

# Poe in the Know

Summer 2010

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## Healthy Eating: Tips for Families

### How Can I Get My Child to Eat Vegetables?

*My daughter refuses to eat any veggies. How can I make sure she gets enough nutrients each day?*

Start by setting a good example and eat a nutritious diet that includes plenty of fruits and vegetables. Then, use your imagination. Chop up veggies (try carrots or zucchini) and put them in foods like muffins, pancakes, or pasta sauce. Dress up veggies with something she enjoys — add cheese to broccoli, for example, or peanut butter to celery, or have her dip veggie sticks in yogurt.

Sometimes, all it takes is a fun arrangement to get kids eating. Make up a plate of mini foods (baby carrots, baby corn, cherry tomatoes, etc.) or make a face out of vegetables, complete with peas for eyes, a carrot for the nose, and sprouts for hair. Just make sure that veggies are cut into small enough pieces so they don't pose a choking risk.

If you have concerns about your child's nutrition, talk to her doctor or talk to a registered dietician, who can help you deal with your finicky eater.

Reviewed by: Larissa Hirsch, MD  
Date reviewed: February 2010  
Source: <http://kidshealth.org>



Have Fun & Stay Healthy!

Join the Healthy Grub Club!

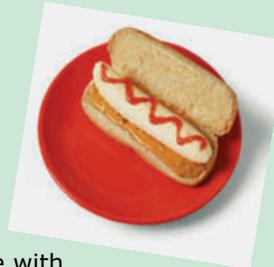
## Banana Dogs

### Ingredients:

Whole-grain hot dog bun  
Peanut Butter  
Wheat germ or sunflower seeds  
Banana  
Jam

### Directions:

Simply spread a whole-grain hot dog bun with peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam. Add a side of milk to round out the snack.



Recipe retrieved from Family Fun website:  
<http://familyfun.go.com/recipes/banana-dog-686944/>

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## Motivating Kids to Be Active

Have FUN! "Let's Stay Active"

### Keeping Kids Active

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include 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 desire

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, 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 into adulthood.

### Benefits of Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits: strong muscles and bones, weight control, decreased risk of developing type 2 diabetes, better sleep,

a better outlook on life. Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.



### Watch for Changing Interests

As time passes, your child may lose interest in old favorites, such as soccer. The trick is to help your child continue to be active, even if league play falls by the wayside. Staying active and keeping fit are the goals, so help find a replacement activity or activities that your child enjoys.



### What Motivates Kids?

So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

**Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.

**Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.

**Keeping the focus on fun:** Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

# Motivating Kids to Be Active

Have FUN! "Let's Stay Active"

## Here's Some Age-Based Advice:

**Preschoolers:** Preschoolers need play and exercise that helps them continue to develop important motor skills — kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a bike, freeze dancing, or running obstacle courses.

Although some sports leagues may be open to kids as young as 4, organized and team sports are not recommended until they're a little older. Preschoolers can't understand complex rules and often lack the attention span, skills, and coordination needed to play sports. Instead of learning to play a sport, they should work on fundamental skills.



**School-age:** With school-age kids spending more time on sedentary pursuits like watching TV and playing computer games, the challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to Scouting, biking, camping, hiking, and other outdoor pursuits.

As kids learn basic skills and simple rules in the early school-age years, there might only be a few athletic standouts. As kids get older, differences in ability and personality become more apparent. Commitment and interest level often go along with ability, which is why it's important to find an activity that's right for your child. Schedules start getting busy during these years, but don't forget to set aside some time for free play.

**Teenagers:** Teens have many choices when it comes to being active — from school sports to after-school interests, such as yoga or skateboarding. It's important to remember that physical activity must be planned and often has to be sandwiched between various responsibilities and commitments.

Do what you can to make it easy for your teen to exercise by providing transportation and the necessary gear or equipment (including workout clothes). In some cases, the right clothes and shoes might help a shy teen feel comfortable biking or going to the gym.



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Want to encourage your students to stay active?  
 Schedule a Poe Center Nutrition and Physical Activity program.  
 Check out [www.poehealth.org](http://www.poehealth.org) for more information.  
 Visit us OR we can come to you!!!

## Poe News

### Less Fork, More Foot 5K Race & Fun Run benefits the Poe Center for Health Education

On Sunday April 11<sup>th</sup> the Raleigh District Dietetic Association (RDDA) kicked off its 4<sup>th</sup> annual Less Fork, More Foot 5K Race & Fun Run at Meredith College. Proceeds benefit the RDDA and the Alice Aycock Poe Center for Health Education's efforts to prevent childhood obesity through education.

This year's race had over 160 registered racers and drew an even larger large crowd of supporters. The 3.1 mile certified course toured Meredith College campus in Raleigh, NC. Funds raised through the Less Fork, More Foot 5K Race provide the Poe Center with resources to reach out to children and their families about the benefits of eating healthy foods and being physically active.

Participants enjoyed the entertainment, refreshments and exhibitors. The band "Old Avenue" played before, during and after the race. Children, parents, friends and families participated in the race as walkers, runners or stroller riders



The USDA's Power Panther reminds kids how to Eat Smart and Play Hard!



Planning for the 2011 Less Fork, More Foot 5K Race and Fun Run is underway. Visit [www.lessforkmorefoot.com](http://www.lessforkmorefoot.com) for updates and photos from this year's race.

The **Raleigh District Dietetic Association** is a non-profit professional organization of Registered Dietitians, Dietetic Technicians Registered and student members serving the community by promoting optimal nutrition, health and well-being. The Raleigh District Dietetic Association comprises members within the following counties: Wake, Johnston, Cumberland, Harnett, Franklin, Moore, Vance, Sampson, Hoke and Warren. You can learn more about the RDDA at [www.eatrightnc.org](http://www.eatrightnc.org).

Raleigh District Dietetic Association  
**NORTH CAROLINA  
DIETETIC ASSOCIATION**  
an affiliate of the  
eat right. American Dietetic Association

## Healthy Habits Camp 2010

The Poe Center for Health Education staff is hosting a Healthy Habits summer camp in 2010. Healthy Habits Camp will be offered through funding by the North Carolina Department of Health and Human Services Division of Social Services, and the USDA.

The June camp was a success! We are anticipating that kids will have fun in the July 19-23 camp too. The Healthy Habits camp is offered to rising kindergartners through rising 5<sup>th</sup> graders. Qualified counselors are being recruited from nutrition and early childhood education programs at NCSU, Wake Tech, and Meredith College. Campers will receive daily instruction on healthy food choices and the importance of physical activity; as well as receiving two nutritious meals each day.

We are working to reverse the obesity growth trend in North Carolina through education and hands on experience with food choices. Fun activities both in our indoor facility and the WakeMed Playwell Park provide opportunities for the children to practice and enhance the skills they have acquired at Healthy Habits Camp.

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