

▶ BE ACTIVE TODAY

Eating healthier foods is important, but we also need to be physically active. Adults should try to be active most days of the week. Children should try to be active every day. Think about activities you enjoy and find ways to move throughout the day. Some physical activity is better than none at all.

- Adults need to be physically active for at least 2½ hours during the week.
- Kids need at least 60 minutes of physical activity every day.
- Children 2 to 5 years old should play actively throughout the day.

Find ways to be active your way. Adults should do some type of moderate-intensity activity throughout the week. You may need more physical activity to lose or maintain a healthy weight. See below for ideas:

- Walking briskly
- Jogging
- Dancing
- Bicycling
- Gardening

▶ TIPS FOR BEING PHYSICALLY ACTIVE

Start slow. If you are just getting started, you can start slowly by doing 10 minutes of activity at a time. Add more time and intensity as you get stronger. A local library may offer free videos or you can find videos online to get you started. 💰

Walking works. Walk in an area that is comfortable for you like in your neighborhood, at a park, or in the mall. If your child's school is nearby, walk with him or her to school.

Look for activities in your community. Check a local community center or place of worship for free or low-cost exercise programs, fitness classes, and activities for you or your kids. Join a group that focuses on being active such as a walking club. 💰

Move throughout the day. Take the stairs instead of the elevator. Walk the dog instead of letting the dog outside. Do push-ups and sit-ups as you listen to your favorite song. Park farther away from the store, so you can add steps to your day.

Build stronger muscles. Yoga and lifting light weights are good ways to build your muscles. Try doing strength-building activities at least 2 days each week.

Be active at any age. Everyone benefits from physical activity. You can play with your toddler in the yard or walk with a grandparent to the bus. Play sports like soccer with other adults in your community or enjoy a game of tag with your kids.

💰 BUDGET-FRIENDLY TIP

Even if your family is busy, there are many ways to be active. Being more physically active can help you feel better about yourself and give you more energy. Look for friends, family, or members in your community who will support your efforts to move more.

HANDOUT:
FAMILY TIME—ACTIVE AND FUN!



▶ CHIC' PENNE

COOK TIME: 40 minutes

MAKES: six 1½-cup servings

INGREDIENTS:

- 3 cups penne pasta, whole-wheat, dry (12 ounces)
- 1 teaspoon granulated garlic
- 2 cups fresh broccoli florets
- 1 cup cooked diced chicken, ½-inch pieces (4 ounces)
- 1½ cups fat-free half-and-half
- 1 tablespoon enriched all-purpose flour
- ⅛ cup low-sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup reduced-fat cheddar cheese, shredded (2 ounces)

DIRECTIONS:

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half-and-half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half-and-half. Stir constantly. Stir in half-and-half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Remove from oven. Serve hot.



NUTRIENTS PER SERVING:

Calories 300, Protein 19 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 26 mg, Sodium 418 mg

(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)



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WhatsCooking.fns.usda.gov.



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