



Healthy Families

Winter 2023



healthy kids
a journey to healthy habits

Sarah Bush
Lincoln

A healthier tomorrow starts today!

ELEMENTARY



Sullivan Elementary School

October kicked off the first month of Healthy Kids lessons! Our elementary lesson for the month was 'Food for Fuel.' Students were introduced (or reintroduced) to the MyPlate and the five food groups. They learned to visualize the amount of each food group they should include on their plates to fuel their bodies to stay healthy and strong. We discussed what happens if we fill a car with the wrong type of fuel just like if we were to fill our bodies with the wrong type of foods like *Pretender Foods* (highly processed, sugary and fatty foods). The students agreed that they wouldn't work properly, and unlike a car, we only have one body. So making healthy choices with food is so important!

A race car themed game concluded the lesson where students practiced identifying different foods and their food groups. They raced around the race track to the finish line, and if a *Pretender Food* card was pulled they were sent back to a *Pretender Pit Stop*.

October:



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November: Focus on DAIRY



After learning about the five food groups last month, students focused their attention on the dairy food group in November, focusing on a few dairy foods like cheese, Greek yogurt and skim milk. When asked what these foods have in common, students came to the conclusion they are all healthy, made from milk, in the dairy food group and FULL of calcium and Vitamin D. So what makes calcium so important? It is essential for strong bones and teeth. Getting in at least three servings of dairy can be easy!

For breakfast: try low fat milk with whole grain cereal. For lunch or snack, eat a cup of cubed cheese (2 oz.) or a cup of Greek yogurt with fruit. At dinner, incorporate a side of low-fat cottage cheese. Some non-dairy options for calcium include nut milks, spinach and broccoli.



The kids got to compete in a dental dairy game using two boards, a marker/eraser and a spinning wheel of dairy and nondairy foods. The spinning wheel says to clean (erase) or dirty (shade in) a certain amount of teeth. The first team to clean their smile wins.

The healthy snack of the month was string cheese – yum!

December:



Our Healthy Hero Sasha taught us about the importance of filling our plates each day with a rainbow of fruits and vegetables.

In December we focused on nature's candy – fruits! Fruits come in many different shapes, sizes and flavors. They are almost always sweet, juicy and healthy. Students learned the names of nutrients that certain colored fruits have, like phytochemicals, carotenoids and antioxidants. The lesson ended with a game of Fruit Bingo. Students were able to identify fruits based on characteristics described from fruit cards. Mini fruit erasers were the prize for our finishers!

KINDERGARTEN

October:

HEALTHY HEROES



For the first Healthy Kids lesson, kindergarteners were introduced to the Healthy Heroes: Sasha, Zoe, Ian and Oriel! Our Healthy Heroes are similar to other superheroes, but they get their superpowers by practicing healthy habits.



During the interactive lesson students got to pick clues from a bag that each Healthy Hero will teach their class about in the upcoming months. Some of the clues were fruits and vegetables to learn about healthy eating, electronic toys to learn about limiting screen time, sports balls to promote exercise and soda bottles to discuss sugary drinks. After all of the Healthy Heroes were introduced the students were able to train to be like the Healthy Heroes by promising to make healthy choices and creating their own Healthy Hero masks!

November:

MyPlate

Healthy Hero Sasha made an appearance during our November Healthy Kids lesson to remind us that it's important to not only eat a rainbow of fruits and vegetables, but healthy foods from ALL five food groups!

After reading the book "The Two Bite Club" students got to create their own MyPlate placement by coloring each food group and identifying foods that go into each food group with with stickers.



December:

EAT A RAINBOW!

Just like a rainbow has a pot of gold at the end of it, eating a rainbow of fruits and vegetables leads us to have golden health and supports healthy bodies! Each color group helps our body in different ways. This month kindergarteners learned more about the importance of fruits and veggies by reading the story The Rainbow Bunch and playing the Sasha's Race to Build a Rainbow game. The goal is to move around the game board to collect as many fruits and vegetables of all of the rainbow colors.

Carrots	Go to any fruit or vegetable of your choice!	Corn	Celery	Eggplant	Go to any fruit or vegetable of your choice!	Tomato
Red Peppers						Pumpkin
Grapes						Lemons
Broccoli						Kiwi
Go to any fruit or vegetable of your choice!						Go to any fruit or vegetable of your choice!
Pineapple						Plums
Oranges						Cherries
Strawberries						Apricots
Start	Go to any fruit or vegetable of your choice!	Honeydew	Blackberries	Lettuce	Go to any fruit or vegetable of your choice!	Yellow Squash



Welcome Healthy Kids Educator and Cook, Kara Mills!

Hello! I am Kara Mills from Rantoul, IL. I grew up with a huge love of cooking and baking. During my teens I became really interested in health and nutrition and began making healthy swaps in recipes I already liked. I have my Masters in Nutrition and Dietetics from Eastern Illinois University. I am also a Certified Diabetes Care and Education Specialist. I love being involved in local wellness coalitions and decided community nutrition is where I belong. I love my new job as a Healthy Kids Educator/Cook, and I am excited for the future ahead!



Sports World Motivational Youth Speakers

Sarah Bush Lincoln's Healthy Communities is proud to once again partner with Sports World Motivational Youth Speakers and former pro athletes! We had the opportunity to visit 19 schools reaching 4,430 students to speak upon real life issues relevant to students, like consequences of their choices, academic excellence, and relationships and peer acceptance. Tom Gilles, former pro snowboarder visited schools in October. Former pro NFL player Jimmie Bell and Wesley Fluellen former NBA player visited schools in November. Each assembly engaged the students to encourage positive choice, equipping them for transformation and empowering success.



The greatest of all is that students who were struggling were able to be heard confidentially at the end of each assembly with the use of comment cards. Every card was then collected and administration was able to help those students who were struggling and get them the help they need.

We look forward to bringing Sports World Outreach back and to your school in the future!

Coming Soon!



Saturday, May 13 | EIU

1 Mile Walk/Run | 5K | 10K | Toddler Trot | Diaper Dash

Registration is now open at sarahbush.org/races.

Healthy Kids Summer Programs sign-ups will be available April 1 online.



**Teen and Parent/Child
Cooking Classes**

Contact Harley Powley, Healthy Kids Educator,
at (217) 345-6822 or hpowley@sblhs.org with any questions.



Cooking Classes – coming to a school near you!

Cooking classes are back and as delicious as ever! Our newest Healthy Kids Cook Kara, with the help of our other healthy kids educators, will be preparing breakfast recipes for the schools we are attending this year. The benefits of not skipping breakfast are well-documented and students especially benefit from a breakfast with nutrients coming from whole grains, good protein sources, a rainbow of fruits and vegetables and of course low-fat dairy!

We are grilling up egg burritos, whipping up egg muffins and serving whole wheat pancakes!

Try our new delicious pancake recipe!



Whole Wheat Pancakes

Ingredients List

2 cups whole wheat flour (white)
4 ½ teaspoon baking powder
½ teaspoon salt
2 teaspoon cinnamon
2 teaspoon sugar
2 large eggs

2 cups + 2 tablespoon fat free milk
2 teaspoon vanilla
Cooking spray
Fruits (blueberries, strawberries, bananas)
Semi-Sweet Chocolate Chips
Syrup

Directions

1. Mix all dry ingredients in a bowl (flour, baking powder, salt, cinnamon and sugar).
2. Add wet ingredients (eggs, milk, vanilla) to the mixing bowl and mix well with a spoon until there are no more dry spots; don't over-mix.
3. Heat a skillet on medium heat.
4. Lightly spray oil to coat.
5. Pour ¼ cup of pancake batter per pancake.
6. When the pancakes start to bubble, you add chocolate chips or fruit.
7. When the bubbles settle and the edges begin to set, FLIP the pancakes.
8. Repeat with the remaining batter.

*Makes 14 pancakes; Serving Size: 2 pancakes



Have info or photos of your family being healthy?

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