



Harvest of the Month[®]

February

Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

broccoli



Let's Get Physical!

- It's American Heart Month. Get at least one hour of physical activity every day. Visit www.americanheart.org for more information.
- Start a weekly walking routine with your child. Invite your neighbors or child's friends to join you.
- While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more physical activity ideas, visit:
www.kidnetic.com
www.verbnow.com

ITALIAN BROCCOLI AND PASTA

Ingredients:

- (Makes 4 servings at 1¼ cups each)
- 2 cups uncooked fettuccine noodles**
 - Nonstick cooking spray**
 - 3 tablespoons chopped green onion**
 - 2 cups broccoli florets**
 - ½ teaspoon dried thyme**
 - ½ teaspoon dried or**
 - 1½ teaspoons fresh oregano**
 - ½ teaspoon ground black pepper**
 - 1 (14½-ounce) can stewed tomatoes, not drained**
 - 2 teaspoons grated parmesan cheese**

1. Cook fettuccine according to package.
2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes. Simmer until heated.
4. Spoon warm vegetable mixture over fettuccine and top with cheese.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

Nutrition Facts

Serving Size 1 cup, chopped
(88g)

Amount per Serving

Calories 30 Calories from Fat 3

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 29mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **9%**

Sugars 1g

Protein 2g

Vitamin A 12% Calcium 4%

Vitamin C 131% Iron 4%

Source: www.nutritiondata.com

Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

www.harvestofthemonth.com



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**