

# Poe in the Know

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## Motivating Kids to Be Active

### Physical Activity



If you've ever watched young children on a playground, you know that most are naturally physically active and love to move around. But what you might not realize is that climbing to the top of a slide or swinging from the monkey bars can be a child's first steps toward a lifetime of being active. As kids get older, it can be a challenge for them to get the amount of activity they need every day. Reasons abound: the increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models, and busy working families. And even if kids have the time and the inclination to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids once did. So their opportunities might be limited. Despite these barriers, though, parents can instill a love of activity and help kids fit it into their everyday routines. Doing so can establish healthy patterns that will last through the years, even into adulthood.

Kids need 60 minutes of physical activity per day.

Physical activity simply means movement of the body that uses energy.

Source: [www.kidshealth.org](http://www.kidshealth.org)



See page 2 for games that will get your students active.

## Veggie Bowls

### Join the Healthy Grub Club!

#### Ingredients:

- 1 green, yellow, or red pepper; washed
- 1 bunch of celery, washed
- 1 carrot; washed and peeled
- Your Favorite Salad Dressing

#### Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrot into skinny sticks so each one is about 4" long
4. Cut the celery into skinny sticks so each one is about 4" long
5. Put a little bit of salad dressing on the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks and pepper slices in to the pepper bowl.
7. Now you have a portable veggie treat! When you are finished with the veggies,

|               |      |
|---------------|------|
| Servings: 1   |      |
| Calories      | 93   |
| Protein       | 3g   |
| Carbohydrates | 22g  |
| Fiber         | 4g   |
| Cholesterol   | 0mg  |
| Sodium        | 98mg |
| Calcium       | 71mg |
| Iron          | .7mg |

Source: [www.kidshealth.org](http://www.kidshealth.org)

# Snacks

“Snacks can play an important role in managing . . . hunger and boosting nutrition.”



“Don’t eat that, you’ll spoil your appetite.” If only you had a dollar for every time you heard that familiar refrain growing up. But if the right foods are offered at the right times, snacks can play an important role in managing your child’s hunger and boosting nutrition. A well-timed snack can even out spikes in hunger and provide a much-needed energy boost between meals. Snacks can keep younger children from getting so hungry that they become cranky, and they can also keep older children from overeating at larger meals. And for picky eaters of all ages, snacks can be added insurance that your child is getting the nutrients needed. This doesn’t mean that giving your child a cupcake half an hour before dinner is suddenly considered a good idea. The best snacks will be nutritious — low in sugar, fat, and salt. Fresh fruit and vegetables and foods that contain whole grains and protein are also good choices. But it’s not just about what you offer as a snack — it’s how much you serve and when. Pay attention to portion sizes and timing of snacks so they don’t interfere with a child’s appetite for the next scheduled meal. Kids who are allowed to graze all day long often have a hard time figuring out when they’re truly hungry — one key to maintaining a healthy weight in childhood and later in life. A structured meal and snack schedule is one solution. You offer the meals and snacks at the same times each day, and your child can decide what he or she wants to eat and how much.

Source [www.kidshealth.org](http://www.kidshealth.org).

Get moving with a Game!

## Fun Physical Activity: Group Games for Kids

### Vegetable/Fruit Tag

**How to play:** When a tagger approaches a child in this game, he or she must squat down and say the name of a vegetable or fruit for protection. If the tagger touches the child first, the tagged child becomes it.

**What the game teaches:** Motor Skill, Agility, Teamwork

**Number of Children:** Any

### Scavenger Hunt

**How to play:** Gather some easily recognizable objects and hide them around one or two rooms or an outdoor space. Give each child a list of items and clues to help find the objects.

**Tips:** You pair children up or assign teams. If outdoors, provide boundaries for children to work inside.

**What the game teaches:** Problem Solving, Teamwork

**Number of Children:** Any

Source: [www.kidshealth.org](http://www.kidshealth.org)

