

September 2010

Health Matters

Foods That Make the Grade

Students need foods that fuel their minds as well as their active, growing bodies. Help your child to achieve success in school by making the healthy choice the easy choice at home.



Here are a few ideas to get you off to a great start:

- Cook extra for “planned overs” that can be used for lunches or snacks (see the recipe below)
- Aim for 3 to 4 different food groups in lunches and 1 to 2 different food groups for snacks
- Fill your fridge with washed and ready-to-eat vegetables and fruit, lower fat milk or fortified soy beverage, and yogurt
- Buy whole grain products: whole grain bread and pasta and brown rice
- Choose lean protein: meat, poultry, fish, beans, lentils, eggs
- Look for foods that are lower in fat, sugar and salt and higher in fibre
- Add variety by trying something new once a week, e.g., a new fruit or vegetable, different type of bread, cracker, or cheese
- Eliminate the competition by buying small packages of “treats” or buy them less often

Yummy One Pot Pasta & Veggies

750 g package	fresh tortellini	1 ½ lb package
1 L	frozen, mixed vegetables (or chopped, fresh)	4 cups
45 ml	flour	3 tbsp
7 ml	each dried basil and oregano	1 ½ tsp
2 ml	pepper	½ tsp
750 ml	milk	3 cups
175 ml	grated Cheddar cheese	¾ cup
50 ml	grated Parmesan cheese	¼ cup



Cook tortellini in a large pot of boiling water for 5 minutes. Add vegetables and cook for 2 minutes or until vegetables are hot and tortellini is just tender. Drain well and return to pot. Whisk flour into milk and pour over pasta. Add dried basil, oregano and pepper. Cook, stirring often, over medium-high heat for about 5 minutes or until thickened. Remove from heat. Stir in cheese until melted. 6-8 servings

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or 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.