

# The Paw Print

Issue 10

February 15—27, 2010

## Eight Tips for Healthy Eating

### Calendar

|   |    |
|---|----|
| <b>HOLIDAY</b>  | 15 |
| <b>End of 4th Six Weeks</b>                             | 19 |
| <b>Wink HS UIL Meet</b>                                 | 20 |
| <b>4-H Clothing Project, 3:33-5:00 in Home Ec. Room</b> | 22 |
| <b>4-H Clothing Project, 3:33-5:00 in Home Ec. Room</b> | 23 |
| <b>District 4-H Food Challenge Contest</b>              | 24 |
| <b>Loop Invitational JH Track Meet</b>                  | 25 |
| <b>Hamlin "Long Sleeve Relays" HS Track Meet</b>        | 26 |
| <b>FFA San Angelo Live-stock Show CDE</b>               | 27 |
| <b>UIL Meet-Abilene Cooper HS or Odessa Permian HS</b>  |    |

Parents have a wealth of concerns when it comes to their children's eating habits. The top concern is that kids aren't eating enough fruits & vegetables. Kids being picky and eating too much junk food round out the top three overall concerns of parents.

#### WHAT'S A PARENT TO DO?

Start with these easy, practical tips:

1. **Eat at least one family meal a day together.** Kids tend to eat more fruits, vegetables and dairy foods at meals shared with their parents.
2. **Involve the family in meal planning and preparation.** Give kids simple tasks to help with food shopping, preparation, and cleanup. Children are

more likely to eat foods they helped prepare.

3. **Be a good role model for your family.** Healthy eating is a lifestyle—not a fad.
4. **Try something new.** Include one new food or recipe each week to discover new favorites for family menus. Try serving fruit in bite-sized pieces with some yogurt for delicious dipping.
5. **Remember that freshness and quality are key.** Fresh foods provide more essential nutrients than processed foods and taste better when they're at their peak.
6. **Stash healthy snacks in key places.** Try

cereal, plain popcorn or crackers and peanut butter. You won't be tempted to eat unhealthy options and you'll have portable nutrition for your kids.

7. **Face dining-out challenges head-on.** Choose restaurants that allow you to mix and match food options so you can create a balanced meal for yourself and your family.
8. **Get advice from a nutrition expert.** Whether it's special challenges like picky children or health issues like weight management, a registered dietitian can provide a personalized guide to healthy eating for your family.

### What's cooking?

**15th**—NO SCHOOL!

**16th**—Pop Tart, fruit juice, milk. Crispy taco, lettuce & tomatoes, pinto beans, fancy gelatin, milk.

**17th**—Sausage & biscuit, fruit juice, milk. Grilled cheese sandwich, chicken noodle soup, fresh broccoli w/Ranch, strawberries & bananas, crackers, milk.

**18th**—Breakfast pizza, fruit juice, milk. Spaghetti w/meat sauce, corn, salad,

French bread stick, peach cup, milk.

**19th**—French toast, fruit juice, milk, Chicken patty sandwich, tater tots, Western beans, orange smiles, milk.

**22nd**—Pancakes, fruit juice, milk. Chicken fajitas, refried beans, corn, orange smiles, chocolate pudding cup, milk.

**23rd**—Muffin, fruit juice, milk. Pigs in a blanket, pinto beans, baked chips, pineapple orange salad,

milk.

**24th**—Biscuit w/gravy, sausage, fruit juice, milk. Chicken fried steak, mashed potatoes/gravy, green beans, hot roll, strawberry shortcake, milk.

**25th**—Eggs & toast, fruit juice, milk. Meat & bean chalupas, Spanish rice, lettuce & tomatoes, Rosie applesauce, milk.

**26th**—Cinnamon pastry, fruit juice, milk. Submarine sandwiches, salad, tater tots, baby carrots w/Ranch, brownie, milk.

## What's happening in the classroom?

### Kindergarten

**Phonics**—reading & spelling consonant *w* & combination *qu*, sight words *what* & *my*; **Reading**—predicting outcomes, compare & contrast; **Language Arts**—nouns, more than one; **Math**—bar graphs, probability, concept of 1/2 & fair sharing, numbers 11-29; **Health**—staying well; **Science**—weather that is characteristic of spring & how it affects people, plants & animals; **Social Studies**—characteristics of places (homes, ways to make a living), weather, compare/contrast life in the city & life on a farm

### 1st Grade

**Handwriting**—writing/tracing words & sentences; **Spelling/Phonics**—letter/sound correspondence, 2, 3, & 4-letter words, SPELLING TESTS!!, phonics readers; **English**—writing words/creating sentences, parts of speech, punctuation marks, color words, days of week, months of year, Shurley English; **Math**—numbers, ordinal numbers, addition, subtraction,

weight/balance, shapes, money, measurement, fractions, time (hour & half hour); **Reading**—Basal Readers stories: Fox & Bear Series; **Social Studies**—good citizenship, responsibilities; **Science**—oceans (fish & sharks); **Art**—winter/spring art; **Health**—senses

### 2nd Grade

**Reading**—main idea, character, test; **Phonics**—digraph *oa*, *oe*, *ou*, *aw*, diphthongs, *a* before *l*, sight words, tests; **Health**—digestive system, Olympic training foods; **Spelling**—phonics spelling word lists 17 & 18; **Math**—add 10 to 2-digit number, add facts sum of 12, identify cups & teaspoons, identify similarities between coins, working with nickels, test; **Art**—valentines, Olympic rings; **Writing**—cursive handwriting, journal writing, valentine cards; **Social Studies**—our country's land & water, weekly reader; **English**—parts of speech, parts of a sentence, test; **Science**—chapter 2 review, test, weekly reader

### 3rd Grade

**Math**—multiplication, polygons, congruent shapes, triangles, cumulative test, TAKS practice, investigation w/ symmetry; **Reading**—read aloud, comprehension, phonics review, vocabulary, Unit Skills Test, TAKS practice; **English**—DOL, paragraph editing, writing practice, conjunction, interjection, vocabulary; **Spelling**—word memory, meaning, & study, suffixes, words with *or*, *ar*, & *er*, long *e* spelled *y*, Test 23 & 24; **Social Studies**—Black history month reports, a communities geography, landforms, bodies of water, climate & plant life, reading a landform map; **Science**—observing weather, vocabulary, properties of air, measuring temperature, reading weather maps

### 4th Grade

**Math**—multiply by 10s, 100s, 1000s, 2-digit multiplication, equal group problems, mixed numbers, improper fractions, decimals; **Reading**—Novel: *Where the Red Fern Grows*, main idea, identify purpose,

inference, context clues, summarizing; **ELA**—TAKS prep, revising, editing, scoring written compositions, brainstorming webs, body of story, conclusions; **Science**—water cycle, weather patterns

### 5th Grade

**Reading**—novel *My Brother Sam Is Dead*, vocabulary, comprehension, text structures, evaluating what you read, drawing conclusions, reading across texts, main idea, details, TAKS practice; **Math**—greatest common factor, properties of geometric solids, mean, median, mode, range, units of capacity, TAKS practice; **Science**—weather systems, causes of wind, climates and how they change; **Spelling**—homophones & related words; **Social Studies**—French & Indian war, Britain wins North America, historical maps; **Language Arts**—jingles, vocabulary, 8 parts of speech, adverb exceptions, inverted sentences, possessive pronouns & nouns, conjunctions, interjections



## Person, Place, or Thing?

Can you guess what I am?

- I've been used to beautify, to heal, and as currency.
- You can read about me in the Bible and on the walls of the pharaohs' tombs.
- I was also featured in a Dr. Seuss book.
- In the old days, I got my color from marigolds.
- I'm trans-fat-free...
- ...but I'm full of cholesterol.
- I often come in a four-pack.
- Vegan versions of me can be made from peanuts.
- But mostly I'm made from cow's milk.
- Sometimes people can't believe it's not me!

I am butter.