



ALL FATS ARE NOT CREATED EQUAL!

Healthful fat is an important nutrient that our bodies need for energy and, for children, to grow. But not all fats are healthful. Today your student learned about benefits of including fat in their diets, different types of fats, and a variety of foods that contain healthful fats. Be sure to ask about the foods we sampled today!

AT HOME ACTIVITY

Cooking together is a great way to connect as a family and help your child develop lifelong healthful habits. Making this breakfast bar recipe from Allina Health can be a fun project and a balanced source of protein, carbohydrates and healthy fats.

Ingredients

- parchment paper
- 1 cup dates
- 1½ cups quick 1-minute oats (You can also use steel cut oats.)
- 1 cup walnuts
- ½ cup raisins
- 2 ounces bittersweet chocolate, chopped
- ¼ cup honey
- ¼ cup creamy peanut butter

Directions

1. Line an 8-by-8-inch pan with parchment paper. Set aside.
2. Place dates in a food processor or blender. Blend until a dough-like consistency forms.
3. In a large bowl, combine dates, oats, walnuts, raisins and chocolate. Set aside.
4. In a small pan, warm honey and peanut butter over low heat. Stir. Once peanut butter has melted, pour mixture over date mixture (made in step 3) and stir until well-combined.
5. Transfer mixture into prepared pan. Press firmly until mixture is evenly flattened. Cover pan and place in the refrigerator to chill for 20 to 25 minutes.
6. Remove pan from refrigerator and cut into 9 bars. Store bars in an air-tight container at room temperature. Bars will stay fresh for several days.

Makes 9 servings

HEALTHY ACTIVE LIVING

Staying Safe During Physical Activity

Everyone knows being active is an important part of living a healthy life, but it is equally important to stay safe during physical activity too.

A great strategy to avoid injury is to warm up before play – muscles that have not been warmed up tend to be injured more easily. Here are some tips for easy ways to warm up:



- Start out with some light cardiovascular activities, such as easy jogging, jumping jacks, or brisk walking, to get your muscles moving and blood circulating.
- Follow your warm-up with some stretches. Stretching works best after a warm-up because your ligaments and tendons are more elastic (flexible) due to the increase in heat and blood flow to the muscle.
- Do not over do your play, game or sport. If you increase how often, how long or how hard you play too fast, you might see better performance at first, but this can lead to injuries later.

Remember safe play is healthy play!