



Harvest of the Month

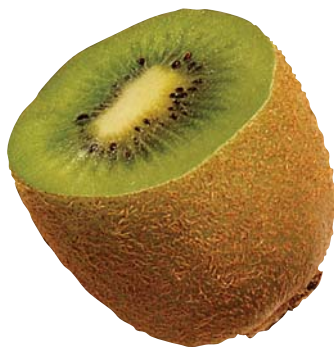
November

Health and Learning Success Go Hand-in-Hand

By helping children practice healthy eating habits, you can help improve their memory and energy levels in school. With **Harvest of the Month**, you can set a positive example and put your child on the road to health and learning success.

The **Harvest of the Month** featured fruit is

kiwifruit



Produce Tips

- Select firm, unblemished fruit. The size of the fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to slight pressure, the kiwi is ripe. If you apply pressure and the kiwi feels hard, it's not ready to eat.
- A kiwi will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen a kiwi, place it in a bag with an apple or a banana and leave it out on the counter for a day or two.

FRUIT SALAD

Ingredients:
(Makes 4 servings at ½ cup each)

- ½ cup sliced kiwifruit
- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup grapes
- ½ cup orange juice

In a medium bowl, mix all ingredients. Serve.

Adapted from: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

Helping Your Kids Eat Healthy

- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
- Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for Thanksgiving dessert.

For more ideas, visit:

www.harvestofthemonth.com
www.kiwifruit.org

Nutrition Facts

Serving Size 2 medium kiwifruit
(148g)

Amount per Serving

Calories 90 Calories from Fat 6
% Daily Value

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 4mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **18%**

Sugars 13g

Protein 2g

Vitamin A 3% Calcium 5%

Vitamin C 229% Iron 3%

Source: www.nutritiondata.com

Let's Get Physical!

- Kick up your heels and dance with your child to your favorite tunes.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog or bike on a family treasure hunt.

For more physical activity ideas, visit:

www.kidnetic.com
www.verbnow.com

Healthy Help

- Keep a calendar and have your child mark each day that your family practices healthy activities, like eating fruits and vegetables or being physically active.
- Ask your child to describe any taste testing activities being done in the classroom.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.





Lub Hlis Sau Qoob

Lub Kaum Hli

Yuav Kawm Tau Txuj Ci Los Yuav Yog Muaj Kev Noj Qab Haus Huv Pab Sib Nrawg Nroos

Qhov tseem ceeb ntawm kev noj zaub mov zoo yog pab rau me nyuam yaus txoj kev kawm. Kev tshawb xyuas qhia tau tias yuav kom lub cev tej roj ntshav zoo, muaj cim xeeb zoo thiab qhov muag pom kev zoo yuav tsum tau noj tej zaub mov muaj txiaj ntsim pab lub cev. Raws ntsuam xyuas, noj tej txiv hmab txiv ntoo thiab zaub nplooj ntsuab kom ntau ntxiv thiab nquag dhia taug kev txhua hnuv yuav pab tau li hais los .

Sau qoob ntawm lub Hlis no yog

TXIV ZUBAJ (pears)



Pab Kom Lub Cev Nyob Hauj Zas

- Kev tshawb xyuas qhia tau tias cov me nyuam yaus uas noj cov zaub mov tom tsev kawm ntawv yeej nyiam noj tej txiv ntoo thiab zaub uas hais no txhua hnuv dua cov tsis tau noj.
- Lub lim piam (lub plua zus) ob ntawm lub kaum hli yog tag nrho cov tsev kawm ntawv muab ib hnuv hu ua (National School Lunch Week [NSLW]) rau cov ua niam ua txiv mus koom nrog nej cov me nyuam tom tsev kawm ntawv thiab cov xib fwb coj cov me nyuam dhia ua si thiab pab txhob cov me nyuam kom noj puas tshais thiab puas su tom tsev kawm ntawv. Hu mus rau tom tsev kawm ntawv chav saib xyuas es nug lawv seb puas muaj tej yam twg koj yuav pab tau lawv ntxiv.
- Xyaum muab tej txiv hmab txiv ntoo thiab zaub nyoos rau cov me nyuam noj txom ncauj txhua txhua hnuv thiab tom qab txhua puas mov.

- Txog cajj Halloween uas yog thaum hnuv thov khob noom qab zib ntawd, nej xyaum muab cov txiv qav qhua (raisins) rau me nyuam yaus noj txom ncauj pauv khob noom qab zib thiab yuav stickers los lo rau me nyuam ua si kom lawv zoo siab xwb.

Siv Lub Cev Ua Hauj Lwm Thiaj Zoo !

- Taug kev mus tom khw muag khoom noj nrog koj tus me nyuam.
- Yog cajj tsheb mus, nres tsheb kom deb es taug kev.

Yog xav paub ntau ntxiv txog tej tswv yim uas siv lub cev ua hauj lwm, mus saib tau ntawm:

www.kidnetic.com thiab www.verbnow.com

Qhia Xaiv Txiv Thiab Tu Txiv Cia

- Xaiv lub txiv zuaj (Pear) uas daim tawv du du thiab tseem tshiab uas tsis tau ntsoog los sis txheej nraud tsis tau dub li.
- Maj mam nias zaj ncig ntawm lub qia seb lub txiv puas tau siav. Yog hais tias nws siav thiab zooj lawm, ces cia li noj lawm xwb.
- Ua kom txiv zuaj siav, muab tso rau sau rooj, tso rau tej tais rau txiv ntoo los sis ntim rau tej hnab ntawv. Yog tias muab tso ze txiv apples, txiv zuaj yuav siav sai heev.
- Muab cov txiv zuaj siav lawm tso rau theem txee txias uas txias kom txaus (refrigerator).
- Yuav kom cov txiv zuaj uas chais tau lawm txhob dub, muab l dia noj mov kua txiv apple 100% ncuva xyaw ib kob dej sib tov es muab cov txiv zuaj chais tau ntawd raus rau hauv.

Qhia Koj Cov Me Nyuam Kom Noj Tej Yam Muaj Txiaj Ntsim Rau Lub Cev

- Muab lub txiv zuaj phua ob sab thiab hlais txheej hlwb tawm. Muab cov txiv laum huab xeeb zom mos mos (peanut butter) los sis cov lowfat yogurt tso rau ntawm tej sab txiv zuaj uas chais qhov hlwb tawm lawm. Ces ywg cov granola thiab cinnamon rau saum toj kom qab ua khoom noj txom ncauj.
- Tham nrog koj tus me nyuam txog lwm yam txiv ntoo thiab zaub uas muaj rau lub cajj nplooj ntoos zeeg no. Nrhiav daim ntawv qhia ua noj thiab xyaum ua noj nrog ua ke. Xav tau lub tswv yim no ntxiv, mus saib: www.harvestofthemonth.com www.calpear.com