



Harvest of the Month

January

Health and Learning Success Go Hand-in-Hand

Celebrate a healthy New Year. You can help improve your child's overall performance in the classroom with nutritious meals and regular physical activity. Make a family resolution to eat more fruits and vegetables and be more active. With **Harvest of the Month**, your family can explore, taste and learn about how to eat more fruits and vegetables and be active every day.

The **Harvest of the Month** featured fruit is **oranges**



Produce Tips

- Look for fruit that is firm and heavy for its size with bright, colorful skins.
- Avoid fruit with bruised, wrinkled or discolored skins. Oranges with scarring or green spots on the surface are fine to eat.
- Fruits with thinner skins tend to be juicier than those with thicker skins.
- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.

ORANGE GLAZED VEGETABLES

Ingredients:

(Makes 4 servings at ½ cup each)

- 2 cups frozen vegetable mix**
- ½ teaspoon grated orange peel**
- ¼ cup orange juice (squeeze from the orange grated for peel)**
- 1 tablespoon Dijon-style mustard**
- 1 teaspoon low-sodium soy sauce**

1. Cook vegetables in microwave according to package directions.
2. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small bowl. Stir until mixed.
3. Drain vegetables and toss with orange juice mixture. Serve immediately.

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

Helping Your Kids Eat Healthy

- Slice oranges for a quick, healthy snack.
- Freeze 100 percent orange juice in a paper cup with a popsicle stick or spoon. Serve it for dessert.
- Instead of a soft drink, give your child an orange for a sweet and juicy treat.
- Toss oranges in a salad.
- Discuss with your child how eating oranges helps fight colds and sickness.

For more ideas, visit:

www.harvestofthemonth.com
www.cachampionsforchange.net

Nutrition Facts

Serving Size 1 medium orange
(154g)

Amount per Serving

Calories 75 Calories from Fat 2

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **14%**

Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com

Let's Get Physical!

- Help your child start preparing for the FITNESSGRAM®. Ask your child's teacher for more information.
- Go for a walk or a jog in the morning to jump-start the brain.
- Start easy—add 10 to 15 minutes of physical activity to your day and gradually work up to one hour.
- Instead of watching TV, play a card or board game that exercises your brain.

For more physical activity ideas, visit:

www.kidnetic.com

www.verbnow.com

Healthy Help

- Review the school menu with your child. Count the different ways in which oranges will be served (e.g., juice, slices).
- Encourage your child to eat the school breakfast and lunch. Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day.
- Keep healthy recipes and cookbooks in the kitchen. Let each member of the family pick a recipe and then cook it together.
- Keep nutrition information in your kitchen. When someone has a question, look it up and share with the family.

Tsab Ntawv Sau Txog Txiv Kab Ntxwv (Citrus)

Yuav Kom Kawm Ntawv Tau Zoo Yuav Tsum Muaj Kev Noj Qab Haus Huv Sib Nrawg Nroos.

Nyob dhia rhwb rrees txais tos lub Xyoo Tshiab. Koj yeej pab tau koj tus me nyuam kom kawm ntawv tau zoo dua yog tias koj ua tej zaub mov uas muaj txiaj ntsim rau lawv noj thiab hais kom lawv nquag dhia hom khaj tas li. Coj koj tsev neeg los zaum sib tham cog lus ua ke tias lawv yuav tsum tau noj txiv hmab txiv ntoo thiab tej zaub kom ntau ntxiv thiab taug kev ua si los sis dhia hom khaj txhua hnuv. Tsab ntawv qhia hu ua **“Lub Hlis Sau Qoob”** yog muab tswv yim los pab koj tsev neeg kom paub txog tej khoom noj tshiab uas tsis tau noj dua los thiab xyaum muab los ua kom qab rau tsev neeg noj.

Sau Qoob Ntawm Lub Hlis No Yog Qhia Txog Cov Txiv Theej Kab (Oranges).

Kev Xaiv Txiv Theej Kab Thiab Muab Tu Cia Kom Kav Ntev.

- Xaiv yuav lub txiv theej kab uas tseem khov kho (txhob zooj) thiab hnyav ncawv es daj ci tshiab tshiab xwb.
- Lub txiv theej kab uas caws maum me ntsis los sis tseem ntsuab lem liaj los yeej zoo noj lawm, tab sis txhob noj lub uas daim tawv twb dub tej tee los sis daim tawv twb ntsws ntsws lawm.
- Lub txiv theej kab uas daim tawv nyias nyias zoo noj dua lub daim tawv tuab tuab.
- Txhob muab txiv theej kab ntim rau hauv hnab yas, cia li muab tso rau tej qhov chaw txias los sis tso rau hauv tsee txias (refrigerator) mas yuav zoo noj kav ntev li ob plua.

Ua Raws Li Hauv Qab No Yuav Pab Koj Cov Me Nyuam Nyiam Noj Txiv Theej Kab Dua.

Pab tev los sis chais txiv theej kab rau lawv kom lawv cia li khaws nkaus noj xwb. Muab tso kua rau hauv khob ntawv es muab ib tug me nyuam pas los sis diav tso rau. Tom qab ntawd ces muab tso rau hauv freezer kom nkoog mam muab rau me nyuam noj txom ncauj. Txiv theej kab mas qab zib thiab muaj kua heev li, yog li no muab tso ua kua rau cov me nyuam haus zoo dua cia lawv haus tej dej qab zib (soft drink). Muab txiv theej kab tev thiab chais ua tej daim xyaw nrog salad noj. Txiv theej kab muaj cov vitamin pab me nyuam kom txhob raug khaub thuas, yog li no koj yuav tau qhia rau koj cov me nyuam kom noj txiv theej kab es thiaj pab tau lub cev hauj zas dua.

Cia Me Nyuam Zaum Ntau Xwb Tsis Yog Ib Qho Zoo.

Hu mus nrog koj tus me nyuam tus xib fwb tham txog “FITNESSGRAM”. Nws yog ib qho program uas pab kom koj tus me nyuam to taub meej txog kev hom khaj. Yuav tsum taug kev ua si txhua txhua tag kis. Nws yog ib qho zoo los pab koj lub hlwb kom nquag ua hauj lwm. Yog hais tias niaj hnuv no koj cov me nyuam pheej zaum ntau xwb no ces cia li sim coj lawv taug kev los sis ncig ua si yam tsawg kawg nkaus li 10 mus rau 15 nas this txhua txhua ib hnuv twg. Dhau ntawd mas ib as thiv twg yuav tsum tau taug kev los sis ua si kom ntev zuj zus ntxiv. Tom qab li 4 mus rau 5 as thiv ces yuav tsum taug kev los sis dhia ua si kom tau ntev li ib xuab moos rau ib hnuv. Yuav tsum tau nrhiav tej yam game los ua si pauv qhov uas pheej saib TV tas li xwb. Kev ua si nrog game yog pab lub hlwb xav. Siv lub hlwb ntau yog ua kom lub hlwb khiav zoo.

Yog hais tias koj xav tau lub tswv yim no kom ntau ntxiv, mus qhib hauv koj lub computer ntawm: www.kidnetic.com thiab www.verbnow.com es mus kawm tau

Lwm Yam Ntxiv Uas Yuav Pab Kom Muaj Kev Nyob Hauj Zas;

Nyeem tsev kawm ntawv daim ntawv qhia khoom noj ua ke nrog koj tus me nyuam thiab suav seb muaj pes tsawg puas mov uas muaj txiv theej kab los sis kua txiv theej kab nrog. Yeej meem hais kom koj tus me nyuam noj txhua txhua puas mov uas tsev kawm ntawv muaj rau lawv noj. Ib pluag noj twg luag yeem tej txiv hmab txiv ntoo thiab zaub kom haum koj tus me nyuam lub cev lawm Yuav tau khaws tej ntawv qhia ua noj ua haus uas yog cov zoo cia hauv tsev. Qhia koj cov me nyuam kom xyaum ua tej puas mov qab li ntawd noj. khaws tej ntawv uas zoo li daim no cia, xwv lwm zaus thiaj tau muab los xyaum ua noj ntxiv yog muab neeg xav paub los thiaj muab qhia tau rau.