



January 2012 Newsletter Items

New Year's Resolutions

A few ideas for healthy living resolutions for kids.

- I will drink milk and water, and limit pop and fruit drinks.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.

Healthy Eating & Physical Activity Tips

- Start the New Year off right and get your heart pumping. Put on your favorite music and dance with your kids. See who can make the funniest moves.
- Consider having an indoor picnic today. Place a picnic tablecloth on the floor and enjoy a meal picnic style. Wear sunglasses. Talk about how nice the weather is inside.
- Eat one whole fresh fruit today. See if you can make it to 5 servings everyday this week. Try a Clementine, apple or banana.
- Having dinner with your entire family can be a great time to talk about the good things that happened to you that week. Pick one night a week that everyone gets together and shares their week.
- Laugh. Tickle each other. Tell your favorite joke.
 - Question: What starts with “t” ends with “t” and is filled with “t”?
 - Answer: a teapot
- Visit a nearby rink to skate, curl, play hockey or play broomball. Skiing and tobogganing are also great activities that take advantage of the winter. If it's too cold or rainy outside, visit an indoor rink or skate indoors by gliding over your tile or hardwood floor.

Did you know...

- avocado has the highest protein and oil content of all fruits, but most of this is the healthier unsaturated type.
- cabbage is 91% water.
- carrots were originally purple in colour, changing in the 17th Century to orange with newer varieties.

Glazed Turnip

Preheat oven to 350°F

Cost per serving: \$0.26

2 lbs	turnip	1 kg	
2/3 cup	apple juice or apple cider	150 mL	
2 tbsp	honey, liquid	30 mL	
1/4 tsp	ginger, ground	1 mL	
1/4 tsp	salt	1 mL	
	pepper, to taste		

1. Peel and slice the turnip into 1/2" (1.25-cm) slices. Cut the slices to a size that would be suitable for a serving.
2. Boil the turnip for at least 10 minutes, until it is just tender. Do not overcook or the slices will break when transferred to the pan.
3. Meanwhile, simmer the apple juice or cider in a pot to reduce the amount to 1/2 cup (125 mL).
4. Add the honey and ginger and simmer for 2 minutes. Add the salt and pepper.
5. Transfer the turnip slices to the pan. Evenly distribute the apple juice/honey mixture over the turnip slices.
6. Bake for about 5 minutes on each side or until the slices appear glazed.