



Growing Up Healthy & Active

October

Tater Tots: Young Couch Potatoes

A recent government report highlighted the decreased time school children spend in physical activity.

- More than one-third (38 percent) of all children watch three or more hours of TV on an average school day.
- More than one-third (37 percent) of all trips to school are made from one mile away or less, but only 31 percent of these trips are made by walking.
- One in three high school students do not participate regularly in moderate to vigorous physical activity. (YRBSS, 2003)

Just Do It—Get Active

- Take a walk on a local trail or around a lake.
- Walk to a home sports game rather than drive.
- Rake the yard or donate your time to rake an elderly person's yard.
- Walk your children for trick-or-treating instead of driving them.

Plan for Daily Snacks

What are your kids eating? Are fruits and vegetables part of their daily eating plan? About 45 percent of American children in elementary school eat less than one serving of fruit and 20 percent eat less than one serving of vegetables daily. How can we change this trend? One option is to plan snacks that include fruits and vegetables.

School Lunches Promote Good Nutrition

- School meals are planned to provide nutritional value without promoting overeating or excess calories. The Food Guide Pyramid is the basis for the number and size of servings.
- The State Department of Education monitors menus for calories, fat, and size of servings.
- Portion size is based on age. Portions are based on the weight of food—not how it fills up the tray.
- School lunch programs are self-supported; they are not supplemented by the school general fund.
- Older students are given more choices but young children also can choose the foods they eat using “offer vs. serve.” Students can choose foods but are required to eat food from at least three of the five pyramid food groups.
- School staff work together to encourage a healthy eating environment. When children eat too fast they don't recognize when they are full and are more likely to overeat—which is the first step to overweight.

If you have a concern about your child's school foodservice contact the food service directors.

For more information

Visit these ISU Extension Web sites:
Nutrition—<http://www.extension.iastate.edu/nutrition/>

Answerline—<http://www.extension.iastate.edu/answerline>

Recipe of the Month: Taco Pie

1 pound ground beef
½ cup water
1 packet dry taco seasoning mix
½ cup plus 2 tablespoons salsa
½ cup plus 2 tablespoons tomato paste
½ cup plus 2 tablespoons water
7 (8-inch) flour tortillas
2 cups shredded low fat cheese

In large skillet, brown beef; drain fat. Stir in ½ cup water and ¼ cup of the taco seasoning mix. Simmer about 15 minutes. In a bowl, combine salsa, tomato paste, ½ cup plus 2 tablespoons water, and remaining 1½ tablespoons seasoning mix. Cut tortillas in half and place 5 halves in bottom of lightly greased 13x9x2-inch pan. Spread ½ cup of salsa mixture on top. Add 1½ cups of meat mixture plus ½ cup shredded cheese. Place 4 tortilla halves on top of cheese and repeat first layer of salsa, meat and cheese. Place 5 tortilla halves on top of cheese. Add remaining salsa and cheese. Cover with foil; bake 30 minutes at 350°F. Cool 5 minutes before cutting. Makes 12 servings.

... and justice for all
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