

All Star Nutrition



Professional athletes know what their bodies need to perform, and they make eating choices to maximize their abilities. To get the most out of your body, give it all-star nutrition. As you sit down this weekend to watch your favorite team play football, think about your eating and activity routine.

- Do you exercise - walk, run, bike, skate or swim - for twenty minutes most days of the week?
- Do you choose a wide variety of foods with whole grains, fruits and vegetables making up the most of what you eat?
- Do you choose lean meat, fish and poultry in moderate portions? Examples are grilled/baked chicken and turkey.
- Do you include two or more servings of low-fat dairy products everyday? Examples are milk, cheese and yogurt.

If you answered yes to most of these questions, you're training your body for health. More no than yes answers? This might be the time to develop a game plan for healthful eating and activity. The first strategy - make better food choices. Don't fumble because of no exercise. Start slowly to get moving and before you know it you'll have a training routine you can enjoy to score big for life.

November is...

- I Am So Thankful Month
- Good Nutrition Month
- National Peanut Butter Month
- World Kindness Week: 10 - 17
- National Family Week: 23 - 29
- Sandwich Day - 3rd
- Election Day - 4th
- Thanksgiving - 27th

Brain Buzz



Q: How fast does hair grow?

A: You've probably noticed that hair on your head grows slowly - only about 1/2 inch (12.7 millimeters) every month. At that rate, it would take 10 years to grow your hair to 5 feet (152.4 centimeters) long!

**Source: www.kidshealth.org*

Recipe Corner

Perfect Pumpkin Pancakes



Pumpkin, it's not just for pies anymore!

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 3/4 cups lowfat milk
- 1/2 cup canned pumpkin
- 1 large egg
- 2 tablespoons vegetable oil

Directions: Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine milk, pumpkin, egg and oil, mixing well.
3. Add wet ingredients to flour mixture; stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Pancakes may be served with maple syrup or applesauce.**

MAKES 6 SERVINGS

Source - www.kidsacookin.org