

FEBRUARY 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events  *PBS Library...*

Northeast Kansas Early Childhood Educators Mini-Conference

Saturday, February 23rd, 2019

Kennedy Elementary School

All classes are KDHE pending or approved

Session One: 8:30-10:30

- ◆ NAEYC's Power to the Profession - Amy Gottschamer
- ◆ Sensory Regulation and Cognitive Development - Kristina Poracsky
- ◆ Building Culturally Relevant Classrooms - Marie Taylor

Session Two: 10:45-12:45

- ◆ Improving Attachment Through Classroom Connections- Amberlee Johns and Kacey Lawrenz
- ◆ Art and Science - Kim Rack and Pat Pisani
- ◆ Want Healthy Kids, Just Add Water - Lisa Zwiener

Fees:

Early Bird Special, Register by February 8th

Group 6 or more, 5 each

Individual, \$40 each

After February 8th, \$50 per person

To register, visit the Mini-Conference 2019 page on our website. There you will find paper forms to download and send in with payment, or you can register online and pay with PayPal.



FEBRUARY CELEBRATIONS

American Heart Month

Black History Month

National Children's Dental Health Month

National Cherry Month

Pizza Day, February 9th

Visit the PBS Library and check out some of the theme based kits: *Pizza and Pasta*, *Toothbrush & Handwashing*, *Kids Yoga*, *Dancing Scarves* and *Sensory Balance Boards*

ACTIVities!

Heart Smart Fun! When it is too cold to go out to play try some of these fun indoor activities that are sure to increase your heart rate which is good for your health. Do not stress about competing just enjoy the fun.

Indoor Snowball Fight: Create "snowballs" by wadding paper into balls or you can use rolled up socks. Divide kids into two teams and each team picks a side of the room. Give an equal amount of "snowballs" to each team and start throwing.

Pizza Twist: Play this game like Twister. Tape a large circle on your floor. Then tape sections to look like slices. Tape pictures of toppings in each section. Call out sections and instructions: If you are wearing red go to the mushroom slice. If you have brown hair go to the pepper slice. If you are a boy go to the pepperoni slice, etc. You could also adapt the classic "Twister" game with pictures of pizza toppings and make your own game spinner.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-F 8:30AM-4:30PM



Food In Focus

What is Pomelo and What is it Good For?

Pomelos go by a variety of names, such as pamplemousse, pumelo and shaddock. It is sometimes confused with the grapefruit because of their similarities, although pomelo is technically the “father” of the grapefruit, as the grapefruit is a hybrid of the sweet orange and the pomelo fruit.

Boosts your immune system. One serving of pomelo fruit contains 193% of the daily recommended amount of vitamin C intake. A food high in vitamin C should be served every day.

Assists in digestion. Pomelo contains high amounts of fiber, which helps in maintaining the balance in the digestive system.

Maintains normal blood pressure levels. The potassium in pomelo can help release tension in blood vessels and aid in blood circulation and the oxygenation of the different body systems.

Aids in weight loss. Eating pomelo can also be essential in weight loss because it contains fat burning enzymes that can help decrease the amount of sugar and starch in the body.



Quick and Easy Pizza Crust

Ingredients

- ♦ 1 package of active dry yeast
- ♦ 1 tsp. granulated sugar
- ♦ 1 c. warm water (110 degrees)
- ♦ 2 1/2 cups bread flour or regular flour
- ♦ 2 Tbsp. olive oil
- ♦ 1 tsp. salt

Preparation:

- ♦ Preheat oven to 450 °. In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.
- ♦ Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
- ♦ Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan dusted with cornmeal. Spread with desired topping and bake for 15 –20 minutes or until golden brown. Let baked pizza cool for 5 minutes before serving.

Credits as a bread component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Applesauce
Bread/Bread Alternative	Cherry Muffins
Meat/Meat Alternate	
Snack	
Two Items	Pomelo Sections
Two Groups	Goldfish Crackers WG
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Romaine Salad Apricots
Bread/Bread Alternative	Pizza Crust
Meat/Meat Alternative	Canadian Bacon, Mozzarella