

## **Healthy Living Week February 1<sup>st</sup> – 5<sup>th</sup>**

We all want to be healthy by eating the right foods and exercising our bodies and minds, right? I know it isn't always easy to do, but hopefully this week will be a way for you to put a little extra thought and time into being the healthiest you can be. We have created this package to provide a week's worth of suggested guidelines. These include activities for your mind, body and emotional health and a healthy dinner recipe. All of these activities are merely suggestions and hopefully they will challenge you to make small changes for you and your family.

Each child that participates in at least 3 of 5 days activities can return the completed form to their teacher by February 12<sup>th</sup> for a chance to win one of 10 prizes (randomly drawn from all returned forms). All participants who return the form will receive a certificate celebrating their success at completing this challenge!

Good luck and have a fun time!

Health and Wellness Committee

### *Healthy tips for living:*

- Turn off the TV!! Limit your viewing to 30 minutes or less each day.
- Get enough sleep...kids 7-12 need 10-11 hours a night.
- Read for at least 30 minutes a day.
- Eat a colorful variety of food...make your plate an artist's palette!
- Read those food labels so you know what you are eating.

## Monday

- Mind – put together a jigsaw puzzle
- Body – turn on some lively music and dance your heart out
- Emotion – draw or paint a picture of your favorite place

Sloppy Joe Pasta (4 servings at 291 calories & 5g fat per serving)

1lb ground turkey

Salt and pepper

1 cup water

1 (15.5-oz) can Hunt's Manwich Sloppy Joe Sauce

1 (8.75-oz) can whole kernel corn (drained)

2 cups whole wheat pasta

1. Preheat large saucepan on medium-high 2-3 minutes. Brown ground turkey 5-7 minutes, stirring to crumble meat; season with salt and pepper. Stir in water, sauce, corn and pasta; cover and bring to a boil.
2. Reduce heat to medium; cook and stir 8-10 minutes or until pasta is tender.

*Serve with a green salad*

## Tuesday

- Mind – play a game of concentration, ie. Memory, Battleship, etc
- Body – try a new fruit or vegetable
- Emotion – go to bed 30 minutes earlier than normal

Balsamic chicken with baby greens (4 servings 260 calories & 9g fat per serving)

4 boneless chicken breasts (1.5 lbs)

¼ tsp salt

1/8 tsp pepper

2 TBSPS extra-virgin olive oil

1 sprig fresh rosemary (rinsed)

¼ c balsamic vinegar

1 bag baby salad greens

1. Preheat large sauté pan on medium –high 2-3 minutes. Season both sides of chicken with salt and pepper. (wash hands)
2. Place oil in pan and swirl to coat. Add chicken; cover and cook 4-5 minutes per side. Meanwhile, snip rosemary leaves using kitchen shears.
3. Add remaining ingredients to pan (including rosemary and greens). Rotate chicken to top of greens. Cover, remove from heat and let stand 1-2 minutes, until greens are wilted.

*Serve with brown or wild rice*

## Wednesday

- Mind – learn the alphabet backwards from z to a
- Body – see how many pushups you can do
- Emotion – help your Mom or Dad with a household chore

Garlic chili shrimp (4servings at 202 calories & 8g fat per serving)

½ c refrigerated ginger salad dressing

1 TBSP roasted garlic

2 TBSPS orange marmalade

1 TBSP soy sauce

1 tsp chili pepper blend paste

2 tsps sesame oil

1 tsp Chinese five-spice powder

1 lb frozen peeled shrimp, thawed

1. Combine dressing, garlic, marmalade, soy sauce, and chili paste in medium saucepan. Allow sauce to simmer on low until ready to serve (up to 20 minutes), stirring occasionally.
2. Meanwhile, preheat large sauté pan on medium-high heat for 2-3 minutes. Drizzle oil over shrimp and sprinkle with Chinese five-spice powder and let stand for 5 minutes to marinate.
3. Add shrimp to sauté pan and cook 2 minutes per side, or until shrimp are pink and thoroughly cooked. Serve with warm dipping sauce on side.

*Serve with a side of couscous and steamed broccoli*

### **Thursday**

- Mind – grab your dictionary and learn a new word
- Body – make water your beverage of choice today
- Emotion – laugh today...tell a joke to a friend or read the comics

Oven Fried Chicken (4 servings at 231 calories & 8 g fat per serving)

4 boneless, skinless chicken breasts

1 TBSP extra-virgin olive oil

½ c uncooked oatmeal

¾ tsp chili powder

Cooking spray

1. Heat oven to 425\*. Spray cookie sheet with cooking spray. Brush chicken breasts with olive oil.
2. Place oatmeal and chili powder in blender and pulse until mixed thoroughly.
3. Pour oat mixture into plastic bag and add chicken breasts one at a time, tossing to coat well.
4. Place breasts on cookie sheet. Spray breasts lightly with cooking spray.
5. Bake for 35-40 minutes or until juices run clear when pierced with fork.

*Serve with corn on the cob, green beans and whole wheat rolls.*

## Friday

- Mind – do a crossword puzzle, word search or create your own
- Body – go for a walk/bike ride with your Mom or Dad
- Emotion – tell someone you love them either in person or a card

### Whole Wheat Pizza (4 servings at 270 calories & 9g fat per serving)

1 pkg active dry yeast

1 c hot water

2 TBSP olive oil

1 & ½ c whole-wheat flour

1 & ½ c unbleached white flour

1 pkg low fat shredded mozzarella cheese

1 jar pizza sauce

1. Dissolve yeast in water; allow to rest for 5 minutes.
2. Stir in whole wheat flour, olive oil and 1 cup white flour. Preheat oven to 425\*.
3. Knead in remaining white flour by hand about 5 minutes (dough will be smooth and elastic)
4. Coat a medium-sized bowl with olive oil and place dough in bowl, turning to coat with oil. Cover with dishtowel and allow to rise in a warm place for 15 minutes.
5. Stretch pizza dough to fit 14" pizza pan, raising edges to hold toppings.
6. Add sauce, cheese and any fresh veggies you desire and bake about 15 minutes or until cheese is melted and crust is browned.

*Serve with a fruit salad*

