

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

February 2016

Floyd County School District
Mr. Dale Pack, Food Services Director



FAST TAKES

Healthy "hearts"

Consider trading chocolate hearts and other candy popular this month for more nutritious treats. For instance, use a cookie cutter to turn cantaloupe or honeydew slices into hearts. Or make fancy kebabs with cubes of angel food cake, strawberries, and pineapple chunks—and top with a little melted dark chocolate.

One-minute workouts

Fit in extra exercise time with this idea for quick workouts. On separate slips of paper, your teen could write exercises (jumping jacks, crunches, jogging in place) and mix them up in a bag. Then, during study breaks, television commercials, or just "because," she can grab a paper and do the workout. *Tip:* Offer to join her!

Did You Know?

Today's cafeteria meals include

more fruits, vegetables, and whole grains—and fewer, if any, fried foods.

That's good

news, since tweens

and teens eat a third to

half of their calories during school hours. Have your child look over the menu on his school's website or on the sheet sent home so he can make healthy choices for the next day.



Just for fun

Q: How do you prevent a winter cold?

A: Catch it in the spring!



Get real results

Is your teenager trying to shed a few pounds? Losing weight takes time, but changes like these can lead to real results.

Rename it

The word "diet" often means something temporary. Yet losing weight, and keeping it off, is easier if your teen makes permanent changes to her eating habits. *Tip:* Decide together on a new name for her efforts, maybe something that reminds her of the benefits, such as "Kara's Energy Boost" or "Kara's Healthy Lifestyle."

Don't skip meals

It may seem like missing a meal is a good way to trim calories. Instead, it usually leads to overeating at the next meal—and the one after that. *Tip:* Stash breakfast foods like whole-grain cereals, instant oatmeal, and low-sugar granola bars in handy spots so your child's first meal of the day is easy to prepare and eat.



Think through weekends

The weekends tend to be a time to kick back and relax. For your teen, that might mean relaxing on her eating, too. But weekends may be the perfect time for her to experiment with making healthier snacks to store for the week and to add in more physical activity. *Tip:* Encourage her to start a weekend fitness group with her friends. They could meet every Saturday or Sunday to walk briskly, go kickboxing, or follow an aerobics video. ●

Post-workout foods

After a solid workout, your child needs to refuel. Share these clever ways to mix carbohydrates and protein—a recipe for quicker muscle recovery:

- Slice bananas, and put out toothpicks and small bowls of nonfat Greek yogurt and chopped almonds. Spear the slices and roll them in yogurt, then almonds.
- Dip whole-grain pita chips into creamy peanut butter. Drizzle on a bit of honey for a touch of sweetness.
- Top a whole-wheat English muffin with scrambled eggs and shredded cheddar cheese.
- Serve hummus with whole-grain pretzels for dunking.
- Mix cottage cheese with sliced pears (fresh or canned, packed in juice).
- Thinly spread cream cheese onto whole-wheat crackers. ●



Food allergy support

When a tween or teen has food allergies or sensitivities, friends can be a great support network. Help your child feel comfortable enlisting his friends with these steps.

1. Encourage your teen to be specific about his food issues. For example, if he has celiac disease, he needs to explain that he can't have any food with gluten in it. He should give examples of foods to stay away from, including ones they might know (regular bread, pasta) and ones they might not (soy sauce, breaded meat).



friends how to spot a reaction and what they should do, whether it's retrieving his EpiPen or contacting a teacher or parent. ♥

2. Your tween's friends will probably be happy to help him avoid foods that cause problems—if they understand how. He can point out triggers on food labels and list questions to ask at restaurants or takeout places.

3. Does your teen break out in hives if he eats certain foods? Or maybe he has a severe allergic reaction that requires him to carry an EpiPen. He should tell his



PARENT TO PARENT

Fears on the field

My 13-year-old, Trisha, plays lacrosse, and lately on the way to games she's been worrying about making mistakes on the field. I've assured her those feelings are normal and said she's probably not the only player who's nervous.

We've also talked about what it means to be part of a team. I said her teammates are there to back her up, and she said she's there to back them up, too.



Now, on our car rides home, I try to follow up with examples of how her team worked well together. For example, I'll point out how she passed the ball to set up a goal or how players cheered on the goalkeeper from the sidelines. I'm hoping this emphasis on teamwork will help Trisha be less anxious—and more focused on the enjoyment she has always gotten from lacrosse. ♥

ACTIVITY CORNER

Basketball fitness

Even off the court, your teen can get a good workout with a basketball. Here's how.

Squat & catch

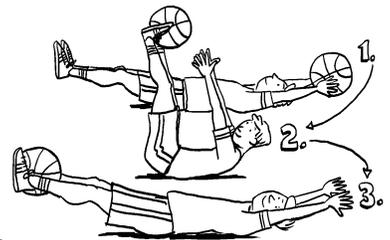
Stand with your legs apart and hold the basketball with elbows bent. Bend at the knees, and lower into a squat. As you rise back up, throw the ball straight up in the air and catch it. Do 3 sets of 10 reps each.

Crunch & transfer

Lie faceup with your arms stretched out on the floor above you and the basketball between your hands. Lift your legs and arms straight up, and transfer the ball to your feet. Lower down. Raise legs and arms again, and this time transfer the ball back to your hands. Continue for 3 sets of 10 transfers.

Push & press

Begin in push-up position on your knees (or for more of a challenge, on your toes). Place your left hand on the basketball and your right hand on the floor. Do 3–5 push-ups, and then switch the ball under the other hand, for 3 sets on each side. ♥



In the Kitchen

Comfort food

Warm up cold winter days with easy versions of two classic comfort foods.

Crustless chicken potpie. Simmer 2 cups frozen diced potatoes and $\frac{2}{3}$ cup frozen peas and carrots in $2\frac{1}{2}$ cups chicken broth for 8 minutes. In a cup, whisk 3 tbsp. flour into $\frac{1}{2}$ cup additional broth. Add to the potato mixture, bring to a boil, and cook until thickened. Reduce temperature, and stir in 2 cups cooked chicken. Simmer until heated through.



Lean meatloaf. Saute $\frac{1}{2}$ cup each diced onion and green bell pepper in $\frac{1}{2}$ tbsp. olive oil until tender. Take off heat. Stir in 1 cup whole-wheat breadcrumbs, 2 tsp. chili powder, 1 tsp. each oregano and cumin, 1 14.5-oz. can diced tomatoes, $\frac{1}{3}$ cup plain nonfat yogurt, and 1 egg. Combine thoroughly with 2 lbs. lean ground beef. Spoon into an 11" x 7" pan coated with cooking spray. Bake for 40 minutes at 350° or until the juices run clear when you insert a knife into the center. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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