

# WEDNESDAY WOWS



Welcome to Wednesday WOWS! • W-wonderful O-opportunities W-with S-schools

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March 23, 2016

## Recipes to Savor the Taste

### HEAR - SEE - DO Learning

Use the MyPlate website menu and recipe ideas

<http://www.choosemyplate.gov/recipes-cookbooks-and-menus> to:

- Build skills and appeal for healthy food choices
- Use life skill situations for students to apply math, language arts and science.
- Have students use process skills to collect data, analyze, conclude, and strategize.

### Hear - See - Do Activities

Either prepare and/ or discuss the following recipe:

#### **Toasted English Muffins**

6 Whole grain English Muffins (split in half)  
8 ounce package of fat free cream cheese  
¼ cup diced dried fruit  
¼ cup unsalted sunflower seeds

Mix together fat-free cream cheese, dried fruit bits and unsalted, sunflower seed kernels. Spread on a toasted, whole grain English muffin half. Makes 12 servings.

#### **Discuss:**

1. Differences in weight vs. volume measure
2. The number of food groups represented in the recipe.
3. What are sunflower seeds? (They are actually not a seed but a kernel). They are a source of healthy fats, fiber and protein. Which MyPlate food group(s) are they in? (Protein; also high in oils)

## HEAR - SEE - DO Tips for Newsletters

A handy "cut and paste" tip for your parent or staff newsletters to meet a healthy challenge. Find additional ideas on the [Healthy6 Printables web page](#).

### **Cooking as a Family**

Preparing the family meal together not only teaches kids responsibility but



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## National Nutrition Month Activities

Fix the following *Healthy Me Challenge* quick and healthy breakfast/snack drink in class, afterschool or at home for kids this month! [Mighty Milk Recipe and Activity](#)

## Funding Opportunities

*Encourage physical activity*

[Youth Foundation Grants](#)

**Deadline:** Rolling

Grants to provide opportunities for kids to participate in community-based youth athletic programs and camps that emphasize active lifestyles.

## HKC Blog

### **Healthy Kids Challenge Has Exciting News**

After almost 20 years of being a leading nonprofit dedicated to developing leaders and environments that help kids and families eat healthy and move more, we are passing the baton to our partners, SPARK and School Specialty (Sportime).

[Read more](#)

promotes healthy eating for all. Have kids start helping in the kitchen with these simple tasks.

1. Wash produce
2. Gather cooking utensils
3. Mix ingredients
4. Serve foods

## Thought for the Day

“Life is like riding a bicycle. To keep your balance, you must keep moving.” -- Albert Einstein

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## Partner in Health



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## Connect with Us

**For questions about Healthy Kids Challenge, please contact:**

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