Gardening

Children pulled weeds from the garden beds & turned over the soil to let air & water into the soil to feed the plants.

Fruit / Veggie of the week

When you put your tomato plants in the garden, dig a hole deep enough to bury the roots & the bottom half of the stem - you will grow bigger tomatoes!

Nutrition

Make half your plate fruits and vegetables

Children learned: about MyPlate - they glued paper cutouts of food items from the different food groups onto paper plates to make their own MyPlate.

Children also learned: that fruits & vegetables contain vitamins & minerals, such as vitamin C to help heal cuts & vitamin A to keep our eyes healthy.

MyPlate shows how the five food groups are the building blocks for a healthy meal.

Fitness

Fitness with Kathy

Children learned:

- to use abdomen muscles while playing with hula hoops.
- skipping raises their heart rate.
- doing ‘inchworm press ups’ uses their biceps & triceps.

Do physical activity each day:

a total of 60 minutes for children, 30 minutes for adults.

Recipes

Cooking with Chef Dave

Fruity Thai Pita Pockets

Ingredients:

1 15-oz can Tropical Fruit Salad in 100% Juice; 4 whole-grain pita pockets; 4 cups fresh spinach (torn); ¼ cup fresh cilantro (optional)

Spread:

3 tbsp. reserved juice from Tropical Fruit Salad; ½ cup natural peanut butter (crunchy/chunky); 3 tbsp. fat-free cream cheese; 1 tbsp. low-sodium soy sauce.

Directions:

1. Drain fruit salad well & save 3 tbsp. of the juice.
2. In a bowl, use a fork to stir saved juice, peanut butter, cream cheese & soy sauce. Put sauce aside.
3. Place drained fruit, spinach & cilantro (if desired) in bowl, mix gently; add sauce & toss.
4. Fill each pita pocket with the fruit-spinach mixture.

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