



Growing Up Healthy & Active

May

Consider Non-food Rewards

Rewarding children with food is a learned behavior with good intentions. However, using food as a reward or “comforting” technique may have undesired consequences.

The purpose of rewards is to provide positive reinforcement for changing behavior or just to say “you are important to me.” Rewards that are selected by the child usually are the most powerful. Having a variety of reward possibilities helps keep a child motivated over a longer period of time.

Rewards can be privileges, tokens, or activities. They are never a substitute for words of praise and encouragement. Consider these possibilities for rewarding your child:

Preschoolers—go to the park, play with friends, make mud pies, listen to an extra bedtime story, be lifted into the air, play “band” with pans and bells, create with play dough, delay a nap, finger painting

Schoolager—go to a ball game or library, get new art supplies, go somewhere alone with mom or dad, spend the night with grandparents, call a favorite aunt or uncle, do something special with a bedroom

Teenagers—skating or bowling with friends, drive car to school one day, get a break from chores, schedule a special haircut, buy a special magazine, sleep late one day, extra phone privileges, movie pass

Recipe of the Month: Frozen Fruit Pops

- 1 ripe honeydew melon
- 2 ripe bananas
- 2 pints ripe strawberries
- ¼ cup sugar or honey

Peel and seed melon; cut melon and bananas into chunks. Wash and stem strawberries; cut in half. Put small batches of the fruit plus some of the sugar or honey in blender and puree. Ladle the puree into popsicle molds and freeze at least 4 hours. (Puree also can be frozen in plastic ice cube trays.) Poke popsicle sticks into place when the mixture is frozen enough to hold them upright. Makes 12.

Just Do It—Get Active

- Take a walk and notice the new growth of flowers.
- Go bike riding with the family or with friends.
- Take the family fishing or go with your friends.
- Wash the car by hand. Get the family involved.
- Rake the yard and plant new shrubs or flowers.

Gardening as a Physical Activity

Gardening provides an opportunity for children to learn about where their food comes from and be physically active too! Children can help choose the plants, sow seeds, water, and weed the garden. For adults, gardening for 30 minutes can burn anywhere from 120 to 200 calories.

Keep these tips in mind:

- Start stretching exercises two to three weeks prior to gardening. Focus on muscle groups like the hamstrings (back of thigh),

quadriceps (front of thigh), calf muscles, biceps, triceps, back and even hands and feet.

- Use a cushion to protect your knees
- Always bend at your knees when picking things up. This works the quadriceps in the thigh and helps increase muscle tone.
- Keep your back straight at all times to avoid excessive strain
- If you are planting or pulling weeds for a long period of time, remember to get up and stretch your legs every 10 minutes
- Drink plenty of water and avoid gardening if it is too hot and humid
- Wear plenty of sunscreen and perhaps a hat to avoid sunburn

Top 10 Garden Veggies

The following vegetables have earned a high ranking because they provide at least 20 percent of vitamin A, vitamin C, fiber or folacin:

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| 1. Spinach | 6. Tomato |
| 2. Brussel sprouts | 7. Cauliflower |
| 3. Winter squash | 8. Carrot |
| 4. Pumpkin | 9. Broccoli |
| 5. Sweet potato | 10. Green pepper |

For More Information

Visit these ISU Extension Web sites:

Nutrition—www.extension.iastate.edu/healthnutrition/

Answerline—www.extension.iastate.edu/answerline

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