

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### *V1.10 Healthy Heart Boogie*

#### GET READY:

- Space: Indoors
- Stuff: Music
- Time: Playtime

#### GET SET:

- Turn on some fun, upbeat music.

#### GO:

- Take turns creating a simple move as the others follow along.
- Put your hand over your heart and feel it beating faster!
- Play “Freeze.” Stop the music without notice. When the music stops, everyone freezes like a statue in place. When the music starts, everyone gets moving.
- Think up some fun challenges, such as:
  - Dance with your feet in place. How can you twist, turn and shake your body without moving your feet?
  - Hold some scarves or streamers to move through the air as you dance.
  - Dance as a pair. Pick a body part that has to touch while you are dancing (i.e. you and your partner dance while keeping your hands touching, now try elbows or hips)

#### DID YOU KNOW?

Non-locomotor actions are movements that you do in place without traveling. These are also often called stabilizing actions and include movements such as: twisting, turning, balancing, standing, sitting, squatting, kneeling, swinging, swaying, pulling, pushing, stretching, bending, shaking, dodging, and landing. Which of these could you incorporate in your Heart Healthy Boogie?

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# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

### I AM MOVING, I AM LEARNING – NUTRITION NUGGET

Protein is essential for healthy growth. Protein foods include meat, fish, poultry, legumes, seeds and nuts. The body breaks down protein into amino acids to build and maintain muscles, bones, body organs, the blood and the immune system. Protein foods are also a good source of vitamins and minerals such as iron and zinc. The following recipe is a good source of vitamin C which keeps gums and blood vessels healthy.

Preschool aged children should have 2-4 ounces of protein foods per day. For example, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as a 1 ounce equivalent of protein.

### Healthy Recipe: Tasty Hamburger Skillet

#### Ingredients:

1 lb lean ground beef	1 teaspoon chili powder
½ cup chopped onion	1 ½ cups canned diced tomatoes, with juice
2 cups water	¾ cup canned red kidney beans, drained
1 cup long grain white rice	½ cup grated cheddar cheese
1 teaspoon garlic powder	
1/3 cup green pepper, chopped	
¾ cup canned whole kernel corn, drained	

#### Directions:

- Cook ground beef, onion and green pepper in large frying pan (medium heat) until hamburger is no longer pink. Drain excess fat from pan.
- Add water, rice, garlic powder, chili powder, tomatoes with juice, corn and beans.
- Cook, covered, for about 20 minutes or until rice is soft.
- Remove from stove top, sprinkle with grated cheese and serve hot.

Try garnishing this dish with a tablespoon of low fat sour cream.

Add more flavor with one or more of the following: green chilis, jalapenos, more garlic.

*Source: Recipe is provided courtesy of the Oregon State University Extension Service.*

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