



Healthy Families

Fall 2021



healthy kids
a journey to healthy habits

Sarah Bush
Lincoln

A healthier tomorrow starts today!

October: Meet the **HEALTHY HEROES**

During our first visit, kindergarteners were introduced to our Healthy Hero's Sasha, Zoe, Ian and Ori. These superheroes get their super powers by



practicing healthy habits like eating fruits and veggies, limiting screen-time, exercising and staying away from sugary drinks. The students were able to meet each Healthy Hero

after pulling out clues from a bag that described each healthy hero's superpowers. After wards kindergarteners trained to be like the Healthy Hero's by creating superhero mask with Healthy Hero stickers!

November:

Healthy Hero Sasha made an appearance

MyPlate

during our November Kindergarten lesson to help us to remember it's important to eat our fruits and veggies! Not only that, students also learned about all five food groups. After reading the Two Bite Club we got to create My Plate placemats while students identified colors and foods that are associated with each food group.



String cheese was the healthy snack of the month.



December: **EAT A RAINBOW!**

Just like a rainbow has a pot of gold at the end of it, eating a rainbow of fruits and vegetables leads us to have golden health and supports healthy bodies! Each color group helps our body in different ways. This month kindergarteners learned more about the importance of fruits and veggies by reading the story The Rainbow Bunch and playing the Sasha's Race to Build a Rainbow. The goal is to move around the game board to collect as many fruits and vegetables of all of the rainbow colors.





Turnips: The Forgotten Vegetable

The turnip can be a tasty, healthy, and delicious treat! Turnips are a root vegetable that grows well in climates with cold winters. Turnips provide many health benefits including being fat free, cholesterol free, full of fiber, and vitamins C and potassium. Turnips usually taste sweeter if picked after a frost. There are many great ways to prepare this vegetable in order to make it as tasty as possible. You can boil them, steam them, or even bake them. You can also mash them up just like potatoes. You can also eat them raw, just like many other vegetables. Even the leaves, which taste similar to mustard greens, can be eaten and used in a salad or cooked like spinach. So the next time you are at the grocery store grab a few turnips and give your taste buds something new and exciting to try!

Fun facts about turnips:

- 1.) It was a main food used in ancient Greece and Rome.
- 2.) They are related to radishes and not potatoes.
- 3.) 19th and 20th century Celts used turnips and not pumpkins for Jack o Lantern carving.
- 4.) Turnips that are small to medium sized are usually the sweetest.
- 5.) Turnips contain vitamin C which may help boost your immune system!

We Wish You A Merry FIT-MAS!

12 days of Fit-mas Challenge – try each exercise from 12 back to one just like the song!

- One sky reach to keep me healthy
- Two toe touches
- Three side bends
- Four candy cane curls
- Five jumping jacks
- Six heels a raising
- Seven squats a squatting
- Eight stars a jumping
- Nine lunges lunging
- Ten little leaps
- Eleven arm circles
- Twelve second plank



Please Welcome: Harley Powley

My name is Harley Powley, and I'm so excited to be visiting your child classroom this year as a Healthy Kids Educator! Teaching kid's fun ways to be healthy and active is so fun and rewarding. Health and wellness are a passion of mine. I enjoy running, cycling, yoga and baking. Over the years I have participated and competed in many running events. My favorites are Races for All Paces, Run for the Bagel and being a part of the Mattoon to Peoria St. Jude's running team for the past three years. It was an incredible experience!



Got info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
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