



# Right Bite!

A Newsletter for Healthy Eating

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## Get Up, Get Moving!

Heart disease is one of the leading causes of death in the United States....and lack of physical activity is a major risk factor for heart disease. Regular exercise can reduce the risk of heart disease and other health problems like diabetes and obesity. Even a moderate activity like walking, is helpful when done regularly for at least 30 minutes on most days.

### Did you Know?

Smokers who start exercising regularly are more likely to cut down, or even stop smoking completely!

## Other Benefits of Exercise....

- **STRENGTH:** Exercise builds strong muscles that are needed to support and move your body.
- **FLEXIBILITY:** Exercise helps prevent injuries to muscles, joints, and tendons.
- **ENDURANCE:** Exercise allows you to be active longer without getting really tired.

# Kid's Activity Pyramid



## How Parents Can Help...

- Set a good example by being active yourself.
- Limit activities like T.V. watching, and playing video and computer games.
- Plan active family outings.
- Assign household chores (mowing lawns, raking leaves, mopping floors, etc.) that require physical exertion.
- Park at the end of the parking lot instead of near the door.
- Make sure that your children are physically active at school.

## Right Bite Recipe

### On the Run Breakfast Burrito

- 1 flour tortilla
- 1 tbs creamy peanut butter
- 2 tsp strawberry jam
- ½ banana

Spread peanut butter and jam on tortilla. Roll the tortilla around the banana. Wrap the burrito in a paper towel and microwave for 35 seconds or until warm. (Can also be served cold)

## Food Safety Corner

- Store raw meat, poultry, and seafood on a plate or tray in the refrigerator so that raw juices don't drip onto other foods.
- Use one cutting board for raw meat products and another one for salads and other ready-to-eat foods (or wash cutting boards in between each use).
- Never place cooked food on a plate that has held raw meat, poultry, or seafood unless the plate has been washed.



## Physical Activity---from A to Z

### Can you find these activities?

Z Z Q N P I S V V I D J F Y C S I N X X	
J C R Y K T M R M V P P J G B I Z T U O	
G O E P X S J H K I M D O N N W H W M T	AEROBICS
R Y G Y M N A S T I C S A R D I Z O A K	BASEBALL
Y K L R I C C T U S P T N N T Y K T A W	DANCING
N U E Z N J O H A Y C Z G B C O R L U V	GYMNASTICS
Q A A Z S A Q C W O R O U H K I K O A R	JOGGING
Y W P F R U E J J Y G G P P N Z N C S W	LEAPFROG
C P F A U M H R L D B H T Q K L T G Y A	RUNNING
J R R S J B N X O O T A U Y L S Z R J Y	SKATING
Z F O G O I Y N T B Y R S G B F Z P A X	VOLLEYBALL
X F G Y G R L R U M I E R E V R O V K H	WALKING
P K U G G K D Q S E U C V J B Y B R H M	
W Y U N I A L V O I Z S S D N A B U W D	
E Q X I N V O L L E Y B A L L P L A H P	
R V J T G N X O V N L J H Z J P J L L I	
O H P A F P P H T U J R G C B A T Z M B	
A F S K C I W U A D E Y E K J L P X B H	
Q L V S V L G Z A T S T A Q B B U P I O	
W D Z R U N N I N G Y H B E I B I F M C	



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*For more information about food, nutrition, or health, contact your local County Extension Office.*



## Tips for Stretching Leftovers... or how to find money in your refrigerator!

- ❖ **Leftover chili:** Serve over a baked potato or mix with noodles for another great meal.
- ❖ **Leftover pancakes or waffles:** Put aluminum foil between them, place in a freezer bag and freeze. For a quick breakfast, remove what you would like from the bag and microwave for 1-2 minutes. No more buying expensive frozen pancakes and waffles.
- ❖ **Leftover noodles, rice, or potatoes:** Add them to soup for a hearty meal.

**\* Remember to quickly refrigerate or freeze leftovers in shallow containers. Always label and date leftovers!**