

## Strong Bodies: Needs and Wants

Today 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 sour cream



Rinse lentils. Put lentils in sauce pan with 3 cups of water. Cover pan, bring water to boil, then reduce to a simmer. Cook until all water is absorbed (about 30 minutes). While lentils are cooking, preheat oven to 400 degrees. Line a baking sheet with foil. Brush both sides of tortillas with olive oil and place in oven for 10 minutes to crisp. Let cook 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 ½ tablespoon of sour cream. Enjoy!