



Fitness and Nutrition: Lessons that Last a Lifetime

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We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity, by providing 'Lessons that Last a Lifetime.'



## Limiting Screen Time

What is screen time? Screen time is time spent each day watching TV, on your phone/iPad, playing video games and on the computer. We currently live in a technology filled world. Most of our days and our kids days are spent in front of a screen. Screen time has been linked to distributive sleep, eating more and poor performance in school. It also tends to lead to children being overweight and not getting enough physical activity. It is recommended that children get 60 minutes of physical activity a day and with the excess amount of screen time, children just aren't reaching that recommendation. Did you know that children 5 to 18 years old should spend a maximum of 2 hours in front of the screen? Children are spending way more than 2 hours in front of a screen every day. Here are some tips to help reduce screen time in your household:

### 1. Set firm screen time rules

Try implementing screen-free days where on certain days throughout the week the family will not use any screens unless it is for work or homework.

### 2. Set a time limit

As mentioned before, children 5 to 18 years old should be spending a maximum of 2 hours in front of a screen each day. One way to reduce screen time would be to set a time limit of how much time is spent in front a screen. On a lot of tablets and phones, parents can download apps or in the settings set the amount of time the tablet or phone can be used. Once the set time is reached, turn off all screens. Use that time to do other productive

activities such as physical activity.

### 3. Have no "screen zones" in the house

Kids who have televisions in their room watch two times more television than those without TVs in the room. Set rules that all screens can only be used in the living/family room. With this rule you are able to monitor the amount of screen time for your child.

### 4. Be active during screen time

When you're watching television try to stay active. During commercial breaks get up and stretch, maybe do squats, jumping jacks or knee bends. You can even make it a competition with everyone who is watching and see who can do more jumping jacks during the commercial. If you are going to be in front of the screen, try using sites that incorporate physical activity such as [gonoodle.com](http://gonoodle.com) or activity works, which is a fun way to get moving.

### 5. Provide alternatives

Watching television forms a habit that children have a hard time breaking. In order to break this habit as a parent, it is important to encourage your child to participate in other activities. Help your child to find a new hobby, read or try out a sport.

### 6. Be a positive role model

Last but not least it is important for parents to become role models to the rules. If the television is on as background noise and you're not actually watching it, turn it off. Try to spend less time during the week on your phones or in front of the television. Use the time normally spent in front of screens as family time. Whether that time is doing physical activity as a family or prepping a healthy meal just remember to make it fun!

<http://www.actionforhealthykids.org>

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Elana Wilson, Saraswathi Cuffey, Danielle Diakanwa, Ifeoluwa Olayinka, Michelle Budet and Justin Jones ... That's who!

#### Ingredients:

##### Salad:

- 2 cups organic baby field greens
- 1 clementine peeled and segmented
- 1/4 cup walnuts
- 2 tbsp. dried cranberries

##### Dressing:

- 2 tbsp. Olive oil
- 2 juice of two clementines
- 2 tbsp. honey
- 1/2 tsp Salt
- 1/4 tsp ground black pepper

#### Instructions

1. Combine baby field greens, clementine's, walnuts and cranberries in a salad bowl.
2. In a separate bowl, whisk together olive oil, clementine juice, honey, pepper and salt.
3. Drizzle dressing over salad.

Source: [www.thegunnysack.com](http://www.thegunnysack.com)



#### Ingredients:

- 2 peeled oranges
- 1 Banana
- 1/2 cup of frozen mangos
- 1/2 - 1 cup of coconut water  
(or liquid of your choice)



#### Instructions

1. Add all ingredients to the blender and blend on high
2. Add more or less liquid to your desired consistency
3. Enjoy!

Source: [www.seasonalcravings.com](http://www.seasonalcravings.com)

### Breakfast of Champions

We have all been told that breakfast is the most important meal of the day. When we wake up we need to fuel our bodies to kick start our day with lots of energy. When children eat breakfast in the morning, it allows them to concentrate better in school.

Kids are also able to retain more of the information because they are not thinking about how hungry they may be. Not all breakfast foods give kids the proper energy and readiness to learn. A lot of cereals that children prefer are packed with sugar. The sugar will give them a boost of energy, but it will not fuel them throughout the day. Those sugary cereals will boost blood sugar levels and then halfway through the morning they may feel sluggish and tired. Here are some healthy alternatives:

**Eggs:** You can prepare these several different ways: scrambled, omelet style, sunny side up or poached. When making an omelet or scrambled eggs, it is a great opportunity to add your first serving of vegetables of the day.

**Oatmeal:** A great quick breakfast that allows you to be creative with toppings. You can add all types of fruits, nut butters, cinnamon and even honey for a natural sweetener.

**Whole-Grain Cereals:** This is a healthy alternative to sugar filled cereals that kids normally want to eat for breakfast. These cereals have less sugar in them and the whole grains will provide them with energy to last the whole day of school. Make sure to read the labels before purchasing a cereal for your family-the advertisements can be tricky.

**Smoothie:** This is a fun way to get servings of fruit into your kids diet while eating a healthy breakfast. You can even throw some vegetables like spinach into a breakfast smoothie; with the right amount and fruit combinations they won't even be able to taste the spinach.

**Toast:** Be creative with toast. You can spread avocado or peanut butter with bananas. You can also cut the toast into small pieces or strips which children usually enjoy.



**Whole-Grain Bagel:** Bagels are a common breakfast food, but make sure to choose whole-grain bagels. For children, mini bagels are typically big enough and with healthy toppings, should fill them up. Try low-fat cream cheese or cream cheese with vegetables. Fresh fruit, such as sliced strawberries are tasty and add healthy nutrients.

**Whole-Grain Waffles:** You can jazz up a waffle by adding peanut butter, ricotta cheese or fruit. Skip the maple syrup, which is high in sugar. Adding healthy ingredients such as peanut butter provides children with a good source of protein.

**Yogurt Parfaits:** Another great breakfast option where children can be a part of the preparing. They can decide what fruit they want on top, and if they want other toppings such as granola, dried fruit, seeds, nuts or coconut.

We are very excited to announce our second grader from PS 382, Leeana Peart, as our FAN of the Month! Leeana is an outstanding scholar and is committed to the mission of FAN4kids.

Leeana is always eager to participate and shows excitement for all FAN4kids lessons. She is passionate about the mission of FAN4Kids and shows it throughout her nutrition and fitness lessons. She is self-motivated and always challenges herself to be at her very best. This can be seen during fitness lessons as she is always asking to see if her form is correct in new exercises being taught that day. Not only does Leeana follow FAN4Kids lessons in school, but she also practices what she preaches at home. After school you can find Leeana exercising at home and doing gymnastics!

Leeana is a remarkable learner and is a joy to have in class. She always has a positive attitude and is always encouraging her classmates to participate in the lesson.

*Way to go Leanna! Keep up the great work!*



Dear Ms. FAN4Kids,

**My third grader has suddenly decided that she no longer likes to eat meat. When she does decide to eat meat she'll only have chicken. I'm worried that my child is not getting enough protein. What are some protein based foods that don't come from meat?**

**From, Papa Needs Protein**

Hi Papa Needs Protein,

Protein is definitely an important nutrient for your growing child's body. Lucky for you there are plenty of other foods that are high in protein that aren't animals. Here are some other options to try:

**1. Eggs:** Hard-boiled eggs are a great snack that pack a lot of protein. This could also be served as breakfast with fruit and maybe some nuts. Scrambled eggs or omelets are also great breakfast options.

**2. Beans:** Beans are one plant-based food that have a high protein content. You can incorporate more beans into your child's diet by adding beans to rice, salads, or chili. When serving raw veggies you can offer humus to dip veggies in our nut butters discussed early. Hummus is made from a chickpeas, which are packed with protein. You can also purchase different flavors of hummus to change it up.

**3. Nuts & Seeds:** If your child enjoys having toast or a waffle for breakfast, skip the maple syrup and spread some peanut butter on it instead. Nuts are a great plant based protein source that most kids love. If your child is allergic to peanut there are some other nut or seed butter alternatives, such as almond butter. If they are allergic to all nuts but not seeds, sunflower butter is a great option. You could also offer mixed nuts and seeds as a snack instead of that bag of chips you may normally pack. You could also use plant milk like soy or almond milk for cereal or oatmeal in the morning for a little extra protein.



## FAN4Kids Question Corner

- Which food group should take up the most space on your plate?
  - Protein
  - Grains
  - Fruits & Vegetables
- Which of these snacks give us the most calcium?
  - Apple
  - Yogurt
  - Crackers
- Which of the following is a processed food?
  - Apple Juice
  - Broccoli
  - Apples
- This muscle allows us to extend our legs in order to kick a ball
  - Quadriceps
  - Triceps
  - Pectoral



## Answers

- C.** This group is the most nutritious food group filled with many different foods to choose from. It is also the most colorful. Fill your plate with colorful fruits and veggies and eat the rainbow!
- B.** Calcium is an important nutrient that helps with building strong bones and teeth. We can find this nutrient in dairy foods like milk and cheese and even foods like almonds, broccoli and spinach.
- A.** A processed food is food that we can't naturally grow. Although apple juice is made from apples, it does not have the same amount of vitamins and nutrients compared to whole foods.
- A.** The quadriceps muscle is powerful and located in upper front thighs. This muscle allows us to extend our knees.

## National Nutrition Month

March is National Nutrition Month!! National Nutrition Month is a nutrition education and information campaign sponsored annually by the academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed choices and developing sound eating and physical activity habits.

This national campaign fits in perfectly with the FAN4Kids program, as we teach nutrition and fitness lessons to our students, staff and families. Look out for National Nutrition Month projects your children will be bringing home this month.

We at FAN4Kids challenge you to find a realistic way to incorporate healthy eating into your home starting this month!

Visit: [www.eatright.org](http://www.eatright.org) for more information!

**March is National Nutrition Month**







### FAN4Kids

154 Douglass St  
#1  
Brooklyn, NY  
11217

P: 201-349-7955

F: 201-337-0738

EMAIL:

[info@Fan4Kids.org](mailto:info@Fan4Kids.org)

We're on the Web!

[www.fan4kids.org](http://www.fan4kids.org)

and find us on  
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Students at North 10<sup>th</sup> St. had fun while completing 100 exercises during FAN4Kids on the 100<sup>th</sup> day of school!



FAN4Kids students at PS 298 showing off their muscles and brains as the class shares their knowledge of which foods are healthy and good for their bodies!



Special thanks to our core sponsors, partners and the school administrators  
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