How Television and Cell Phones can Influence what you Eat!

TV time can take a toll on your nutrition. Why? If you spend a fair amount of time in front of the television, research shows that you can be easily swayed to choose the foods you see advertised. Some of the foods shown in commercials don’t do you any favors when it comes to feeding and nourishing your growing brains and bodies. Many of the foods in advertisements are high in solid fats, added sugars, sodium and/or calories and they often lack vitamins, minerals and dietary fiber. While watching TV each day you are most likely to see 10 to 13 advertisements that promote some type of food or beverage.

How Can You Limit TV & Cell Phone use to Promote Healthier Eating?

- **Avoid watching TV while eating.** As a family, agree with your parents not to watch TV (or use other electronic devices) during meals or while snacking. Eating together regularly without distractions also offers the opportunity to promote healthful eating and family bonding.

- **Watch your favorite programs without advertisements.** Buying or renting DVDs for children or recording programs in order to fast forward through the commercials. Watching shows on public television stations is another option.

- **Spend time with others learning about foods.** Try growing a garden, visiting a farmer’s market or browse the produce section at your grocery store. If you are a tween or teen read a Nutrition Facts label to shop for healthier food choices.

- **Help in the kitchen.** Help your parents or caregiver in the kitchen preparing and making meals and snacks. This is a great time to practice food safety, such as washing hands before handling food, and doing simple tasks, like setting the table or tearing lettuce leaves for a salad.

- **Be Pro-Active and Set screen time limits for yourself.** Cut down on time spent in front of the TV and other electronic devices. Although, some of this time involves educational activities, there is still concern about how it could affect your health and development. The American Academy of Pediatrics recommends no more than one hour per day of screen time for children 2 to 5 years old and less than 2 hours for students 9-13 years old.
**Is School Gym Physical Activity (PE) Enough?**

Kids 5-8 years old may be too short for box jumps and too young for Pilates class, but the Center for Disease Control (CDC) recommends children and adolescents between the ages of 9-17 engage in 60 minutes of physical activity every day. Not every school offers a PE/gym class in school everyday so what can you do to stay healthy and fit daily? Maybe you can workout with Mom, Dad or an older sibling at their gym? Many adult fitness centers offer classes for tweens and teens with simple exercises like planking; putting your elbows on the floor, raising up on the tips of your toes, and keeping your back straight and your abs tight in a line, squats, push-ups, crunches, lunges, side leg raises, burpees and mountain Climbers. So get moving and make some of your family time, fit time together.

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**Soup it up with do-it-yourself Easy Peasy Hearty Soup!**

*The Stuff You Need:*
- Have an adult help you, if needed
- 1 15.oz Can Low Salt Tomato Soup
- 7-8 frozen already cooked cheese or meat tortellini pasta
- 1 handful of frozen peas & carrots
- 1 Medium Size bowl
- 1 Microwave Oven

*What To Do With The Stuff:*
In a medium –large bowl combine a cup of canned tomato soup, a handful of frozen peas and carrots and 7-8 frozen cooked tortellini pasta. Heat, serve, and eat! Take time to enjoy and savor your hearty soup meal at the kitchen/dining room table.
FRUIT & VEGETABLES

Choose the correct option.

1. a. lettuce
   b. asparagus
   c. cabbage

2. a. cabbage
   b. asparagus
   c. broccoli

3. a. carrot
   b. broccoli
   c. beans

4. a. lettuce
   b. cauliflower
   c. broccoli

5. a. corn
   b. carrot
   c. cabbage

6. a. broccoli
   b. pepper
   c. corn

7. a. lettuce
   b. cabbage
   c. pepper

8. a. lettuce
   b. mushroom
   c. cauliflower

9. a. onion
   b. garlic
   c. pepper

10. a. onion
    b. garlic
     c. pepper

11. a. onion
    b. turnip
     c. radish

12. a. melon
    b. cucumber
     c. lime

13. a. tomato
    b. orange
     c. eggplant

14. a. tomato
    b. orange
     c. apple

15. a. orange
    b. banana
     c. peach

16. a. lemon
    b. lime
     c. orange

17. a. orange
    b. lemon
     c. lime

18. a. pear
    b. apple
     c. peach

19. a. pear
    b. melon
     c. pineapple

20. a. apple
    b. tomato
     c. lime

21. a. pineapple
    b. watermelon
     c. melon

22. a. grapes
    b. berries
     c. pineapple

23. a. tomato
    b. pear
     c. apple

24. a. grapes
    b. blueberry
     c. strawberry

Name__________________________
No ___ Class ___ Date ____/____/____
We are proud of all you do, and we love to share your experiences! If you have any exciting news, or events you wish to share in an upcoming issue of our newsletter, please contact Kerry Tooker at ktooker@licares.org.

Children at CDLH Partners II After-school Kids Café Program, work on Social awareness and holiday crafts!