



Odyssey's Wellness Committee is pleased to share with you information on health and wellness topics geared toward families and children. We hope you find these tips and tidbits useful.

Odyssey's Wise Nutrition and Healthy Lifestyles Program is dedicated to promoting, protecting and enhancing the health and learning potential of our students, families and staff.

8 Simple Tips To Grow Active, Healthy Kids

Trade in screen time for green time (part 1)

By Carol Torgan, Ph.D. excerpted & adapted from <http://www.caroltorgan.com/kids-and-media-generation-m2> and <http://www.nwf.org/News-and-Magazines/National-Wildlife/Outdoors/Archives/2010/8-tips-to-grow-active-healthy-kids.aspx>

Seven hours and 38 minutes.

That's how much time you may spend sleeping each night or working each day.

It's also how much time kids ages 8-18 spend on average each day consuming media, such as watching TV, playing video games, and using a computer, according to a 2010 Kaiser Family Foundation study.

There is growing concern that this generation of children may be the first in two centuries to have **a shorter life expectancy than their parents, fueled by the childhood obesity epidemic and other health conditions experienced by this generation of "indoor" kids.** Could this generation be destined to live many less hours, with many more of those precious hours spent staring at screens? Hopefully not. The National Wildlife Federation has asked the new Surgeon General to promote the health benefits of outdoor time for children.

Swap screen time for green time!

Kids can't stare at a screen and their hands aren't available to text or play video games when they are climbing trees, swinging from monkey bars, building a snowman, splashing in a pool, scaling a rock wall, or digging in a garden. Head outside—whether it's a

backyard or a national park—where there is some combination of sand rocks, water, mud, and even some odd noises. The hands will start exploring, and soon it will be the senses that are multitasking.

Here are some simple tips to foster happy, healthy kids.

1. Lead. By example. You are a role model for your kids. If they see you plop on the couch and watch TV, they will be inclined to recline as well. **If they see you dig about in the garden or go hiking, they will be inclined to dig and hike as well.**

2. Think. Outside the box. Give a child an expensive gift and they promptly rip it open and...start playing with the gift paper and box. Skip expensive toys and break out glass jars to catch and release insects. Use gift boxes and shoe boxes to display and stow keepsake shells, rocks, dried leaves and other found treasures. **It's often said the best toys are 10% creation and 90% imagination.**

3. Watch & Listen. What do your children enjoy doing outside? What activities do they talk about doing? **(Ask them!) Encourage those activities and build on them.** If you're stuck, check out this webpage for some great ideas for outdoor activities that will get your kids off the couch, outside and moving. <http://www.nwf.org/Get-Outside/Be-Out-There/Activities.aspx>.

Have Fun!

Florida Fresh Seasonal Vegetable Recipe Idea: **Winter Broccoli & Cauliflower Bake**

By Chef Justin Timineri, Executive Chef
Florida Department of Agriculture and Consumer Services
The Florida Chef Flavorful Seasons Cookbook

These recipes are meant to inspire you to seek out the very best harvest from each Florida season so that it will assist you in preparing your food in a healthy manner, giving you fuel to accomplish all your goals.

Ingredients

- 2 cups water
- 1/2 teaspoon kosher salt
- 1 pound Florida broccoli florets
- 1 pound Florida cauliflower florets
- 1 tbs chopped fresh Florida rosemary (or 1 tsp dried)
- 1 tbs chopped fresh Florida thyme (or 1 tsp dried)
- Low-fat milk
- 5 tablespoons butter
- 4 tablespoons unbleached flour
- Kosher salt and freshly ground pepper to taste
- Small dash of ground nutmeg

- 2 tablespoons fine dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon paprika

Preheat oven to 450°. In a large saucepan, bring water and salt to a **boil**. Add broccoli and cauliflower; **cook** just until slightly tender yet crisp. **Drain** broccoli and cauliflower, **saving** as much water as possible. Set liquid to side.

Add milk to the vegetable liquid to measure a total of 2 1/2 cups. **Pour** vegetables into a shallow 2-quart baking dish. **Melt** 3 tablespoons of butter in the saucepan over medium heat. **Blend** in the flour, stirring until smooth and bubbly. Gradually **stir** in milk mixture. **Cook**, stirring constantly, until thickened and smooth. **Season** with the salt, pepper, herbs and nutmeg.

Pour sauce over broccoli and cauliflower. **Dot** with remaining 2 tablespoons of butter. **Combine** bread crumbs, Parmesan cheese and paprika; sprinkle over vegetables. **Bake** at 450° for about 20 minutes, until bubbly. **Total Servings: 6**

Calories: 165
Carbohydrates: 14 g
Cholesterol: 27 mg

Sodium: 346 mg
Protein: 6 g