

# JUST BE IT!

## Healthy and Fit



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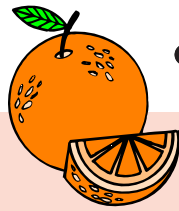
## Healthy Choices

- Eat a variety of fruits and vegetables every day. Choose some dark green vegetables (like spinach or broccoli), some orange vegetables (like carrots), and some starchy vegetables (like potatoes or corn). Kids need 1 1/2 cups of fruit and 2 1/2 cups of vegetables each day.



- Eat whole grains and enriched grains every day. At least half of the grains should be whole grain. A serving of grains is 1 slice of bread, 1/2 cup cooked rice, pasta or cooked cereal or 1 cup of ready-to-eat cereal flakes. Kids need 3 servings of whole grains and 3 servings of enriched grains each day.
- Eat meat, poultry (chicken or turkey), fish, dry beans, soybean products, eggs or nuts every day. Most choices should be lean or low fat. Kids need a total of 5 oz. of these foods each day.
- Drink/eat 3 cups of milk or yogurt every day. Most choices should be fat-free or low fat.
- Choose soft margarine or oil more often than solid fats (like shortening or lard).
- Foods and drinks with added sugar are a "sometimes" food.
- Get active! Be physically active for 60 minutes every day, or most every day.

# Recipes



## Orange Julia

- 2 cups lowfat milk
- 1 can (6oz.) unsweetened orange juice concentrate
- 1 teaspoon Vanilla
- 10 ice cubes

Combine all ingredients in a blender container. Process until smooth. Makes about 8 small servings.

## Zippy Vegetable Dip

- 1 cup lowfat cottage cheese
- 1-2 tablespoon lemon juice
- Assorted cut-up vegetables

Put the cottage cheese and lemon juice in a blender and blend on medium speed for about 30 seconds, or until smooth. If mixture is too thick, thin it with 1-2 Tbsp. milk. Serve with veggies. Makes 1-1/4 cups.



## Tortilla Rolls

- 1 8-inch flour tortillas
- 1 teaspoon lowfat mayonnaise
- 1 slice turkey breast
- 4 spinach Leaves
- 1/4 cup shredded carrots
- 2 teaspoons fresh chopped parsley
- 2 strips red pepper (or green bell pepper)

Place tortilla on a plate. Cover with mayonnaise. Layer with turkey and spinach leaves. Place a line of shredded carrots down the center, top it with the parsley and pepper and roll the tortilla. The roll can be served this way or it can be cut into 8 slices and served on their sides so the colorful vegetables are showing.

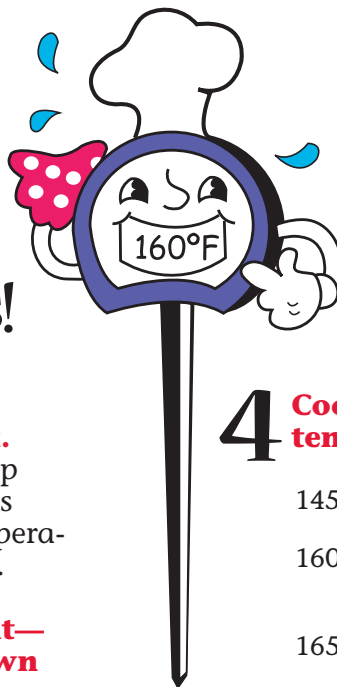
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## Top Ten Food Safety Tips ●●●●●●●●

1. Wash hands and nails with soap and warm water for 20 seconds; rinse and dry with clean towel.
2. To avoid cross-contamination of bacteria, clean the cooking area before and after preparing foods. Use one cutting board for meats and another for other foods.
3. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds.
4. When shopping, separate fresh fruits and vegetables from household chemicals and raw meats.
5. Refrigerate hot leftover foods quickly in shallow containers no deeper than 2 inches. Refrigerate all foods within 2-hours.
6. Thaw frozen foods in the refrigerator for 1-2 days before cooking.
7. Keep hot foods hot, cold foods cold.
8. Cook meats and eggs thoroughly; use a food thermometer to measure internal temperatures. Don't eat foods containing raw eggs, like cookie dough.
9. Cook or use foods up by the expiration date given on the package label.
- 10. If in doubt, throw it out!**

# Hey Kids...



"It's safe to bite when the temperature is right"

## Thermy Rules!

**1 Always use a food thermometer when you cook.**  
A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria.

**2 The color of cooked meat—whether it's pink or brown inside—can fool you.**  
The only way to be sure cooked food is safe to eat is by using a food thermometer.

**3 Place the thermometer in the thickest part of most foods, away from any bones and fat.**

**4 Cook food to a safe internal temperature.**

- 145°F—Beef, lamb, and veal steaks and roasts.
- 160°F—Ground beef, pork, veal, and lamb. Pork chops, ribs, and roasts. Egg dishes.
- 165°F—Ground turkey and chicken. Stuffing, casseroles, and leftovers.
- 170°F—Chicken and turkey breasts.
- 180°F—Chicken and turkey: whole bird, legs, thighs, and wings.

**5 Check the temperature in several places to be sure the food is cooked evenly.**

**6 Wash the food thermometer with hot, soapy water after using it.**

Temperatures are in degrees Fahrenheit (°F).

Unscramble each of the clue words. Copy the letters in the numbered cells to the other cells with the same number.

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# Top 10 Safety Rules for Kids in the Kitchen

1. Check that the oven and other cooking appliances are turned off before you leave the kitchen.
2. Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
3. If you burn yourself, tell an adult immediately and hold the burned area under cool running water.
4. Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
5. Watch out for sharp knives. Let an adult cut or slice foods or help you do it.
6. Never put water on a cooking fire — it could make the fire bigger. Ask an adult to help put out the fire with baking soda or flour.
7. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
8. Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.
9. Always turn pot handles in toward the back of the rangetop. This way no one can bump into them and knock the pot over.
10. Keep paper towels, dish towels and pot holders away from the rangetop so they don't catch on fire.

There are 20 unsafe things in the picture. Circle the things that are wrong. Tell why.

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Do you have any of these habits in your kitchen? List the things you will change about your own safety habits.

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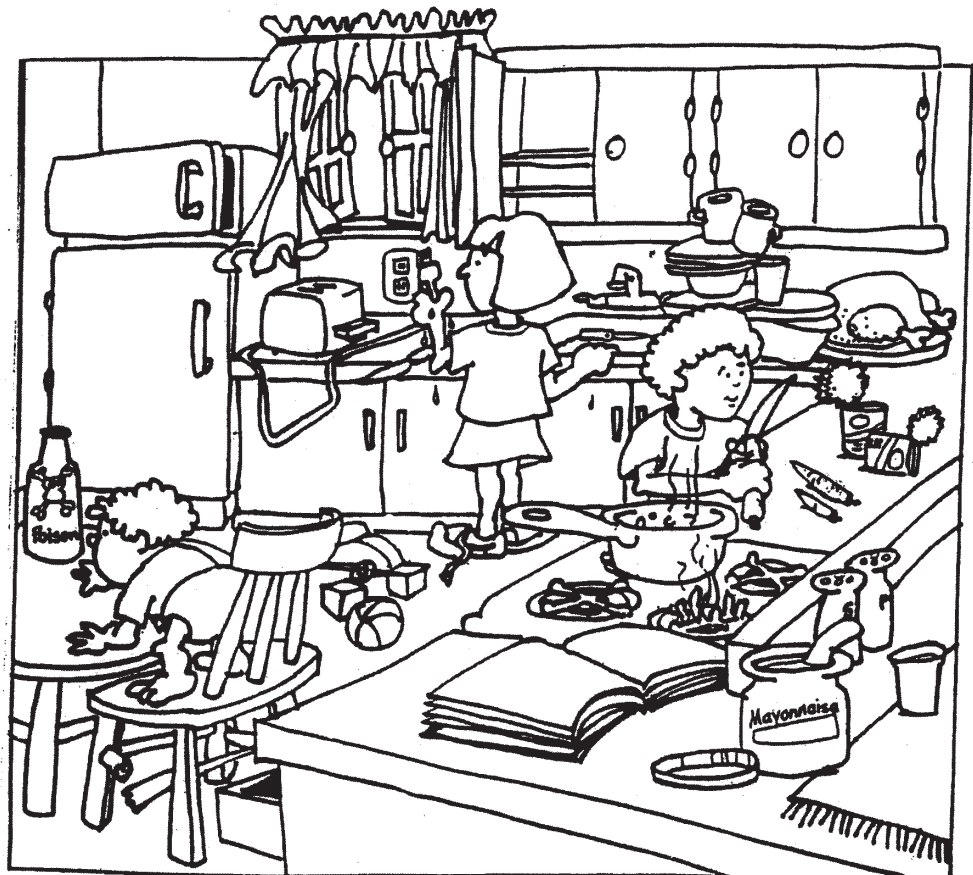
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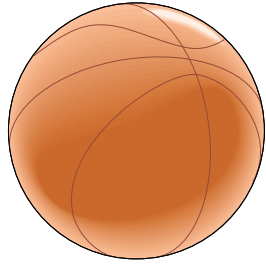


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## Physical Activity



Is looking great, feeling good, and doing your best at school or play important to you? If it is, regular exercise is just what you need. Exercising can help to improve the way you look, feel and perform. Beginning to exercise regularly will help you

develop a healthy life-style that includes a proper diet, not smoking, and not using drugs. As you mature, regular exercise helps protect you from health problems such as heart disease, diabetes and high blood pressure.

### What are the benefits of regular exercise?

#### Feeling better:

- Gives you more energy
- Improves your self image
- Helps you cope with stress
- Helps you sleep better

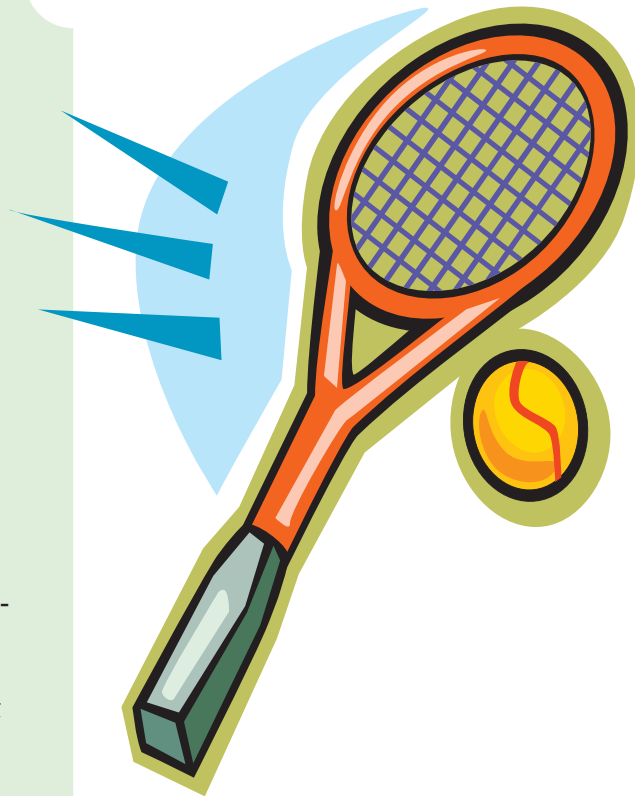
#### Looking better:

- Tones your muscles
- Lowers body fat
- Helps keep you at a healthy weight

#### Performing better:

- Helps you to be more productive at school and work
- Builds muscle strength
- Improves the way your heart and lungs work

All types of activity should be a part of your exercise program. Each exercise offers a benefit and will help keep your program enjoyable.



# How Much and How Often? .....

## **Type: Aerobics**

**How often:** every day

**How much:** 20-30 minutes

**Examples:** running, swimming, roller skating, jumping rope, hula-hoop, frisbee, or dancing

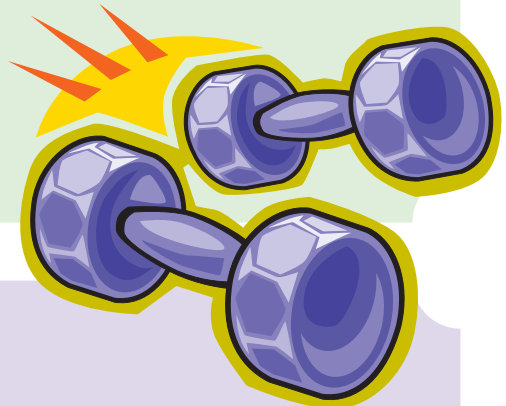


## **Type: Flexibility**

**How often:** every day

**How much:** 5-10 minutes

**Examples:** toe touch, wall push, (don't bounce when stretching)



## **Type: Strength training**

**How often:** 2-3 times a week

**How much:** 20-30 minutes

**Examples:** weights, or resistance bands (work on number of repetitions and not weight)

# Reference .....

Virginia Cooperative Extension. (1999). *Fitting the Food and Nutrition Pieces Together* (Publication 352-780 Adopted from the Virginia Cooperative Extension Service, [www.ext.vt.edu/resources/4h/4hpubs/](http://www.ext.vt.edu/resources/4h/4hpubs/))

# Glossary

**Aerobics:** Forms of exercise that work the heart and lungs to help the body use oxygen better.

**Bacteria:** Tiny, one-celled microorganisms found in the environment. Bacteria multiply rapidly in food under the right conditions, and some bacteria can cause illness.

**Cross-contamination:** The transfer of harmful bacteria from one food to another. Harmful bacteria can not only be transferred from food to food, but also from hands to food.

**Enriched:** To add vitamins or minerals to a food to improve its nutritional value.

**Expiration date:** A date printed on the packaging of food and drug products that indicates the time after which they should not be used.

**Household chemicals:** Items such as cleaners and disinfectants that are found, and used in most homes. They often are harmful and should only be used with supervision of an adult.

**Internal temperature:** The degree of hotness or coldness within a food item. It is usually taken during the cooking time using a food thermometer.

**Self-image:** The opinion or feeling one has of oneself.

**Strength training:** Forms of exercise that makes muscles stronger such as weight lifting, or stretching resistance bands.

**Whole grain:** Cereal grain which contain the bran and germ as well as the endosperm, in contrast to refined grains which only contain the endosperm.

## Walking and Exercise Log

Week of \_\_\_/\_\_\_/\_\_\_

	Aerobic		Flexibility		Strength	
	Activity	Time	Activity	Time	Activity	Reps
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly Totals						

To monitor your progress, photocopy the log to use every week.