAC

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Families are spending less time in the kitchen cooking today than ever before in history. The average time spent on cooking in American homes is 5.9 hours a week, less than an hour a day for all meals. India is number one in cooking time with 13.2 hours a week. A National Restaurant Association survey showed that Americans go out to eat 4-5 times a week. We spend more money dining out than on groceries. This is the first time in history. We seem to be moving towards fast easy dishes to prepare: pasta, sautéing, and steaming. We bake a chicken and prepare 3-4 meals from that chicken. I find myself doing that all the time. Making a dish and enjoying it 2-3 times in a week. Meatloaf is one of my favorites. I love it as a main dinner course, but can't wait to have meatloaf sandwich with mayonnaise the next day or two. Here is a great dish to cook with the kids or just something fast to serve everyone. **Corn Bread Taco Pie.** It will probably be eaten up the same day. No leftovers. Make a double batch to play it safe.

- 3 lbs. ground beef or turkey (I like turkey)
- 3 packs of taco seasoning mix
- 2 1/2 cups chicken broth
- 3 cups mild cheddar cheese graded
- 2 teaspoons ground cumin
- 2 boxes Jiffy corn bread mix



Directions: In a 4-quart pot or large sauté pan, add meat, chicken broth, taco seasoning, and cumin. Cook over medium heat 5-10 minutes until meat is cooked with no pink visible. If meat is too juicy, drain some of the liquid. Spread meat evenly in a 7 to 10-inch roasting pan. Sprinkle cheese on top of the meat.

In a bowl, empty the two corn bread mixes and follow box directions. Spread evenly over taco meat and bake in 350-degree oven until corn bread is golden brown. Serve with a side salad of chopped lettuce and tomatoes. Enjoy!

### Water: How Much Do Kids Need? By Mary Mullen, MS, RD &

Jo Ellen Shield, MED RD LD



Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than a week or so without water. That's because water is the cornerstone for all body functions. It helps keep body temperature constant at about 98.6°, and it transports nutrients and oxygen to all cells and carries waste products away. Water helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose. And, water is truly a liquid asset for a healthy weight — it's sugar free, caffeine free, and — most importantly — **calorie free.**

The daily amount of water that a child needs depends on factors such as age, weight, and gender. Air temperature, humidity, a person's activity level and his or her overall health affect daily water requirements, too. The chart below can help you identify about how many cups of water your child or teen needs each day. These recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be perfect for your child or teen.

### Kids Total Daily Beverage and Drinking Water Requirements

Age Range	Gender	Total Water (Cups/Day)
4 to 8 years	Girls and Boys	5
9 to 13 years	Girls	7
	Boys	8
14 to 18 years	Girls	8
	Boys	11

#### Red

- Apple
- Watermelon

#### Green

- Avocado
- Broccoli
- Kivi
- Peas

#### White

- Chicken
- Mushroom
- Onion
- Popcorn
- Rice
- Yogurt

#### Yellow

- Banana
- Lemon
- Pineapple

#### Orange

- Mango
- Orange
- Salmon

#### Purple

- Beets
- Eggplant

#### Brown

- Beef
- Oatmeal
- Tuna
- Walnuts

#### Multi Colors

- Beans
- Pears
- Peppers
- Squash

## Word Search

S	K	C	N	S	A	L	M	O	N	N	B	D	E	Y	B	X	L
Q	J	Z	N	O	Y	V	P	A	A	J	O	Q	L	V	T	Q	B
U	S	E	O	G	Z	Y	E	G	G	P	L	A	N	T	R	Y	A
A	J	L	L	N	B	O	A	T	M	E	A	L	A	O	X	O	N
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A	K	I	A	I	A	F	N	N	V	V	H	C	E	Q	O	O	E
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Y	V	B	C	Z	H	E	Y	C	X	B	R	O	C	C	O	L	I
T	U	N	A	P	E	P	P	E	R	S	J	B	E	E	T	S	X
X	B	X	F	B	Q	C	B	J	R	G	O	R	A	N	G	E	S

**Highlighting New Menu Items at SWC, DELICIOUS!**

**Breakfast:** Mini Loaves w/ whole grain flour; Croissant Sandwiches

**Lunch:** Taco Salads w/ whole grain corn chips; Rib-B-Q Sandwich

**And at Middle & High Schools: Chicken Alfredo**