

In This Issue

- ☀ Teaching Good Food Habits
- ☀ Let's MOVE, Cold Weather FUN!



Recipe

- ✓ Mexican Spaghetti Squash



RD Corner

Hello! My name is Marissa Thorsen and I am your school Registered Dietitian. My main goals are to teach students lifelong healthy eating habits and to keep you in the loop on food and nutrition news. If you have any questions or comments, feel free to contact me at:
Marissa.thorsen@sodexo.com

Teaching Good Food Habits

Good food habits are a life skill that can help your child live a healthy, satisfying life. Below is how you can nurture good food habits.

1. Give your child enough table time-
Rushing mealtime only leads to frustration for you, your child and others at the table. Eat at a place that allows you to enjoy your food. It usually takes about 20 minutes for the stomach to feel full.
2. Be a good role model-
If you eat collard greens, bok choy, asparagus or plantains chances are your child will try them too-if not now, then probably later.
3. Skip the urge to reward, punish or appease with food.
"No dessert until you eat your dinner" is a classic expression from most parents. This remark may lead to eating problems.
 - ☀ Eating for parental approval teaches unhealthy behavior.
 - ☀ Rewarding a clean plate teaches them to ignore body signals that may lead to over eating.
 - ☀ Offering a food (dessert) as a reward for eating another (vegetable) makes some foods seem better.

Let's Move...COLD weather FUN!

1. Act out a story. Read a book together; move to give it action. If it is a book about food, make it in the kitchen together later.
2. Create an obstacle course. Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
3. Turn up the music and dance. Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
4. Make whole-wheat bread, soft pretzels, or pizza. Knead, shape, and roll dough. It is good for arm muscles. Tip: buy frozen dough to keep it easy for you!
5. Start planning your garden. Find a library book about kids and gardening. Look at seed catalogues. Plan for spring activities.



Let's Get Cooking

Mexican Spaghetti Squash

Ingredients:

- 1 spaghetti squash
- 6 oz. can of black beans
- diced jalapenos (fresh or canned)
- frozen corn
- 2 oz. can of sliced black olives
- diced onion
- diced garlic
- medium red pepper - chopped
- olive oil
- chili powder
- cayenne pepper
- salt
- black pepper
- cumin
- nutmeg
- reduced-fat shredded cheddar cheese



Directions:

1. Roast squash in oven for 1 hour set at 375 degrees F and then set aside to let cool for 20-30 minutes.
2. When it's cooled, slice squash in half and remove pulp/seeds. Scrape fork against inside of squash to get the "spaghetti" out and put it in a bowl.
3. Pour 1-2 tsp of olive oil and 1 tbsp. of chopped garlic into large pan over medium heat. Toss in onions, peppers, squash, olives, beans, diced jalapenos and corn. Add 1 tsp of each seasoning chili powder through nutmeg. Add extra chili powder or cayenne pepper if desired. Sautee and stir for about 10 minutes.
4. Set oven to broil and pour mixture back into squash shells. Place on lined, greased baking sheet and top with shredded cheese and cilantro.
5. Broil for a few minutes until cheese melted and it turns slightly golden brown.
6. Let cool and enjoy! =)

Recipe Modified From: NY Nutrition Group