



CATCH

A Coordinated Approach To Child Health

Newsletter

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Are You Smarter Than an 8th Grader?

Parents and School Policy

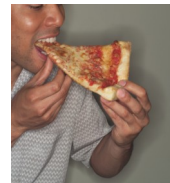
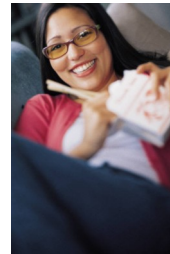


CATCH has probably been part of your child's school life since elementary school.

- Do you know about GO, SLOW, and WHOA Foods and how important it is to be physically active?
- Do you know about the impact of drinking sugar sweetened beverages instead of water or other healthier options?

Parents and other family members influence what choices kids make.

If a parent says, "Eat healthy!" that is great, but if a parent models eating healthy, that is even better!



So, instead of grabbing that diet soda, grab a water, and instead of that bag of chips, how about a granola bar? And ask your kids about GO, SLOW and WHOA Foods...

Remember, your kids are watching!



All foods
can fit
into a
healthy diet.
Moderation
is the key.



What's the CATCH?

- One of the CATCH goals is for students to eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.
- GO foods contain the lowest amount of fat/sugar and are the least processed (GO foods include: vegetables, fruit, non-fat or skim milk, water, brown rice).
- SLOW foods are higher in fat/sugar and are more processed than GO foods (SLOW foods include: 2% milk, granola, lean ground beef, peanut butter).
- WHOA foods are the highest in fat/sugar and are the most processed (WHOA foods include: chips, dough-nuts, whole milk, gravy).
- Please ask your student about CATCH at school. And ask your student's teachers how you can help support *Healthy Zone* Classrooms.
- For a complete list of GO, SLOW, and WHOA foods visit:

http://www.sph.uth.tmc.edu/catch/whats_new_food.htm



Banana French Toast

Ingredients:

- 2 large ripe bananas
- 1/2 tsp. of vanilla extract
- 1 egg
- 3 egg whites
- 3/4 cup of nonfat milk
- 8 slices of bread (preferably whole grain)
- 1/2 tsp. of ground cinnamon

Directions:

Preheat oven to 375F

1. Puree the bananas, vanilla, egg, egg whites, and milk.
2. Place bread in oblong pan and pour batter over. Turn so that bread is covered evenly.
3. Place bread on griddle and cook until lightly brown, flip and cook until done.
4. Dust with cinnamon and serve.

Excellent source of iron!

Nutrition Fact

Adolescent boys should get **11 milligrams** of iron a day while adolescent girls should get **15 milligrams**.



Iron deficiency, which is the most common nutritional deficiency, can cause anemia, which prevents your body's cells from getting enough oxygen.

Sources: Kidshealth.org & lifec1inic.com

Activity Breaks...

Students Climbing Towers

Shauna Duby, Bedichek Middle School's CATCH Champion and Science Teacher, tried something different with her 8th grade students during the last six weeks. Annually, she assigns her students the task of designing and building a paper tower. This year, to incorporate movement in the classroom, she paused from her lesson and asked her students to push away from their desks to do a physical activity. She instructed them to pretend to climb slowly, then quickly to the top of their tower like King Kong. Once at the top, they clasped the steeple and swung around the top of the tower. To her delight, everyone participated and enjoyed the activity.



A reenactment of Bedichek students swinging around the top of their towers, as an Activity Break in class.

Activity breaks are classroom-based physical activities that can incorporate subject content and allow students to be physically active while learning. Based on the evidence, we know that students learn better when they are physically fit. Ask your child what activity breaks are happening in their classes.

Walk and Talk — Parent & Child Activities

Physical activity with your child can include short walks after school or dinner. These walks are the perfect time to discuss important topics with your child concerning their health. Listed below are some ideas on what you can discuss.

1. **Puberty**— Knowing the physical changes that have or will be occurring and understanding they are normal. http://kidshealth.org/kid/grow/body_stuff/puberty.html
2. **Breakfast**— Understanding the importance breakfast has on maintaining a healthy weight. <http://www.nutritionexplorations.org/index.asp>
3. **Eating Disorders**— What is an eating disorder? http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41144
4. **Exercise**— Your child should be getting 1 hour of physical activity a day. Discuss the benefits and types of physical activity they can participate in, whether it is an after school sport or family activity. http://www.sph.uth.tmc.edu/catch/PDF_Files/healthy_habits%20_home.pdf