



# FUEL for SCHOOLS

Winter 2024 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

## Fitting in Family Meals

*Below are three ways that sharing meals benefits children, teens and families.*

1. Planned family meals tend to include more balanced, varied, nutrient-rich food choices compared to eating on the run or relying on the drive-through.
2. Kids and teens who eat family meals can expect to perform better in school and exhibit improved social, vocabulary and conversational skills. Studies also show less risky behavior among teens who eat three or more family meals each week.
3. Children who grow up in families who eat meals together on a regular basis will likely continue this tradition into adulthood. As they form their own families and friendships, shared meals will continue to positively influence their relationships as well as promote good health habits.

### TRUE or FALSE?

Teens who eat meals with their families have better eating habits.

### TRUE!

Teens who eat at least three weekly shared meals take in more fiber, calcium, folate, iron and vitamins B6, B12, C and E compared to teens who rarely eat with their families.



## Nutrition Know-How

### Vitamin C

Found in fruits and vegetables, vitamin C is required for the production and maintenance of collagen. Collagen forms the base for all connective tissue in the body, including bones, teeth, skin, and tendons. Vitamin C also helps fight infections, aids in healing and works as an antioxidant.



Because it is water soluble, the body does not store vitamin C so it is best to have a food source each day. Good choices include citrus fruits, cantaloupe, kiwi, strawberries, peppers, tomatoes, broccoli and potatoes.

Learn more about vitamin C by visiting <https://ods.od.nih.gov/factsheets/VitaminC-Consumer/>

### Did you know?

Until the end of the 18<sup>th</sup> century, many sailors who ventured on long ocean voyages, with little or no vitamin C intake, contracted or died from the vitamin C deficiency disease known as scurvy. During the mid-1700s, Sir James Lind, a British Navy surgeon, conducted experiments and determined that eating citrus fruits or juices could cure scurvy and sailors were thus nicknamed "limeys." Scientists did not prove that vitamin C was the active component of citrus until 1932!



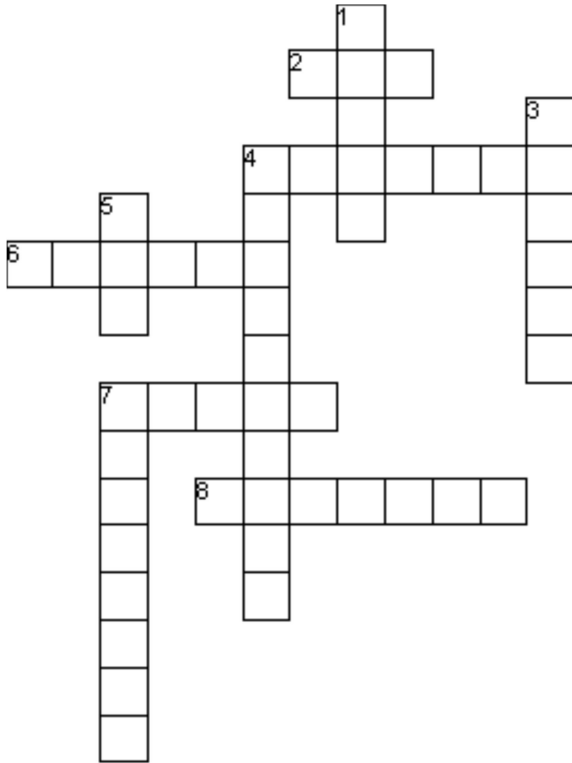


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## Take Five for Fitness

Finding Fun Ways to Stay Fit!



### Across:

2. Run and chase your friends when you are "it" in this game.
4. Ride this two-wheeler up a hill for an extra exercise boost!
6. Perfect for kids who enjoy competition and teamwork.
7. Number of minutes you should spend being active each day.
8. Two-legged transportation that can get you lots of places!

### Down:

1. Hip-hop, jazz, and ballet are just a few ways you can do this activity.
3. A break from classwork when you are at school. Make the most of it by playing active games.
4. Jump, shoot and dunk your way to fitness.
5. This four-legged friend would love to take YOU for a walk
7. This fun activity will leave you soaked.

## Fruit & Veggie Spotlight: Orange and Potato

### Orange



One orange provides an entire day's requirement for vitamin C and also contributes important nutrients such as folate, fiber and potassium. Learn more

about oranges by visiting the following links:

<https://tinyurl.com/3r9x6afn> (English)

<https://tinyurl.com/4zn7p967> (Spanish)

### Potato

Potatoes are a great fuel source for active kids. One medium potato provides fiber, vitamin C, potassium, vitamin B6, iron and energy rich complex carbohydrates.



Potatoes are a versatile, nutritious and budget-friendly vegetable. Enjoy potatoes prepared in a variety of ways, including baked, boiled, microwaved, roasted and in salads, soups, stews, and casseroles. Whenever possible, leave the nutrient-rich peel in place.

### Easy Skillet Potatoes

#### Ingredients:

- 2 Tablespoons olive oil
- 1/2 cup chopped onion
- 4 medium potatoes (try red, gold or purple)
- 1/2 cup chopped fresh parsley or cilantro
- salt and pepper to taste

#### Directions:

Scrub potatoes but do not peel. Poke and microwave on high for 5 minutes. Let cool slightly. Sauté onion in olive oil for 2-3 minutes on medium heat. Chop potatoes into cubes and add to skillet. Stir occasionally until potatoes are browned on all sides. Add fresh parsley or cilantro and cook for 1 more minute. Add salt and pepper as desired. Serve immediately. *Makes 4 servings*

**Word Bank:** basketball, bicycle, dance, dog, recess, sixty, sports, swimming, tag, walking