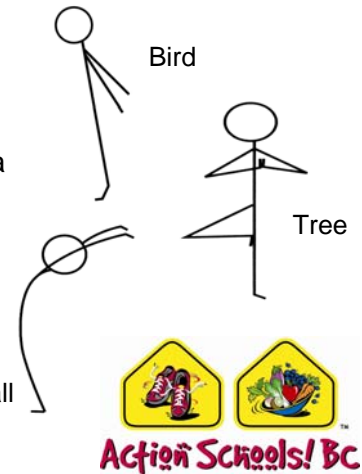


January 2011

## Yoga Moves at Home

Yoga is a system of total body movements that incorporates stretching and poses with breath, relaxation and imagery. Yoga develops body awareness and improves flexibility, strength, balance and mental focus. Perform these simple yoga moves first thing in the morning, after a busy day, while watching TV, or just before bed. Hold the pose for 30 seconds to a minute while breathing deeply in through the nose and out through the mouth.

Adapted from *Yoga Kit for Kids*. For this resource or more yoga resources please refer to the Action Pages! At [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)



## Kids in the Kitchen



Cooking is a family affair. Involving your kids in the cooking process will help them learn about healthy eating. They will be more interested in the food they eat and will be more likely to try new foods. Cooking with your kids is also a fun way to spend time together.

Here are some tips to help you involve your kids in the kitchen:



- Include family members in the planning of meals.
- Go grocery shopping with your kids. They can also help by writing the grocery list.
- Be ready to share the kitchen and expect spills and some mess. This is part of the learning and experience.
- Be food safe. Make sure everyone washes their hands before preparing food.
- Review recipes and introduce any new cooking terms, utensils or food.
- Get your kids started with cooking by letting them help with simple tasks like washing, stirring and measuring.

For more tips on planning, cooking, and eating together with your kids, visit [www.bettertogetherbc.ca](http://www.bettertogetherbc.ca). Jamie Oliver fans can visit [www.jamieoliver.com/jamies-30-minutes-meals/](http://www.jamieoliver.com/jamies-30-minutes-meals/) for 30 minute meal ideas.

### Mini Pizzas

3	small 6" whole-wheat pita breads	3
1 cup	pasta sauce	250 ml
1 cup	grated cheese (e.g. mozzarella)	250 ml



Assorted pizza toppings: sliced sweet pepper, fresh tomatoes, sliced mushrooms, sliced zucchini, canned pineapple tidbits

1. Place pita bread on cookie sheet. 2. Add 1/3 cup (80 ml) pasta sauce and 1/3 cup (80 ml) cheese to each pita bread. 3. Add toppings. 4. Broil in a preheated oven at 400°F oven for 5 minutes or until bubbly. 5. Let cool for 2-3 minutes. 6. Slice pizza into quarters and enjoy. Serves 6

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca). If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca). Contact Action Schools! BC for how you can support health promotion in the schools.