

Healthy How-Tos



Children's Hospital Boston
The first place for children



Newspapers In Education Program

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A Message from Children’s Hospital Boston

Children’s Hospital Boston is committed to helping children and families lead more healthful lives, offering fitness and nutrition programs both at the hospital and in the community.

The **Healthy Family Fun** campaign is a project of Children’s Hospital Boston and **Kohl’s Department Stores**. Developed with the input of community members and professionals, the **Healthy Family Fun** campaign promotes fun, low-cost, family-oriented activities and resources that also promote healthy weight.

Healthy Family Fun is not a new program or service – instead, the campaign features the activities and resources already available right in your neighborhood. **Healthy Family Fun** includes “how-to” guides and healthy recipes that will help keep your family active, eating well, and having fun together. Visit www.healthyfamilyfun.org for more information.

Healthy How-To: How To Limit Fast Food

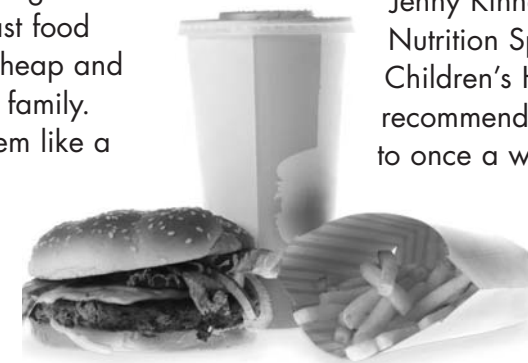
By Jenny Kinne, MSRD, LDN, Clinical Nutrition Specialist One Step Ahead, Children’s Hospital Boston edited for Newspapers In Education Classroom use by Sharon Tango, NIE Program Manager, Community Newspaper Co. and Cheryl Showstack, Educational Outreach Manager, GateHouse Media, N.E.

“I want fast food!”
 “Can we get donuts?”
 “But I don’t want your chicken!”

It can seem like your parents are saying “NO!” all the time. Parents have to keep an eye on their budgets these days and fast food can seem like a cheap and easy thing for the family. Fast food may seem like a quick and easy meal but it can have a serious impact on your health. Fast food has extra, empty calories, low nutritional value, and high levels of sodium, cholesterol,

and trans fats – fast food needs to be a once in a while treat.

Jenny Kinne, MSRD, LDN, Clinical Nutrition Specialist One Step Ahead, Children’s Hospital Boston recommends that fast food be limited to once a week or less.



NEWSPAPER ACTIVITY



Look through your newspaper for recipes. Cut out a few recipes and check the ingredients to see if they are healthy. What’s good or bad about the ingredients? Compare with your classmates.

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A healthy and well-balanced diet is important

and sticking to limits can be hard. Here are some tips for making it easier:

Start a new house rule Fast food only once a week, and stick to it! Over time, you will learn that fast food should be eaten only once in a while.

Skip the soda Drink water or low fat milk instead.

Make healthier choices at fast food restaurants Research online to find the caloric and nutritional values of food served in fast food restaurants. Chart your results. Are there fast foods that would be considered healthy?

Limit the use of condiments Mustard, ketchup, and relish are healthier options than mayonnaise-based condiments. Choose clear salad dressings such as balsamic vinaigrette or Italian instead of creamy and heavy ranch dressings.

Watch the portions You do not need super-sized meals. Stick with kid-sized or single-sized portions, and save hundreds of calories. Smaller is better!

Plan in advance Often we eat at fast food restaurants because we need to grab a bite on the run. Having snacks like celery sticks, pretzels, or nuts on hand can help tide you over until dinner.

Be a role model Make sure that your parents stick to these same rules!

Have kid-friendly “fast food” at home. Limiting fast food outings does not mean giving up cheeseburgers for good. You can have the same foods at home – it will be healthier, and tastier, too!

Healthy “Fast Food” Recipes can be found on page 4.

I want fast food fried chicken”

Here are some kid-friendly “fast food” options that are sure to please even the pickiest eaters!

Whole Wheat Pizza

Prep time: 25 minutes

Ingredients:

- 1 ready-to-bake whole-wheat pizza crust (10 inches in diameter)
- ½ cup (c.) pizza sauce
- 1 cup (c.) shredded part-skim, low-moisture mozzarella cheese
- ½ cup (c.) (17 slices) turkey pepperoni
- 1 cup (c.) sliced mushrooms

Directions:

Preheat oven to 400° F. Spread pizza sauce on crust. Spread cheese on top of the sauce. Sprinkle sliced mushrooms and pepperoni on top of the cheese. Bake approximately 15 minutes. Cut into 6 wedges. *Serving size: 2 slices*

Nutritional analysis per serving:

395 calories, 22 g protein, 11 g fat, 3.6 g sat. fat, 52 g carbohydrate, 8 g fiber, 24 mg cholesterol, 980 mg sodium, 160 mg calcium, 1 mg iron, n/a mcg folic acid

Sweet Potato Fries

Ingredients:

- 1/2 teaspoon (tsp) ground cumin
- 1/2 teaspoon (tsp) salt

- 1/4 teaspoon (tsp) ground red pepper
- 1 tablespoon (tbsp) vegetable oil
- 2 large (about 1 1/2 pounds) sweet potatoes

Directions:

In a small bowl, combine cumin, salt, and pepper. Set aside. Preheat oven to 400 degrees. Peel potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the cut potatoes, oil, and spice mixture. Toss until potatoes are evenly coated. On a baking sheet, arrange potatoes in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through — about 30 minutes. *Serve immediately.*
Serves: 4

Nutrition Information Per Serving:

136 calorie, , 3.78 g fat, 0 g cholesterol, 295 mg sodium, 24.1 g total carbohydrates, 1.73 g protein

Healthy Chicken Strips

Ingredients:

- 1 4-oz. boneless, skinless chicken breast, rinsed, patted dry, and sliced into strips
- 1/4 cup (c.) egg substitute or skim milk
- 1/3 cup (c.) flaked, high-fiber cereal, crushed

Directions:

Preheat oven to 350° F. Dip chicken strips into egg substitute or skim milk. Roll dipped chicken in high-fiber cereal to coat. Place coated strips on non-stick baking sheet. Bake for 18 to 20 minutes, turning after 9 minutes, until chicken is done (white, not pink, inside). *Serves 1*
Serving size: 1 chicken breast

Nutritional analysis per serving:

Healthy How-To: How to Limit Your Screen Time

227 calories, 30 g protein, 3 g fat, 0.8 g sat. fat, 20 g carbohydrate, 8 g fiber, 75 mg cholesterol, 239 mg sodium, 44 mg calcium, 10 mg iron, 185 mcg folic acid

Today more than ever, media use is a major, almost constant part of daily life. Years ago, most families had a television or a radio, but today, family time is being split amongst computers, video games, cell phones, iPods, television, and other types of media. Most people think that watching television or surfing the Internet is a good way to relax at the end of a tough day. In reality, our overexposure to media does more harm than good—especially for our health. Studies have shown that children who spend a lot of



time watching television are at increased risk for obesity, aggression, anxiety, and other health problems.

Limit your “screen time,” meaning how much time you spend in front of TV and computer screens, and even on your cell phones and iPods (which often have text messaging and game features). Limiting the amount of time spent watching television is especially important.



Do not have televisions in your

bedroom.

Never eat in front of the television.

Generally, allow **no more than one to two hours a day** for screen time

and your screen time only kicks in if you have done a daily exercise, had a good family meal, finished your homework, and had your recommended amount of sleep. On school days, there is usually an adequate amount of time for you to spend with your favorite electronics once these tasks are complete.

In today’s world, television isn’t the only form of media that can harm your health.

Everywhere we turn, there are new forms of media popping up, and it is important to remember there are other things to do for fun. Here are a few tips for you to help balance the time you spend with devices:

It is okay, in fact necessary, not to use your technology constantly.

Come up with your own list of healthy alternatives to television, video games, and the computer. It could include going for a walk, joining a school sports team, crafts, or checking out an event in your neighborhood.

Find safe alternatives such as after school programs or the library. Video games can be active if you let you dance or jump around in the safety of your home.

Make sure that your parents put their phones away during meals so your own phone doesn’t make an appearance at the table.

Limiting the amount of time you spend with media will improve your health and your quality of life!

NEWSPAPER ACTIVITY

Look through the newspaper to find as many healthy lifestyle alternatives to using technology as you can! Compare with your classmates to see who can come up with the most!



Hospital Boston

Director of the Center on Media and Child Health,

Children’s



Here are three rules that are most important for families to follow:

TV Alternatives in Your Home

Grab some **jump ropes** and double dutch

Play **hide and seek** at home

Plan a **scavenger hunt** in your house or neighborhood

Play **Simon Says** in your living room or outside



Healthy How-Tos: How to Cook with Seasonal Fruits and Veggies



Turn on the radio and **dance**

Play a game of **Twister** in your living room

Get a few people together to play **charades**

See who can **hula hoop** the longest

Grab some chalk and play **hopscotch**

Build a fort from boxes

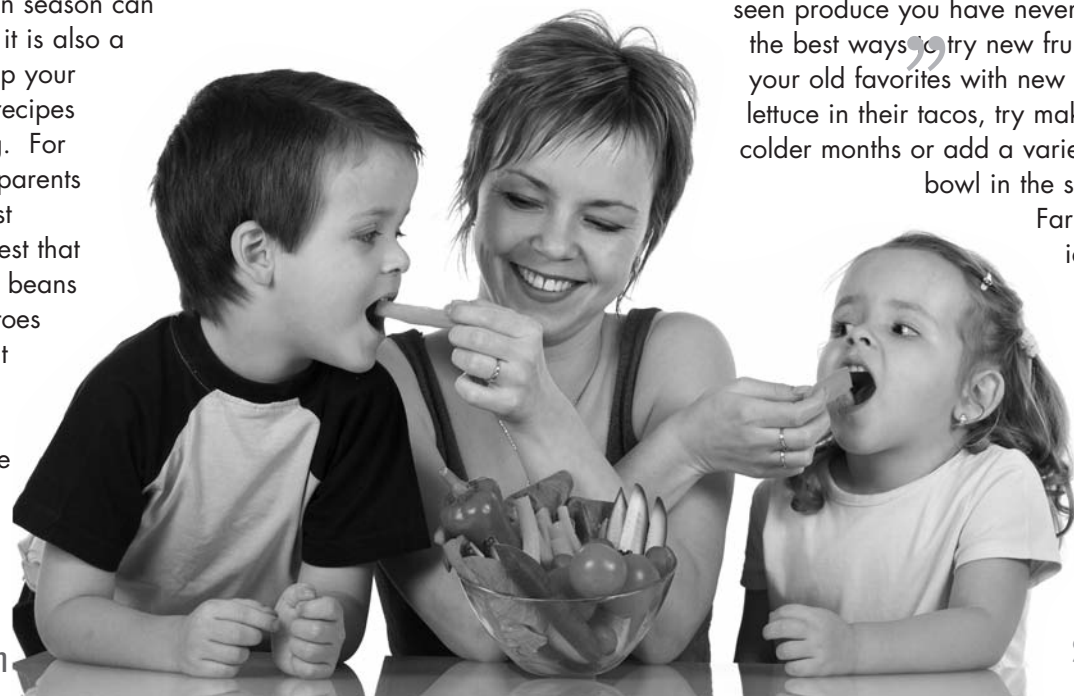
by Laura Sprauer, Registered Dietitian
Martha Eliot Health Center – Jamaica Plain

Fruits and vegetables provide an excellent base on which to build a healthy diet.

They provide vitamins, minerals, fiber and important disease fighting phytonutrients while being low in fat and calories. Focusing on eating seasonal fruits and vegetables can provide a good amount of variety in your family's diet.

Buying produce in season can be cheaper, and it is also a good way to keep your family's favorite recipes new and exciting. For instance, if your parents are going to roast vegetables, suggest that they try peppers, beans and cherry tomatoes in the summer but switch to sweet potatoes, carrots and turnips as the weather turns colder.

For more variety, try new vegetables in



NEWSPAPER ACTIVITY

Look through the newspaper for produce ads or grocery store ads. Make a chart of all of the fruits and vegetables that you find and their prices. Compare the prices of in season fruits or vegetables with those that are not in season.



Create an ad campaign for the perfect food. Be sure to explain why the food is nutritious, how it tastes, and how it helps you to be healthier.

soups and stews. Ask your parents to make your favorite soup recipe new by adding a seasonal vegetable like asparagus in the spring or butternut squash in the fall. This allows your family to try something new while eating the dishes they already like.

For more ideas on cooking old recipes in a new way, check out a "cookbook at your local library.

One of the best places to buy local, seasonal produce is your local farmer's market. Maybe you've been to the farmer's market and seen produce you have never used before – that's OK! One of the best ways to try new fruits and vegetables is to replace your old favorites with new ones. If your family really enjoys lettuce in their tacos, try making tacos with cabbage in the colder months or add a variety of fresh berries to your cereal bowl in the summer. The vendors at the Farmer's Market will have lots of ideas on how to use new produce.

Try featuring produce in small amounts instead of making it the "main attraction". Instead of making blueberry muffins, add a few blueberries to some yogurt.

Another way to incorporate seasonal

Healthy How-Tos: How to Find an Activity You Like

fruits and vegetables into your diet is for your family to join a community garden.

The gardens allow residents to rent plots for the summer and



plant their favorite crops. Not only is this a great way to make sure your family is eating their fruits and vegetables, but it is also a good way to spend time together and be physically active.

At first it might seem hard to buy and cook seasonal produce, but it doesn't have to be. By focusing on produce that is in season, you are helping your family budget, your health and the environment! For a list of seasonal fruits and vegetables in Massachusetts, check out <http://www.nrdc.org/health/foodmiles/fullyear.asp?state=22>

activities offered at your school. You can also ask your parents to contact the local YMCA, Boys & Girls Club, or community centers to see what they offer.

Tell your parents! If you are interested in a particular activity, tell your parents that you would like to try it out.

Look for other options. The right activity does not have to involve going to the gym or being part of a group sport. Martial arts, dance classes, and track and field are all great individual activities.

By Alison Cella-Mowatt, Resource Specialist, Fitness in the City Program

Getting off the couch and active can help you form healthy habits for a lifetime. Find an activity that you enjoy! Here are some ideas:

Search for activities offered near and around your home. The more convenient the location of the activity, the easier it will be to stick with it. Check out

NEWSPAPER ACTIVITY



Look through the newspaper for activities in your area and make a list to show your parents!

Healthy How-Tos: Picky Eater? Try New Foods!

Surf the web with your parents to find activities right in your neighborhood. You are likely to find something you had never thought of before!

So you signed up for an activity, but you don't like it. Now what? This may happen when trying new things. If it does happen, it is best to talk to you parents, and they will help you to find something you do like.

Unfortunately, there is no "magic number" for how many times you should participate in an activity before deciding that you don't like it. The important thing to do is figure out WHY you don't like the activity and work from there. There are lots of options!

The single most important action you

can take is to serve as a model for yourself and others. Find activities you can do with your parents, such as walking in your neighborhood or dancing in the living room. If you are able to get your whole family moving together, you can be sure that everyone stays healthy while having fun!

By Laura Edwards-Leeper, PhD, Staff Psychologist, One Step Ahead Program, Children's Hospital Boston

"But I don't like broccoli."
"Spinach is gross."
"Eeeew, what's that?"

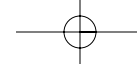
Sound familiar?

Are you a picky eater? Here are some strategies that can help:

Be open minded – try new foods and then decide!

Follow the rules set by your parents. Your parents should make the





decision about what will be served for a meal, where it should be eaten, and when the meal should take place. You can then choose how much you will eat and

want to eat the food that has been prepared.

Do not expect special meals. Expecting special meals for different members of your family does not encourage you to try new foods.

Be courageous! Be courageous and try new foods.

Model healthy eating. If you try new foods, particularly healthy foods,

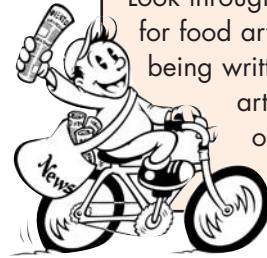
other family members will be more likely to try it themselves.

Encourage trying new foods with your siblings. Research shows that it takes up to ten tries of a new food to decide if you like it or not.

Ask your parents to try new recipes. If you don't like spinach as a side dish, how about on a pizza? What if the broccoli was in a casserole instead? Try new foods in new ways – eventually you might find one that you like.

NEWSPAPER ACTIVITY

Look through the newspaper all week for food articles. What types of foods are being written about? Write your own article about a food that you like or dislike, or a new food that you are willing to try.



Healthy How-Tos: How to be Active Safely with Asthma

Tastebuds! Look in a mirror and stick out your tongue. See those bumps? Those are your tastebuds. They help you taste things like sour and sweet. Our tastebuds are connected to our brains. When we try a new food, our tastebuds help our brain decide if we like it or not. However, your tastebuds need more than one chance to try a new food before they can decide whether they really like it!

You have to try a new food TEN times before your tastebuds can decide whether they really like the food or not.

That means that you have to try a new food TEN times before you can say you don't like it. It has to be ten different times – not ten bites at the same meal. If, after you have tried it ten times and still don't like it, then you don't have to try it again for another year. Create a chart to keep track of how many times you have tried a new food.

asthma improve the strength and efficiency of their heart and lungs. It can also increase your self-esteem, confidence and attitude.

Asthma signs and symptoms can differ among children, so you should get to know your own patterns and triggers. Keep a journal of your asthma symptoms and what may contribute to them. This will help you figure out what triggers the episode. Is it the weather? Is it a specific allergen in the air? Once you are able to figure out what causes your asthma flair-ups, you can better prepare for physical activity.

These tips will help to make sure that you are able to have fun and enjoy your favorite activities:

Work together with your parents on your journal. **Find the patterns of your asthma.**

This will help you figure out what kind of weather is best for exercise. For instance,

NEWSPAPER ACTIVITY

Look through the newspaper for the whole week for stories about kids who are excelling even though they may have to deal with a health issue such as asthma – or another health related problem and share it with the class.



Fitness Scavenger Hunt

Search the newspaper for these Fitness items:

- 1 A healthy person
- 2 An activity not using technology
- 3 A good snack
- 4 A sport that involves a ball
- 5 A comic character that does not make healthy choices
- 6 A healthy beverage
- 7 A food that you would like to try
- 8 An activity that you and your family could do together
- 9 A recipe using local vegetables

by Amy Burack, RN, MA, AEC, Community

*Asthma Programs Manager,
Children's Hospital Boston*

Wheeze! Cough! If you have asthma, you

know these sounds all too well. You may also worry about your asthma during physical activity. It is important to keep your asthma under good control, but it is also important to exercise. Children with asthma can do the same things children without asthma can do!

Exercise is great for weight control. It helps children with

