

# Living Life Fitfully

It's our third edition of *Living Life Fitfully!* Welcome! How many of you were able to have fun adding rainbows of food to your meals? This month we want to take eating a variety of vibrant vittles to the next level by encouraging our students to join adults and get active in the kitchen. If you let your youngster get creative, he/she may be more likely to eat the results!

Did you know that Mrs. Calabro has been teaching our elementary students about cooking in the kitchen? She's requested that students email their pictures of cooking to her for the CPCS PE website. They're being posted on the Whole Child Committee's bulletin board, as well. Check them out! There are even more pictures on the board at school. Our amazing students certainly seem to enjoy creating in the kitchen!



## Look who's cooking in the kitchen!!!

Elementary students have been discussing nutrition during health/PE. They've been encouraged to be part of the preparation of their families' meals. Children can read and choose recipes, write or type the shopping list, shop, and even cook the dishes on the menu. They should be making healthy choices when it comes to their food, especially because they know what a good plate looks like. Please encourage your young ones to be brave, learning about all the inner workings of the kitchen, smelling spices and tasting new foods, and exploring cuisines from different cultures around the world. This will give our students the opportunity to find a smorgasbord of nutritious, multicolored foods that appeal to their taste buds!

Good luck with your adventures in the kitchen!  
Mrs. Calabro

P.S. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information, videos, songs, and other activities!!



**The Whole Child Committee:** If you're looking for an easy way to pack a healthy lunch, consider a bento style lunch box. It saves time and utilizes reusable compartments which is great for the environment. If interested, feel free to follow the link to the YUMBOX, which many of our CPCS families have been happy with, though there are many brands to choose from.

<https://www.yumboxlunch.com/>



**Bike Rodeo:** Join us on Sunday, April 30<sup>th</sup> for our annual Bike Rodeo at Great Mills High School. It's a blast!!!

**Activity Calendars:** Calendars are available at the link below. Remember to email Mrs. Calabro if you complete a month so you can be added to the dance list.

<http://portal.shapeamerica.org/uploads/teachersToolbox/earlyChildhood/ECRevisedcalendar.pdf>

**Taste It:** Try to guess what color of the rainbow we will be enjoying. Find out if you're correct on March 30<sup>th</sup>!

**Recipe:** Rainbow Rice Bowls

For a quick and healthy meal, cook brown rice, divide into bowls for each person, and add toppings. See the attachment for a breakfast bowl, chicken bowl, and taco bowl.

Also see the attachment for Fun Tips and Ideas for School Lunches.

**Fun Fact:** One-half cup of brown rice provides one serving of whole grains. Three servings a day are recommended. Rice is gluten free, so it's a great choice for kids with celiac disease or wheat allergies.

**April Challenge:** This month's challenge will be to have your kids prepare a meal and get involved with lunch planning and choices, with parental guidance, of course.

