



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Jump Rope Contest!

Set a timer and start the challenge!

Whoever's still jumping after 2 minutes?

Wins!



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DID YOU KNOW?

SOWING SEEDS IS IMPORTANT

As parents we sow seeds of love, encouragement, consequences and so much more into our children but did you ever consider that sowing seeds of tomatoes, basil, broccoli and carrots could blossom into a love of eating vegetables? Studies show that children who grow their own vegetables are 5 times more likely to eat them than children who don't. Children are five times more likely to eat salads they grow themselves rather than choosing a salad off a salad bar in the cafeteria.

Researchers also found the dietary habits of children can be dramatically changed early in life. Feeding your child veggies before the age of two makes them more likely to develop a taste for them. Babies and toddlers are more ready to accept new veggies than older children. Even picky eaters can be encouraged to eat veggies if they are given smaller quantities more times a week.

So look for **the Garden Growers Club sign-up sheet** at the upcoming **Healthy Lifestyle Fair** during no screen week on **April 30th!!** Getting our children excited and motivated to grow their own fruits and vegetables is a wonderful way to sow seeds and reap a harvest they can be proud to eat!

New Year New Level!! You ARE AMAZING!! Set a new goal and DO IT!

RECIPE CORNER: TASTY AND HEALTHY! GIVE IT A

TRY! Chocolate-Beet Cupcakes with

Cream Cheese Frosting

Ingredients

- 2 cups diced peeled beets (½-inch; about 2 medium)
- ⅔ cup buttermilk
- 1½ cups white whole-wheat flour
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¼ cup canola oil or grapeseed oil
- 1¾ cups packed confectioners' sugar, divided
- 2 teaspoons vanilla extract
- 5 ounces reduced-fat cream cheese, at room temperature

Preparation:

- 1 Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.
- 2 Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam until tender, 10 to 12 minutes. Transfer to a blender. Add buttermilk and puree until smooth. Reserve 2 tablespoons of the beet puree. Pour the rest into a large bowl.
- 3 Whisk flour, cocoa, baking soda, baking powder and salt in a medium bowl. Whisk egg, oil, 1 cup confectioners' sugar and vanilla into the beet puree in the large bowl. Stir in the dry ingredients until just combined. Spoon the batter in to the prepared muffin cups.
- 4 Bake the cupcakes until a toothpick inserted into the center comes out clean, 18 to 20 minutes. Transfer to a wire rack and let cool completely.
- 5 To prepare frosting: Combine the remaining ¾ cup confectioners' sugar and cream cheese with the reserved beet puree in a medium bowl. Beat with an electric mixer until smooth. Top each cooled cupcake with a generous 1 tablespoon frosting.