



# Healthy FUNdamentals

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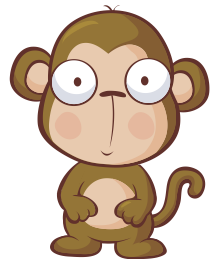
## WELCOME

This month when preparing fresh fruits and vegetables for your family keep in mind the longer you cook a fruit or vegetable the less nutrients it will have when you eat it. The best way to eat fruits and vegetables if fresh is raw, followed by steamed, then roasted and lastly is boiled. Vegetables should still be crunchy after they are finished cooking.

## GET MOVING...

### Animal Keeper

Designate a permanent spot for the Animal Keeper. Create a start line a few yards away. Use tape, chalk, string, or simply pick an existing object – like a tree – to serve as the starting point. The Animal Keeper looks through his/her pretend binoculars and says, “I’m walking through the \_\_\_\_\_, and I see a \_\_\_\_\_!” Fill in the blanks with words like jungle, neighborhood, and zoo for the first blank and monkey, dog, and frog for the second blank. Once the Animal Keeper names an animal, the preschoolers move toward him/her while behaving like the chosen animal. For example, if the Animal Keeper chose monkey, the preschoolers would hunch over, swing their arms or scratch their bellies, and make monkey noises. Another example would be a dog. Preschoolers would have to crawl, wiggle their bottoms as if wagging their tails, and bark like a dog. Barking while running like children would not count, and would send the preschoolers back to the beginning. Each time the Animal Keeper wants to change animals, s/he must say the sentence in step 3. All preschool animals must freeze when the Animal Keeper speaks. Don’t forget to include the while family!



## Recipe

### Fresh Veggies and Low Fat Greek Dip

- 1 cup of canned chickpeas, rinsed
- 1 cup of chopped artichoke hearts, rinsed
- 2 tablespoons of reduced fat sour cream
- 1 clove of garlic, crushed
- 2 tbsp of grated parmesan
- 2 tbsp of lemon juice
- 1 tbsp of dried parsley
- ½ tsp of salt
- Pinch of pepper
- Pinch of onion powder

In a food processor, process the chickpeas (with a little water) until chopped. Add the artichoke hearts, mayonnaise, Parmesan, lemon juice, garlic, and seasonings and blend until pureed. Serve with your child’s favorite fresh veggies: cucumbers, celery, carrots, broccoli, green peppers etc.



## TIP OF THE MONTH



**Buy fresh.** Fresh foods often are better choices than are processed foods because they naturally contain less sodium and fat. In addition, you — not the manufacturer — can control the ingredients that go into your meals. Fresh foods also often have more flavor, color, and health-promoting vitamins, minerals and fiber than their packaged counterparts do. If you do buy convenience foods, such as frozen pizzas, luncheon meats or soups, choose those with reduced fat and sodium.