Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child’s ability to focus, understand and complete lessons in school. **Produce of the Month** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

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**ITALIAN BROCCOLI AND PASTA**

Ingredients:
(Makes 4 servings at 1¼ cups each)
1. 2 cups uncooked fettuccine noodles
2. Nonstick cooking spray
3. 3 tablespoons chopped green onion
4. 2 cups broccoli florets
5. ½ teaspoon dried thyme
6. ½ teaspoon dried oregano (or 1½ teaspoons fresh oregano)
7. ¼ teaspoon ground black pepper
8. 1 (14½-ounce) can stewed tomatoes, not drained
9. 2 teaspoons grated parmesan cheese

1. Cook fettuccine according to package instructions.
2. Spray a medium skillet with nonstick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings and tomatoes. Simmer until heated.
4. Spoon warm vegetable mixture over fettuccine and top with cheese.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

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**Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
<tr>
<th>Kids, Ages 5 - 12</th>
<th>Teens, Ages 13 - 18</th>
<th>Adults, Ages 19+</th>
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<tbody>
<tr>
<td>2.5 – 5 cups per day</td>
<td>3.5 – 6.5 cups per day</td>
<td>3.5 – 6.5 cups per day</td>
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**If you are active, eat the higher number of cups per day.**

Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

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Healthy Help

- Take your child with you to the grocery store. Ask your child to help you pick out a “rainbow” of fruits and vegetables.
- Encourage your child to eat the school meals. Ask your child’s teacher or call the school district’s main office for more information.
- If your child brings a lunch, pack 100 percent fruit juice, dried fruit or pre-cut vegetables for snacks or lunch.
- Ask questions about what your child learned in school about broccoli. Then ask what kinds of activities they did in class.

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Helping Your Kids Eat Healthy

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

For more ideas, visit: [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)