



Health Scout



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FROM THE SUPERINTENDENT'S OFFICE

Pizza Pocket

Note: This simple and healthy snack is designed especially for kids to make on their own.

When mom and dad are away, baking a pizza is not a good idea. But you can make a little pizza snack that can hit the spot!

Ingredients:

- 1 6½" whole-wheat pita (cut in half to make 2 pockets)
- ¼ c. of pizza sauce
- ½ c. shredded part-skim mozzarella cheese
- 2 oz. turkey pepperoni or 2 slices of Canadian bacon

Utensils:

- 1 tbsp. measuring spoon
- ¼ c. measuring cup
- spoon for scooping and spreading sauce
- 1 microwave-safe plate

What mom or dad can do in advance:

- Open the jar or can of pizza sauce and close gently or cover with plastic wrap, respectively, so contents are easy to reach.
- Be sure the pitas are cut in half as they generally come as wholes.
- Be sure packages of mozzarella cheese, pepperoni, and/or Canadian bacon are open or don't require cutting to open.

Directions:

- Place each pita half (2 pockets) on a microwave-safe plate.
- Spoon 2 tbsp. pizza sauce into each half and spread around with spoon.
- Add slices of pepperoni or Canadian bacon.
- Measure ¼ cup of cheese and sprinkle into 1 pocket. Repeat for other pocket.
- Lay pocket flat on plate and place in microwave for about 30 seconds. Check to see if cheese is melted. If not, try another 15 seconds and recheck. You don't want it to be too hot or it can burn your tongue.
- Remove and enjoy!

Makes: 2

Serving size: 1 pocket (½ pita)

Nutritional analysis (per serving):

258 calories	19 g protein
10 g fat	22 g carbohydrates
2 g fiber	52 mg cholesterol
219 mg calcium	3 mg iron
1000 mg sodium (to reduce, use vegetables or lower-sodium meat as "topping")	

Fitness and Your 13-18 Year Old

Article taken from www.kidshealth.org

Kids who enjoy sports and exercise tend to stay active throughout their lives.

Immediate benefits include maintaining a healthy weight, feeling more energetic, and promoting a better outlook. Participating in team and individual sports can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun. And regular physical activity now can help prevent heart disease, diabetes, and other medical problems later in life.

Fitness in the Teen Years

It's recommended that teens get at least 1 hour of physical activity on most, preferably all, days of the week. Yet physical activity tends to decline during the teen years. Many teens drop out of organized sports and participation in daily physical education classes is a thing of the past.

But given the opportunity and interest, teens can reap health benefits from almost any activity they enjoy, from skateboarding, in-line skating, yoga, swimming, dancing, or kicking a footbag in the driveway. Weight training, under supervision of a qualified adult, can improve strength and help prevent sports injuries.

Teens can work physical activity into everyday routines, such as walking to school, doing chores, or finding an active part-time job. They can take be camp counselors, babysitters, or assistant coaches for young sports teams, jobs that come with a chance to be active.

Motivating Teens to Be Active

Teens face many new social and academic pressures in addition to dealing with emotional and physical changes. Studies show that teens on average spend more than 6 hours a day on various media, including watching TV, listening to music, surfing online, and playing video games. It's not surprising that teens can't seem to find the time to exercise and many parents can't motivate them to be active. Parents should try to give teens control over how they decide to be physically active. Teens are defining themselves as individuals and want the power to make their own decisions, so they're reluctant to do yet another thing they're told to do. Emphasize that it's not *what* they do; they just need to be physically active regularly. Once they get started, many teens enjoy the feeling of well-being, reduced stress, and increased strength and energy they get from exercise, and then might gravitate to exercise without nudging from a parent.

To keep teens motivated the activities have to be fun. Support your teen's choices by providing equipment, transportation, and companionship. Peers can play an influential role in teens' lives, so create opportunities for them to be active with their friends. Help your teen stay active by finding an exercise regimen that fits with his or her schedule. Your teen may not have time to play a team sport at school or in a local league, but many gyms offer teen memberships, and kids may be able to squeeze in a visit before or after school. Your teen might also feel more comfortable doing home exercise videos. If transportation is an obstacle, try coordinating your teen's exercise schedule with your own. And all teens should limit the time spent in sedentary activities, including watching TV and using the computer.