



Harvest of the Month[®]

August

Health and Learning Success Go Hand-in-Hand

Each year, California tests students (grades 5, 7, 9) using the FITNESSGRAM[®], with the goal of helping them establish lifelong habits for regular physical activity. It tests three broad areas of fitness: aerobic capacity, body composition and muscle strength, endurance and flexibility. Help your child prepare for the FITNESSGRAM by being active and eating healthy at home. With **Harvest of the Month**, your family can explore, taste and learn about eating more fruits and vegetables and being physically active every day.

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

green beans



Let's Get Physical!

- Plan activities to help your child prepare for the FITNESSGRAM.
- After dinner, play an outdoor game of tag, soccer or other activity.
- Before bedtime, practice stretching and help your child to relax.

For more ideas, visit:

www.cde.ca.gov/ta/tg/pf

CREOLE GREEN BEANS

Ingredients:

(Makes 8 servings at $\frac{3}{4}$ cup each)

- 1 pound fresh green beans, ends snapped off**
- 2 small cloves garlic**
- 1 teaspoon vegetable oil**
- 1 cup chopped red bell pepper**
- 1 cup chopped tomatoes**
- $\frac{1}{2}$ cup chopped celery**
- $\frac{1}{2}$ teaspoon hickory salt**
- $\frac{1}{4}$ teaspoon cayenne pepper**

1. Wash green beans, snap off the ends and cut in half.
2. In a large skillet, sauté garlic in oil over low heat for 1 minute.
3. Add green beans and bell pepper.
4. Increase heat to medium and cook for 5 more minutes.
5. Stir in the rest of the ingredients and cook for another 5 minutes. Serve warm.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Helping Your Kids Eat Healthy

- Toss raw green beans into a salad for an extra crunch.
- Sprinkle lemon juice and dill over steamed green beans for a tasty side dish.
- Keep washed, cut green beans in the refrigerator for a quick and healthy snack.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: 1 cup beans, snap
(110 g)

Amount per Serving

Calories 34 Calories from Fat 1

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 4g **15%**

Sugars 2g

Protein 2g

Vitamin A 15% Calcium 4%

Vitamin C 30% Iron 6%

Source: www.nutritiondata.com

Produce Tips

- Look for a variety of green beans (e.g., string, snap, Chinese long beans).
- Green beans should look fresh with a bright green color. Make sure the beans are plump and firm, with a velvety feel and don't have any sign of decay.
- Place green beans in a plastic bag with small holes. Store them in the refrigerator. Green beans will last up to five days.
- Wash green beans and then snap off both ends before cooking. Beans should be well-cooked but firm. It is important not to overcook them because they will lose some of their nutrients.

Healthy Help

- Encourage your child to try the school meals — an easy way to eat more fruits and vegetables every day.
- At least once a week, let your child help you plan and make a healthy meal.
- Celebrate the end of summer by having a "build your own pizza" party with your child. Use calcium-rich lowfat cheese and provide a variety of colorful vegetables including green beans, broccoli, red and yellow peppers, mushrooms and carrots.