



# Harvest of the Month

February

## Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

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

# broccoli



## Let's Get Physical!

- It's American Heart Month. Get at least one hour of physical activity every day. Visit [www.americanheart.org](http://www.americanheart.org) for more information.
- Start a weekly walking routine with your child. Invite your neighbors or child's friends to join you.
- While watching TV, challenge your child to a push-up or sit-up contest during commercial breaks.

For more physical activity ideas, visit:  
[www.kidnetic.com](http://www.kidnetic.com)  
[www.verbnow.com](http://www.verbnow.com)

## ITALIAN BROCCOLI AND PASTA

### Ingredients:

- (Makes 4 servings at 1¼ cups each)
- 2 cups uncooked fettuccine noodles**
  - Nonstick cooking spray**
  - 3 tablespoons chopped green onion**
  - 2 cups broccoli florets**
  - ½ teaspoon dried thyme**
  - ½ teaspoon dried or**
  - 1½ teaspoons fresh oregano**
  - ½ teaspoon ground black pepper**
  - 1 (14½-ounce) can stewed tomatoes, not drained**
  - 2 teaspoons grated parmesan cheese**

1. Cook fettuccine according to package.
2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes. Simmer until heated.
4. Spoon warm vegetable mixture over fettuccine and top with cheese.

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

## Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

## Nutrition Facts

Serving Size 1 cup, chopped  
(91g)

### Amount per Serving

**Calories 31** Calories from Fat 3

% Daily Value

**Total Fat** 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 2g **9%**

Sugars 2g

**Protein** 3g

Vitamin A 11% Calcium 4%

Vitamin C 135% Iron 4%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a "rainbow" of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child's teacher or call the school district's main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

## Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

