

# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

November 2016



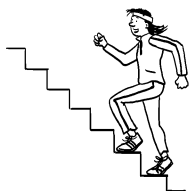
## FAST TAKES

### Breakfast "muffins"

Consider using the weekend to make breakfast in a muffin tin. In a bowl, whisk 12 eggs,  $\frac{1}{2}$  cup shredded cheese, 1 cup chopped leftover vegetables, a splash of milk, and salt and pepper to taste. Divide the mixture into a muffin pan sprayed with nonstick spray. Bake at 350° for 15–20 minutes. When done, you'll have grab-and-go "egg muffins" for the week! (Keep refrigerated until ready to eat.)

### Take the stairs

You don't need a stair-climber machine at home to get the benefits of a stair-climbing workout. Encourage your teen to make up her own exercise routine using the stairs or bleachers at school, or the stairs in your house or apartment building. She can even take the laundry upstairs while she's at it!



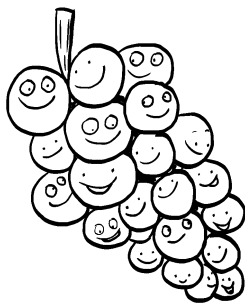
### Did You Know?

Iron is a mineral that helps move oxygen throughout the body so you have the energy you need. You may have heard that you can get iron from spinach, and that's true. Other great sources include beef, chicken, beans (green, pinto), tofu, canned sardines, pumpkin seeds, and iron-fortified cereals.

### Just for fun

**Q:** Why are grapes never lonely?

**A:** Because they grow in bunches!



## Handling the holidays

'Tis the season to be surrounded by food. From Thanksgiving through New Year's Day, food always seems to be around. Help your family stay healthy throughout the holidays with these tips.

### Stock the kitchen

Keep healthy snacks on hand, such as cut-up vegetables, nuts, and string cheese. Fruits like tangerines, oranges, and pears are particularly tasty this time of year. With those foods around, your child won't see brownies, cookies, and pies as the only options for a snack.

### Stay active

Ask your teen to come up with ways your family can be extra active during winter break. You could contribute ideas, too. Perhaps you'll spend time walking around your own town as a "tourist" or simply turn on music to dance off those holiday meals.



### Get inspired

Put your creative thinking caps on, and brainstorm ideas for healthy holiday appetizers and side dishes (white bean dip, shredded carrot salad). Have fun making them together. Then, be sure to take photos of your creations.

### Let them eat waffles

While school is out, your tween or teen could play hostess and catch up with her friends at home. Help them enjoy a do-it-yourself waffle bar complete with whole-grain waffles, berries, nut butters, and pure maple syrup. ●

## Quick workouts

There's always time for exercise! Here are two ways for your teenager to fit in a quick workout at home.

● **Kick it in gear.** Have him beat holiday or everyday stress with a series of jabs, hooks, uppercuts, and high kicks for an energizing kickboxing session. He can check out a video from the library or find one online to learn the moves.

● **Do bench dips.** For this exercise, just get a stable chair. With feet flat on the floor, sit at the edge of the chair. Place your hands behind you, palms down, on the seat. Bend your elbows to lower your body toward the ground. Go back up (without sitting down). Repeat for 30 seconds. ●



# Give broccoli a chance

Does your child skip his veggies? There's hope! Try these strategies to get him to eat more vegetables.

**Find recipes.** Ask your child to search in cookbooks or online for vegetable recipes that appeal to him. Maybe he'll decide on a vegetable stir-fry or ratatouille for tomorrow's dinner.

**Break an egg.** Slice a head of cauliflower into thick pieces, and roast at 400° for 30–45 minutes, until browned and



slurped. Then, serve veggies on top of veggies with this idea: Puree peas (frozen, thawed), steamed broccoli, or roasted red peppers, and mix the puree into the pasta sauce. ●

caramelized. In the last few minutes, have your teenager make sunny-side-up eggs. Place an egg on top of each cauliflower “steak.”

**Pump up the “pasta.”** Use a vegetable peeler to create thin ribbons or noodles out of zucchini or butternut squash. Saute the ribbons, and top with marinara sauce for a fun and colorful meal that can be twirled or

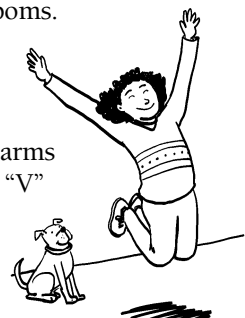
## ACTIVITY CORNER Cheer your way to fitness



Your tween or teen doesn't have to be a cheerleader to get the benefit of a cheer workout. Share these moves to “cheer up” her next workout—with or without pom-poms.

### Give me a V!

Jump up with your knees bent high, lifting your arms up and out into a “V” for victory. Land with your feet together.



### Give me a T!

Make two fists. Stretch arms straight out at shoulder height to form a letter “T.” Bring arms in to the chest to form a half “T.” Repeat to cheer your “team” on to a win!

### Give me an X!

Stand with feet apart and arms stretched at angles above your head to form an “X” with your body. Alternate toe touches, touching one hand to the opposite foot. ●

## Q & A The scoop on protein powders

**Q:** My son wants to add protein powder to his smoothies. Is this a good idea?

**A:** Protein powders have been around for years but have become more popular recently. Athletic teens are especially curious since these powders are advertised as a way to quickly build muscle.

Protein powders are available in whey, casein, soy, pea, and other blends. But not all protein powders are created equal. Though many are perfectly safe, some contain extra vitamins, minerals, or additives that may be more than your son needs. Plus, they can be expensive!

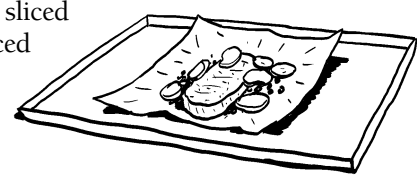
Luckily, protein powders really are not necessary. As part of his regular diet, your teen can easily get the protein he needs by eating lean meats, fish, poultry, soy nuts, eggs, and dairy foods like milk, yogurt, and cheese. ●



## In the Kitchen Fish in foil

Get all hands on deck for a fish packet-making party! Whether you use salmon, tilapia, cod, or another type of fish, this easy prep idea lets everyone add their own flavors.

1. For each serving, place one 3–4-oz. fillet on a piece of aluminum foil.
2. Let each person add his favorite vegetables, perhaps sliced bell peppers, diced onions, cubed potatoes, or corn (frozen or canned).
3. Drizzle each serving with ½ tsp. olive oil. Season with pepper, fresh lemon juice, and your favorite herbs and spices, such as garlic powder, parsley, or Italian seasoning.
4. Fold the foil over the top, and seal tightly. Put the packets on a sheet pan.
5. Bake at 350° for 15–20 minutes.



**Tip:** Flake leftover fish into warm, soft tortillas for quick fish tacos. Top with crunchy shredded cabbage for a delicious and nutritious meal. ●

**OUR PURPOSE**

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfecustomer@wolterskluwer.com  
www.rfeonline.com

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