Gardening

Children placed a layer of mulch over the soil in the garden beds. This promotes healthy root growth; controls weeds & allows for better water retention.

Fruit / Veggie of the week

Eggplant is a cold sensitive vegetable that requires a long warm season for best results. Harvest when they are 6 to 8 inches long & still glossy.

Nutrition

Make at least half of your grains whole grains

Children learned that grains: include foods such as bread, pasta & cereals, contain vitamins, minerals & fiber.

To find whole grain foods - look for:

- the ‘Whole Grain Stamp’ on food packaging.
- the word ‘whole’ as one of the first ingredients on the food label.

Fitness

Fitness with Kathy

Children colored in “Henry Hydration” to show how much water our bodies need - we need to be 60% water to stay hydrated.

Children learned: water is the best drink to stay hydrated. To drink water before, during & after exercise.

Do physical activity each day: a total of 60 minutes for children, 30 minutes for adults.

Recipes

Cooking with Chef Dave

Ratatouille Stuffed Zucchini (serves 4)

Ingredients:
2 large zucchini; 1 eggplant, diced; 1 summer squash, diced; 1 onion, diced; 1 red pepper, diced; 1 green pepper, diced; 1 clove garlic, minced; 2 plum tomatoes, diced; 1 tbsp. extra virgin olive oil; 1 tsp. fresh oregano, chopped; 1 tbsp. fresh parsley, chopped; salt and pepper to taste.

Directions
1. In a medium fry pan add oil & heat on medium heat for 1 minute; add garlic and onions - cook for 2 minutes.
2. Add eggplant & cook for 3 more minutes; add remaining vegetables & cook until tender; set mixture aside.
3. Cut the large zucchini lengthwise; scoop out center making a cavity in the zucchini, fill the cavity with vegetable mixture.
4. Bake for 15 min. in 350 degree preheated oven.