



Taste Test Time

Lettuce turn up the BEET..

Spring is almost here and plenty of fruits and vegetables are in their peak season. Some of the produce in season include but are not limited to beets, asparagus, broccoli, artichokes, strawberries, avocados, oranges, and cherries. When produce is in season, it is very tasty!

Chips are a popular snack but are loaded with fat, empty calories, and contain very few nutrients. However, you do not need to totally eliminate chips from your diet. Check out the following recipe for baked beet chips that are tasty *and* offer an abundance of vitamins/minerals. *Don't BEET it until you try it!*

Baked Beet Chips

Ingredients:

- 2 beets
- 1 tsp. olive oil

Directions:

Preheat oven to 350°F. Thinly slice beets with a sharp knife (be careful!), then toss sliced beets in olive oil. On two baking sheets, arrange beets in a single layer. Stack another baking sheet on top of each. Bake until edges of beets begin to dry out, about 20 minutes. Uncover and rotate sheets. Bake 10 to 20 minutes, removing chips as they become lightened in color. Set chips on a wire rack to cool.... then enjoy!



JOIN A SPRING SPORT!

Sports are fun and a great way to incorporate physical activity into your routine!

There are many of sports to choose from this Spring such as:

- Lacrosse
- Track and field
- Baseball
- Softball
- Tennis

Fun Fact

Team sports teach children discipline, how to work as a team and boosts self-esteem!

IMPORTANCE OF NUTRITION FOR PHYSICALLY ACTIVE KIDS

- STAY HYDRATED- drink plenty of water! A lot of fluid is lost through sweat during physical activity so it is important to replace what is lost. In addition, it is essential to stay hydrated to avoid heat exhaustion!
- Strive to have each meal mimic the MyPlate guidelines
 - Eat 3 meals and 3 snacks
 - Make sure to eat before and after exercise to stay energized!
- Snacks before physical activity should be higher in carbohydrates, protein and low in fat.

Example: Whole grain crackers with cheese and grapes
- After physical activity children should consume a snack high in protein within 30 minutes after exercise.

Example: Greek yogurt & banana with peanut butter

References

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