

April 2017

*Healthy Way to Grow: Colorado*

# Move More in April!

## Celebrate National Walking Day on April 5, 2017.

### Nutrition & Physical Activity Books:

- **Growing Colors by Bruce McMillan:** Enjoy colorful pictures of fruits and vegetables and learn how they grow!
- **Silly Sally by Audrey Wood:** Walk, march and move backward following the movements described in the story!

**Recipe of the Month:** Allow your children to help by snapping off the woody stems off the asparagus when preparing these asparagus tacos!

#### **Ingredients:**

- 2 lbs. asparagus (2 bunches)
- 2 Tbsp. olive oil
- 1/8 tsp. salt
- 1 package corn tortillas

#### **Optional, to serve:**

- Cotija or another crumbly white cheese
- Lime
- Avocado, sliced

#### **Directions:**

- Snap off the tough, woody root end of each asparagus spear. Wash and pat dry. Cut each asparagus spear in half.
- Put a large, wide pan on the stove and bring to medium heat. Add the olive oil and move the pan to coat in oil. Add the asparagus and cook, stirring, for 3-4 minutes. Test the asparagus (it should be a little firm). Add a small sprinkling of salt for flavor.
- Heat the corn tortillas in a microwave or one-by-one on a hot pan, if preferred.
- Make your taco by filling a tortilla with asparagus and whatever toppings you like. Crumbled cheese, a squeeze of lime, and a slice of avocado is delicious!



**Nutrition Activities:** During mealtime, talk with your children about asparagus:

- What do they taste like? Are they soft? Crunchy? Sweet? Salty?
- How do asparagus grow? (The roots grow underground; asparagus spears grow above the ground.)
- What color are asparagus? What other vegetables are green?

*Recipe and Nutrition Activity Credit:* [www.harvestforhealthykids.org](http://www.harvestforhealthykids.org)

**Family Wellness Corner:** Get active with your family during April and beyond with these tips!

- **Make active chore cards.** Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.
- **Tune into fitness.** Challenge your kids to see who can do the most pushups or jumping jacks during commercial breaks.
- **Plant a garden.** Growing fruits and veggies gives your family a reason to get outside each day. It also encourages healthy eating habits.
- **Rediscover your inner child.** Play a family game of tag or hot potato. Try a pillow fight or squirt gun battle. Have a dance party and take turns playing DJ.



### Physical Activity Ideas:

#### **For Toddlers & Preschoolers –**

- **Spiders & Bugs:** Tell your children/family that you are going to pretend to be a big spider. Your children and family are to pretend to be little bugs. Demonstrate how a spider moves on all fours, with only hands and feet on the floor. Demonstrate how a little bug moves on the floor on hands and knees. Tell children the big spider will chase the little bugs. When the spider catches a bug, she touches the child, gently on the shoulder or back, and the child turns into a spider! Any child who has turned into a spider then has to chase other bugs until all the bugs have turned into spiders. Make sure you play the game on grass or indoors so children don't cut or skin their knees.

#### **For Infants –**

- **Kicking Fun:** Place your baby on her back and hold a soft toy up to her bare feet. Encourage your baby to kick the toy again and again.

*Activity Credit: Active Play! Fun Physical Activities for Young Children. 2008. Diane Craft and Craig Smith.*