

Physical & Wellness Newsletter: January 2019

What We Did: December

In December we practiced our basketball skills. We learned how to dribble with our heads and eye's up, pass to a partner using the chest or bounce pass, shoot while aiming for our exact shooting point, and how to defend against someone. We studied the My Plate with the 5 food groups, foods within each food group, RDA's, and food servings.

What's Next: January

Week 1: Sport Stacking

Week 2: Sport Stacking

Week 3: Hockey

Week 4: Hockey

Foods of the Month

Pears - Pears are a pome fruit relative of the apple. One of the earliest written histories or records comes from Homer's reference to them as "Gifts from the Gods." The first pears arrived in the United States by European settlers in the 1700s. Pears rank second to the apple as the most popular US fruit. They can be eaten and used in a lot of the same ways as the apple. One distinct feature of the pear besides the shape is the soft texture. This soft texture is the result of the starch converting to sugar after being picked from a tree to ripen. The very shape of a pear speaks of its luscious nature. When ripe and ready to eat, the pear has a honeyed flavor and beckoning perfume that bewitch your senses. There are more than 3000 known varieties in the world. US production comes from states in the Northwest, plus New York, Pennsylvania, Michigan, and California.

They have no cholesterol, sodium, or saturated fat. They offer a natural, quick source of energy, due largely to high amounts of two types of sugar: fructose and glucose, plus Levulose, the sweetest of known natural sugars, found to a greater extent in fresh pears than in any other fruit. A pear is a nutrient dense food, providing more nutrients per calorie, than calories per nutrient. Carbohydrates make up 98% of the energy provided by a pear, and carbohydrates are helpful in weight reduction diets because they contain half as many calories as fat. Pears are good source of fiber, potassium, and Vitamin C.

Corn - Because of its high protein and carbohydrate content, corn has been an important nutritional resource for thousands of years. Corn can be traced back to Mexican or central American cultures as early as 3400 B.C., and has become a staple among Native American civilizations throughout the Western Hemisphere. Today, corn has less starch and is sweeter. The sweetness accounts for its popularity among Americans. Americans consume about 25 pounds of corn per person annually, most of which is frozen or canned. A good thing about corn is that frozen and canned corn has about the same

nutritional value as fresh corn. So, for the many Americans who are not able to get fresh corn, they can still enjoy frozen or canned for nearly the same nutritional value as fresh corn. There are more than two hundred varieties of corn. All are good sources of vitamin C. When selecting your corn make sure the husks are green, tight and fresh looking. Pull the husk open to make sure that the ear contains tightly packed rows of plump kernels. The kernels should be smaller at the tip of each ear. Large kernels at the tip is a sign of over maturity. If you pinch a kernel, milky juice should spurt out. Corn should be stored in a cool area.

5 Tips for Family Fitness Fun by NASPE

- Create scavenger hunt on a snowy day and have a race to see who can find everything.
- Have a tasting party to introduce your family to new fruits and vegetables
- Devote a portion of your lunch break to physical activity (i.e. walking).
- Encourage everyone to "act out" a story as you read it.
- Ice skating and skiing are great winter family workouts.

School News

www.rhepe.com

- Morning Cup Stacking Club is every morning before school from 7:30-7:45.
- Heart Healthy Run is Wednesday, February 14th from 2:45-3:30
- 5th Grade Sportsmanship Day Handball Tournament is on Saturday, March 9th from 9:00-12:30 at Lovettsville Elementary School
- Pennsylvania offers a free ski pass to fourth & fifth graders to ski for three times at each of their participating resorts and it also includes one lesson during that time as well. There is a \$15 processing fee for the pass, and then they can go! Here is the site. <http://www.skipa.com/4thgrademain.htm>

Wellness Quiz

1. Name the 6 food groups on the food pyramid?
2. How many fruits should you eat every day?
3. How many vegetables should you eat every day?

Wellness Quiz Answer for December

How many calories in 2 chocolate chip cookies? 92 calories (46 each)

How far would you have to walk to burn that many calories? 27 minutes (walking burns 2.9 calories per minute)