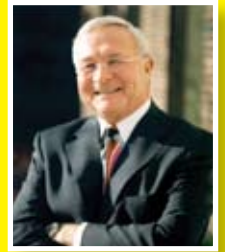


COUNT YOUR STEPS

PARENT NEWSLETTER



EGG FRIED RICE

Ingredients

- 2 ½ Tablespoons vegetable oil
- ½ Teaspoon sesame oil
- 4 scallions, sliced
- 1 cup frozen baby peas, thawed
- 1 medium carrot, peeled and grated
- 3 cups cooked and chilled long grain white rice
- 3 large eggs
- 1 ½ to 2 tablespoons soy sauce

Directions

Heat 2 tablespoons of the vegetable oil and the sesame oil in a large skillet or wok over medium heat. Add the scallions, peas, and grated carrot all at once, taking care to avoid being spattered by hot oil. Sauté the vegetables for 1 minute, stirring them constantly. Add the rice and stir the mixture occasionally as it heats for 2 to 3 minutes.

Break eggs into a small bowl and beat them with a fork or small whisk until blended. Move the rice to the perimeter of the pan and pour the remaining ½ Tablespoon of vegetable oil into the center. Add the eggs and stir them continuously with a wooden spoon until they are soft but not overcooked.

When the eggs are almost fully cooked, stir the rice into them until everything is well mixed. Add the soy sauce and heat for another minute or two, stirring often. Makes 4 servings.

(Source: www.familyfun.com)



MAKE PHYSICAL ACTIVITY A WAY OF LIFE

- Try not to compare yourself with others. Your goal should be your own personal health and fitness.
- Think about whether you like to exercise alone or with others, outside or inside, the best time of day for you, and what exercises you enjoy most.
- If you feel like quitting, remind yourself of the reasons you started and how far you have come!
- Don't push yourself too hard. You should be able to talk during exercise, and if it takes more than 10 minutes to recover after exercising, you are working too hard.

(Source: American Heart Association)

WHAT'S SO BAD ABOUT SUGAR?

This simple carbohydrate is almost totally devoid of nutrients, taking up space in small stomachs that would otherwise be filled by healthier foods.

According to research, drinking soda can make kids overweight. Research shows that a child's odds of becoming obese increase 60 percent for each high-sugar soda consumed above the daily average, regardless of the amount the child exercises, watches television or eats. (Study published in *The Lancet*)

New studies have shown that the less sugar and refined carbohydrates we eat the lower our triglyceride levels, which is an even bigger risk factor for heart disease than cholesterol.

All carbohydrates, including sugar, have been linked to tooth decay. Regular brushing after eating sweets reduces the risk.

(Source: www.parents.com)