Watch Less, Move More

Childhood Games

2 to 4 year old children love to play games with each other.

- Hide and Seek
- London Bridge
- Follow the Leader
- Duck Duck Goose
- Simon Says
- Ring Around the Rosie
- I Spy
- Jump the River

How Much Fruit and Veggies Should Your Child Eat?

**Fruit Group:**
1 cup fresh, frozen, canned, or dried per day.
Limit juice to 4 to 6 ounces a day.
Emphasize whole fruits rather than juice.
Frozen berries are a good option for an extra cooling snack or dessert.

**Vegetable Group:**
1 to 1 1/2 cups raw or cooked vegetables per day. Like adults, young kids need variety: mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta.
Pears in a Pod

**Ingredients**
- 4 celery stalks (cleaned and cut into 3-inch long pieces)
- 1/2 cup creamy peanut butter
- 2 pears (cored and cut into chunks)

**Directions**
1. Spread the peanut butter into the center of the celery pieces.
2. Place the pear chunks on top of the peanut butter.
3. Serve on a plate and enjoy with your friends.

Easy Eggplant Stir Fry

**Ingredients**
- 2 eggplant (peeled and cubed)
- 1 zucchini (thinly sliced)
- 1 cup green bell pepper (cut into strips)
- 2 onion (sliced)
- 3 tablespoons Italian salad dressing (low fat)
- 2 cups cherry tomatoes
- 2 cups brown rice (cooked)

**Directions**
1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.

Lemon and cucumber infused water

**Ingredients:**
- Water
- Cucumber
- Lemon

**Directions:**
Slice lemons and cucumber in 1/4 inch slices place into a large jar or pitcher.
Fill pitcher with water.
Chill for a few hours.
Enjoy!