



Harvest of the Month

February

Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

broccoli



Let's Get Physical!

- It's American Heart Month. Get at least one hour of physical activity every day. Visit www.americanheart.org for more information.
- Start a weekly walking routine with your child. Invite your neighbors or child's friends to join you.
- While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more physical activity ideas, visit:
www.kidnetic.com
www.verbnow.com

ITALIAN BROCCOLI AND PASTA

Ingredients:

- (Makes 4 servings at 1¼ cups each)
- 2 cups uncooked fettuccine noodles**
 - Nonstick cooking spray**
 - 3 tablespoons chopped green onion**
 - 2 cups broccoli florets**
 - ½ teaspoon dried thyme**
 - ½ teaspoon dried or**
 - 1½ teaspoons fresh oregano**
 - ½ teaspoon ground black pepper**
 - 1 (14½-ounce) can stewed tomatoes, not drained**
 - 2 teaspoons grated parmesan cheese**
1. Cook fettuccine according to package.
 2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
 3. Add seasonings and tomatoes. Simmer until heated.
 4. Spoon warm vegetable mixture over fettuccine and top with cheese.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

Nutrition Facts

Serving Size 1 cup, chopped
(91g)

Amount per Serving

Calories 31 Calories from Fat 3

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **9%**

Sugars 2g

Protein 3g

Vitamin A 11% Calcium 4%

Vitamin C 135% Iron 4%

Source: www.nutritiondata.com

Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

www.harvestofthemonth.com



Tsab Ntawv Tshaj Txog Zaub Pob Ntsuab (Broccoli)

Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Kev Noj Qab Nyob Nyab Xeeb.

Yog hais tias koj tus me nyuam noj tej zaub mov uas muaj txiaj ntsim zoo pab rau lub cev, nws yuav mloog/nco tau xib fwb tej lus zoo dua, to taub tej uas xib fwb qhia zoo dua thiab ua tej ntaub ntawv uas xib fwb muab rau ua tau zoo dua. Tsab ntawv, "Lub Hlis Sau Qoob" no yog muab tej tswv yim tshiab rau koj tsev neeg kom sim noj tej txiv hmab txiv ntoo thiab txawj muab ntau hom txiv hmab txiv ntoo thiab zaub los ua ntau yam noj. Kev Sau Qoob Ntawm Lub Hlis No Yog Tham Txog **Zaub Pob Ntsuab** (Broccoli).



Nws Tsis Yog Ib Qho Zoo Rau Koj Tus Me Nyuam Pheej Zaum Ntau Xwb.

Lub ob hlis yog lub hli khwv (American Heart Month). Yuav tsum tau ua si, taug kev los sis siv lub cev ua hauj lwm yam tsawg kawg nkaus ib hnuv ib teev. Yog tias koj xav paub ntau tshaj no qhib koj lub computer es mus saib hauv: www.americanheart.org.

Yuav tau nrog koj tus me nyuam taug kev txhua txhua lub plua (week). Mus yaum cov neeg uas nyob ze koj los sis lawv cov me nyuam nrog nej taug kev ua si.

Yog hais tias nej tab tom saib TV es ho muaj kev tshaj tawm lag luam los cuam tshuam no ces hais kom nej cov me nyuam sawv mus ua exercise kom qhov kev tshaj tawm lag luam ntawd dhau mus tso. Ntsia seb tus me nyuam twg yog tus uas nquag ua exercise tshaj.

Yog tias koj xav paub tej hais no ntau ntiv mus saib ntawm www.kidnetic.com los sis ntawm www.verbnow.com hauv koj lub computer.

Kev Tu Zaub Pob Ntsuab (Broccoli) Cia Thiab Muab Ua Noj

Muab cov zaub pob ntim rau hauv hnab yas es txhob pav ncauj, mam muab tso rau hauv tsee txias(refrigerator). Tsis txhob rawm muab cov zaub pob ntsuab tsaug dej los sis ntxuav, thaum twg yuav ua noj mam tsaug kiag xwb.

Muab zaub pob ntsuab cub, hauv microwave los sis kib los tau. Txhob hau ntev ntev yuav ua rau cov zaub lwj thiab tsis muaj cov kuab vitamins thiab minerals lawm.

Tseem Muaj Ntau Yam Uas Yuav Ua Tau Kom Muaj Kev Nyob Hauj Zas.

Thaum koj mus ncig yuav khoom noj tom tej khw, nco qab ntsoov coj koj tus me nyuam nrog koj mus. Hais koj tus me nyuam kom pab koj xaiv yuav tej txiv hmab txiv ntoo thiab zaub uas koj tsev neeg nyiam noj.

Hais kom koj tus me nyuam noj txhua pluas mov uas tsev kawm ntawv npaj rau lawv. Yog tias koj xav paub tej zaub mov no kom ntxaws tshaj no, hu rau koj tus me nyuam tus xib fwb los sis hu mus rau hauv tsev kawm ntawv lub chaw ua hauj lwm es kom lawv tshab txhais ntiv.

Yog hais tias koj tus me nyuam ntim zaub mov hauv tsev mus noj tom tsev kawm ntawv, yuav tsum kom muaj tej kua txiv hmab txiv ntoo uas tseem tseem, tej txiv hmab txiv ntoo qhuav los sis zaub nplooj ntsuab tej.

Tham nrog koj tus me nyuam seb lawv kawm txog cov zaub pob ntsuab no tom tsev kawm ntawv li cas thiab seb lawv kawm txog dab tsi hauv lawv chav kawm.

Yuav Tau Sim Ua Li Hauv Qab No Kom Me Nyuam Yaus Ho Nyiam Noj Zaub Pob Ntsuab (Broccoli) Zog Ntxiv:

Muab tsaug kom huv thiab hlais ua tej daim me me do ua salad noj. Txhob hau.

Yog hais tias koj muab zaub pob ntsuab cub/ncu, muab kua txiv npaws ywv los sis cov kua shredded parmesan cheese uas muaj roj tsawg los ywg rau xwv kom thiaj qab zog tuaj.

Ib yam ntxiv yog noj nyoos uas yog muab suam ua tej daim es ntsw cov kua sauce ntsw zaub nyoos uas tsis muaj roj (fat-free vegetable dip). Koj mus nrhiav yuav tau cov kua sauce no ntawm cov khw muag khoom noj. Los yog koj mam muab cov kuas fat-free sour cream los tov rau ib pob seasoning me me xwb los tau.

Muab tej zaub pob ntsuab uas suam tau me me los xyaw zaub, mov, ncuav, qe los sis lwm yam khoom noj los tau.

Yog koj xav paub ntau ntiv, mus saib ntawm www.harvestofthemonth.com hauv koj lub computer.