

Strong Bodies: Needs and Wants

This month we talked to your child's class about what their bodies need to stay grow strong and the difference between wants and needs.



Exercise – 60 minutes a day

Keeping active is critical to building strong heart, muscles, and lungs.

- Go on a family bike ride or walk.
- Turn on some music and dance or exercise.
- Play tag, catch, or soccer as a family.

Drink Water – Children need 5 to 6 cups a day, adults need 8

Active people may need even more. Ways of getting it in:

- Carry a water bottle.
- Don't like water? Try adding splash of juice.
- Try caffeine-free ice tea, lemon juice and a little honey instead of sodas or sports drinks.



Get Enough Rest – Elementary children need 10 – 11 hours of sleep

Our bodies repair and grow new tissues and fight off germs while we sleep.

- Establish a bedtime routine.
- Limit electronics and stimulating activities one hour before bed.
- Try reading to your children or read as a family before bed.

Finally, Eat Mainly GO Foods

Fruits, vegetables, whole grains, dairy, beans, nuts, seeds, lean meats

Here's a kid-friendly GO Food your child can help make:

Lentil Tostadas

- 1 ½ cups lentils
- ½ cup bottled or fresh salsa
- 4 tablespoons olive oil, divided
- ½ teaspoon salt (optional), ¼ teaspoon pepper
- 16 corn tortillas
- 1 ½ cups shredded Monterey Jack or cheddar cheese
- 1 ½ cups lettuce, shredded
- 4 green onions, chopped
- ½ cup low-fat Greek yogurt



Sort lentils and pick out any stones or shriveled lentils. Rinse lentils. If desired, put lentils in bowl and cover with water so water is 1" above lentils, and place in refrigerator 8 hours or overnight. Put lentils in sauce pan with 3 cups of water. Cover, bring to boil, then reduce to a simmer. Cook until all water is absorbed (about 10 - 60 minutes). While lentils are cooking, preheat oven to 400°. Line a baking sheet with foil. Brush both sides of tortillas with olive oil and place in oven for 10 minutes to crisp. Let cool a few minutes. Put lentils in a large bowl and add salsa, 2 tablespoons olive oil, vinegar, salt and pepper. Spoon ¼ cup of lentils on each tortilla. Top each with cheese, lettuce, green onions, and yogurt.