



Looking for 6 weeks of summer fun, full of tasty food and fitness ideas? Don't miss the [Activate Your Summer Shield Program!](#)



## Jicama – A Crunchy and Delicious Treat

Jicama is a delicious vegetable that is very popular in Mexican cooking. It can be eaten in a variety of ways, including [salads](#), salsas, and vegetable platters, or even on its own as a [healthy snack](#). The flavor is sweet and succulent, similar to an apple. It's very low in calories and high in [fiber](#), which is good for your gut health! It has around 35 calories and 5 grams of fiber per jicama.

Not sure how to eat a jicama? Here are some simple ways to try one:

- First, be sure to select a jicama that is round and firm to touch.
- Always wash and peel a jicama (like you would a potato).
- Slice it up julienne style and add orange juice and fresh cilantro and mix together.
- Dice it up and add to a salad with sliced almonds and your favorite [vinaigrette dressing](#).
- Cut into thicker slices and dip in hummus or guacamole for a light snack.



Did you know that beige fruit, veggies and beans are good for your lungs? Try these sweet and tasty [jicama salads!](#)

## Dance the day away, in the month of May!

Cinco de Mayo is a fun and festive holiday filled with dancing and music. Celebrate with your friends and family and keep moving with the Mexican Hat Dance; in Spanish it's called, *Jarabe Tapatío!* To add to the fun, be creative and make up your own version of the [dance](#). Here's what you'll need:

- Mexican Hat Dance music or other festive music like Mariachi, Mexican folk music.
- A large hat of any kind and lots of energy

Now, gather your friends and family, place a hat in the center of the room, turn up the music and dance around the hat. Make up dance moves as you go and have fun. Keep moving together with these [fun outdoor games!](#)

## Parent Power Tips from SuperKids Nutrition Founder

With childhood obesity on the rise, there are a lot of anti-obesity campaigns that can sometimes be misinterpreted by a child and their family. This may lead to fear of becoming [overweight or obese](#), which can result in a serious eating disorder, low self-esteem, or both. Help your child develop a [healthy self-image](#) by being a positive role model and setting a good example. Be sure to avoid saying things like "If you eat that, it's fattening," or "Those foods make you fat." Don't identify people by their weight. Also:

- Encourage healthy eating habits by offering fresh fruit for a snack. If your child has a cut or a bruise, offer them an orange and explain how the vitamin C will help their cut or bruise heal faster!
- If your child is overweight, [avoid the diet mentality and use these guidelines instead](#).
- Encourage [exercise for fun](#) instead of exercise for weight loss.
- Think before you speak! Avoid saying negative things like, "I'm so fat," or "I look so fat in this, I need to go on a diet."
- To find more tips see: [Overcoming Media Influences to Promote Healthy Self Image](#).



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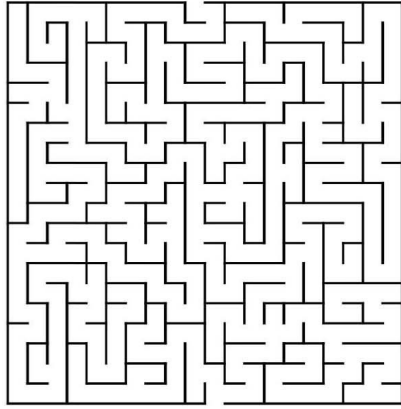
Join SuperKids Nutrition on [Facebook](#), [Twitter](#) and [Pinterest](#) for healthy eating tips & more!

### May the flowers be with you!

After all the “April Showers” we get to enjoy the “May Flowers!” For Mother’s Day on May 10<sup>th</sup>, Super Crew kid Andy is giving his Mom flowers and seeds to plant in her garden – help him navigate through the maze leading to all the beautiful flowers!



– Andy



“I eat all the green fruits and veggies to boost my body power!”

– Jessie

### Jessie’s Green May Mash Ups!

Help Super Crew kid Jessie unscramble all the green vegetables that are in season! Celebrate National Asparagus Month by trying at least three green vegetables each week!

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### Learn about Composting!

Join the Super Crew in their efforts to make the world greener, brighter, and healthier for all! Learn about Composting Day on May 29<sup>th</sup> – a great reason to start your own compost in the backyard or collect food scraps to drop off at a Farmer’s Market.

Here are some facts and tips about composting:



#### HOW to compost?

1. Save veggie food scraps, old flowers, and plants
2. Keep them in a plastic bag in the garage or freezer
3. When the bag gets full dump it in a designated spot in the yard or garden or take to a drop off!

#### WHY compost?

- It helps the soil get all the rich nutrients from the food and plants
- Helps the roots in plants go big and strong
- Gives yummy food to all the good bugs in the soil
- It means less trash which is good for the environment!

Answer Key: Okra, Asparagus, Broccoli, Zucchini, Spring Peas, Lettuce



Join us on [Facebook](#) for tasty tips!

© Super Kids Nutrition Inc – Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) for more fun and healthy learning activities!

### Loco for Guacamole!

Make a festive dish of guacamole for Cinco de Mayo made with heart healthy avocados! Super Crew kid Jessie is in the kitchen with all the ingredients. Grab yours and make it with her!

#### Creamy Guacamole Recipe

##### Ingredients:

- 2 avocados
- 2 Tbsp. chopped cilantro
- 1-2 Tbsp. fresh lime juice
- ½ cup minced red onion
- ½ tsp salt & pepper

Add cumin or cayenne if you like it spicy!!

1. Scoop avocados into a large bowl.
2. Add lime juice, cilantro, onion and spices.
3. Mix well with a fork. Enjoy!



# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **carrots**



## Health and Learning Success Go Hand-in-Hand

Help your child do better on tests by serving a variety of colorful fruits and vegetables every day. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

## Produce Tips

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

## Healthy Serving Ideas

- Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Have your child think of other ways to include carrots in family meals.
- Ask your child to tell you why eating fruits and vegetables is important.

## SUPREME MASHED POTATOES

Makes 10 servings.  $\frac{3}{4}$  cup per serving.  
Total time: 55 minutes

### Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$  cup low-sodium chicken broth
- 1 tablespoon butter

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

### Nutrition information per serving:

Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

## Let's Get Physical!

- With spring testing, it is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
- Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Nutrition Facts

Serving Size: $\frac{1}{2}$ cup carrots, sliced (61g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

## How Much Do I Need?

- A  $\frac{1}{2}$  cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
- A  $\frac{1}{2}$  cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
- Frozen, canned, and cooked carrots are just as nutritious as fresh.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Find out how much each person in your family needs. Help your family eat the recommended amount by serving a variety of colorful fruits and vegetables in meals and snacks throughout the day. It will help keep your family healthy.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.