Be Safe in the Sun
Power Up Pregame
10 Tips for Improving Family Time and Fun
Try Our Recipes!
Container Gardening
Self-discipline for Children
Food Preservation
Designing Space for Family Fun
FREE Activity Sheets for Kids
Welcome to the third edition of “Eat Smart. Play Hard. Together.” In its eighth year, this collaborative effort of the North Dakota State University Extension Service and Bison Athletics is a statewide educational program for children and families, and it features athletes as role models. Through the years, the campaign has reached thousands of people with posters, billboards, public service announcements and assorted printed materials. Our website (www.ndsu.edu/eatsmart) includes videos and resource materials for parents, children, singles/couples and educators. We also host a 4-H club recognition program and poster contests, and our Extension educators provide statewide classroom lessons with information for kids and newsletters for parents. Find us on Facebook to get regular updates on nutrition, fitness and health.

We thank our colleagues from North Dakota State University for sharing their expertise in this magazine. We appreciate the ongoing support of our sponsors for their help in bringing these educational messages to thousands of people throughout North Dakota and beyond. We are pleased to include recipes featuring many of North Dakota’s crops.

We thank you, our readers, for reading the magazine. We hope you enjoy it and learn something valuable to you and your family.

Julie Garden-Robinson, Ph.D., R.D., L.R.D.  
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Special thanks to Blue Cross Blue Shield of North Dakota for providing major funding for the printing of this magazine.

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Visit www.ndsu.edu/eatsmart  
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Do you want your family to eat more healthfully, but money and time are tight?

The Family Nutrition Program (FNP) and Expanded Food and Nutrition Education Program (EFNEP) can teach you about feeding yourself and your children in healthful, low-cost and delicious ways.

EFNEP and FNP educators across the state offer fun, interactive programs about nutrition, meal planning, food safety and stretching your food dollar.

Contact your local NDSU Extension Service office to find out about programs in your area and if you are eligible for our free classes.

Learn more at www.ag.ndsu.edu/foodwise.
The Art and Science of Container Gardening

Ron Smith, Ph.D.
Extension Horticulture Specialist and Professor
Department of Plant Sciences, NDSU
Container gardening is nothing new. It has been around for as long as time itself.

The ultimate container garden was the “Hanging Gardens of Babylon,” where containers of every shape and size were fashioned to fit the whims of King Nebuchadnezzar’s wife. At the time, it was so majestic that it was considered the second Wonder of the World, with the Egyptian Pyramids being the first, around 600 B.C.

Of course, such grandeur isn’t necessary for the traditional North Dakota gardener. The expense and labor needed to create such an exhibit would drain the stoutest of bank accounts and send many aching backs to chiropractors.

Container gardening, as practiced today, is something that gardeners of all ages, from grandchildren to grandmothers and everyone in between, can carry out easily. Containers can be nothing special to something completely exotic. Old whiskey or wine barrels, bushel baskets, discarded watering troughs or attractive containers available at local garden center outlets work well.

All must have one thing in common: drainage holes. Without them, the crop or plants within are not long for this world! Free drainage is a must, and along with that, the media used in the containers must have certain characteristics.

Some beginning gardeners simply will dig soil out of a garden bed and place it in the intended containers, only to be surprised a few weeks later to see their efforts fail. Garden soil never should be used because the drainage characteristics are simply not good enough for container growing. Water moves into and through the soil via two forces: gravity and capillary flow. With containers, the water should enter rapidly and drain out as quickly, leaving the large pores (macropores) filled with air and the small pores (micropores) retaining some water for the plant to use. That water is being held there by the cohesive and adhesive forces interacting with the media being used.

What to Use for Container Media

The container gardener has several choices for the growing medium: Make up their own mix from scratch, purchase a commercially available one from a local garden center or make some modifications to the ones available at retail outlets. For most commercial mixes, a combination of the following media often is used: vermiculite, perlite, sand, sphagnum peat moss, fir bark and redwood sawdust. They can be used alone to a limited success, but the results are usually better when they are combined in some manner.

Perlite and vermiculite are very low bulk in density (light in weight) and drain well but have a couple of disadvantages. Perlite tends to separate from the mixes and work up to the top of the media, and vermiculite, in some cases, has traces of asbestos as a minor contaminant. If you choose vermiculite, be sure the bag is labeled as being asbestos-free.

The other organic products have the disadvantage of being very light in weight as well, so any commercial mix that contains just these and either vermiculite or perlite might be too light to provide adequate support for the plants or sufficient stability for the plants to withstand typical summer breezes. In this instance, the addition of sand would be advisable to correct these deficiencies.

When trying to decide what to use for the container and the media for growing plants, keep in mind that one of the advantages of container gardening is its portability. You can move the container into the sun or shade as the mood or weather conditions dictate to meet the plant’s exposure requirements. While the idea of wading pools for container gardening might sound enticing, their size would keep them from being moved easily.

Modern potting soil media offer big advantages. They come pasteurized, with a balance of micropores and macropores to provide good drainage and yet hold sufficient water for plant use. In addition, most container mixes will have trace amounts of basic plant nutrients, just enough to give them a start without overstimulation of growth. Look for popular products such as Miracle-Gro or something similar.
that gardeners of all ages, between, can carry out easily.

Watering, Fertilizing and Pest Control

As soon as a plant is placed in a container, it takes on a different character altogether as far as water and nutrient needs go. The medium within that container is all that plant can draw upon for sustenance, so watering regimens and fertilizer additions are of critical importance. Watering will be required on a more frequent basis (daily if the containers are outside) than with that same plant in the ground. The same is true with fertilizations; increased frequencies are needed to keep the plant vigorous, and if a vegetable or fruit, capable of producing.

More frequent and lighter fertilizations will do the job better than heavier fertilizations spread out through more time. Start out with 50 percent less than recommended amounts and adjust either more or less from there.

A big advantage of container gardening is the virtual elimination of weed competition. The medium used has been pasteurized, making it free of weed seed, and initially free of disease organisms and insect problems. If an unwanted insect or disease gets started on your containerized plant, control and elimination is much easier than with in-ground plants.

Growing Vegetables in Containers

The “kitchen garden” is often a series of 3- to 5-gallon containers with popular vegetables growing in them. Tomatoes, peppers, cucumbers, beans and herbs rank high as favorites to grow. A step or two out the back door gets you right to the produce for salad or dinner preparation.

Vegetables in containers need as much direct sunlight as they can possibly get to be productive. This might require the gardener to move the containers to adjust to the seasonal locations of the sun; this is important for container gardeners to remember.

Vegetables typically are grown in dark poly 3- or 5-gallon containers that have at least three holes in their base. Keep in mind that dark colors will absorb the sunlight, raising the internal soil/root zone temperatures to near lethal levels, causing some root injury. This would cause the vegetable plant to be held back or reduce its productive capacity. If possible, on the hottest days with the most direct sunlight, move the containers to a dappled shade area or construct a temporary screen around the container to intercept the sun's direct rays.

Expect the produce from container gardening to be mature earlier and of higher quality. In most cases, produce production also is higher per plant, compared with the same plants in the conventional garden. Because of their mobility, expect plants in container gardens to be able to bear longer into the fall as well.

More information: “4-H Container Gardening”
www.ndsu.edu/fileadmin/4h/GCC01_4-H_Container_Gardening.pdf

For more information about growing fruits and vegetables:
www.ag.ndsu.edu/ndsuag/lawns-gardens-trees/fruits-vegetables
Growing vegetables or fruits provides a chance to enjoy the outdoors, a learning opportunity for your children and healthful food for your family and friends. If you have a bountiful harvest, enjoy the fruits (and vegetables) of your efforts right away and later in the season. Consider preserving the food by freezing, canning or drying, but be sure to use up-to-date food preservation methods so you can enjoy safe, high-quality food. Food preservation guidelines have changed through time. How much do you know already about food preservation? Try this quiz.

1. **True or False?** Old church cookbooks have great canning recipes you will want to use.

2. **True or False?** As long as you boil the jars of canned vegetables long enough, you will have a safe end product.

3. **True or False?** Vegetables, meats and most mixtures of foods should be canned only in a pressure canner.

4. **True or False?** You can invent your own salsa recipe and can it as long as you process it in a water-bath canner.

5. **True or False?** Acid, such as lemon juice or citric acid, should be added to all tomatoes prior to canning.

6. **True or False?** You can expect high-quality food when you freeze foods in plastic containers that previously held whipped topping or margarine.

7. **True or False?** Drying fruits, vegetables and fruit leathers can be done safely only in a food dehydrator.
Learn more about preserving food. You will find current recommendations for freezing fruits and vegetables; preparing dried fruits, vegetables and leathers; and canning jams and jellies, fruits, vegetables, salsa and many other foods at the NDSU Extension nutrition, food safety and health website:

www.ag.ndsu.edu/food
(click on “Food Preservation Publications”)

The answers.

1. False. Old church cookbooks often provide outdated and unsafe canning recipes. U.S. Department of Agriculture canning guidelines underwent a major overhaul in 1994, and in 2006, canning guidelines were reviewed and revised. Follow only current research-tested canning recipes, such as those from USDA/Extension or Ball.

2. False. Unless you process canned foods properly, you could put yourself at risk for botulism, a potentially fatal form of foodborne illness. Clostridium botulinum spores can grow and produce a toxin in low-acid foods in sealed cans or jars. Boiling jars at 212 degrees will not kill this organism or its spores.

3. True. The acidity (or pH) of a food determines how foods should be canned. Low-acid foods such as these must be processed in a pressure canner.

4. False. If you invent your own salsa recipe, you can freeze it. When canning salsa, follow research-tested salsa formulations exactly and measure/weigh ingredients carefully according to the recipe.

5. True. Tomato varieties vary in the amount of acid they contain depending on variety and growing season. For safety, tomatoes should be canned in a water-bath canner or a pressure canner for the recommended amount of time. They also should be acidified with one of the following:
   - Add 2 tablespoons of bottled lemon juice per quart (1 tablespoons per pint)
   - Add ½ teaspoon of citric acid per quart (¼ teaspoon per pint)

6. False. Using these types of containers can result in freezer burn or dehydration. Freezer burn is a quality issue, not a safety issue. You may not want to eat freezer-burned food because of changes in the color, texture and flavor.

7. False. Food also can be safely dehydrated in the oven, and in some cases, in the sun.
Plant an Extra Row!

Planting an extra row or container in your garden can be a great way to share with your neighbors and support local food banks. The Hunger Free North Dakota Garden Project encourages you to plant an extra row or container this year.

The statewide goal for 2012 is to collect 500,000 pounds of produce through the project. Whether you grow food on your patio, in your backyard, or in a community garden spot, you can help your neighbors in need. Just plant a little bit more — an extra plant or garden row — in the spring. When you pick your ripe fruits or veggies, share the harvest with food pantries and other food helper agencies in your community.

For more information about parenting and 4-H, visit www.ag.ndsu.edu/family and www.ndsu.edu/4h.

Time with a child is time well spent.

Go lean with protein.

- Choose low-fat or lean meats and poultry
- Bake it, broil it or grill it
- Vary your choices — with more fish, beans, peas, nuts and seeds

ChooseMyPlate.gov
Power Up Pregame

Sherri Nordstrom Stastny, Ph.D., R.D., C.S.S.D., L.R.D., Assistant Professor
Department of Health, Nutrition and Exercise Sciences, NDSU

Most high school athletes and their parents and coaches know the importance of eating right. Powering up is critical to perform at one’s best and prevent injuries during practice or competition.

Having enough carbohydrate from foods and drinks to keep the fuel tank full is important. Carbohydrate is the foundation for energy found in many foods: breads, grains, pastas, cereals, fruits, vegetables and low-fat dairy products, especially milk.

When working hard, muscles break down. They need extra protein to slow the breakdown and assist in healing. These building blocks in protein are called amino acids. Amino acids are found in a variety of foods: meat, fish, chicken, turkey, dry beans such as kidney and pinto beans, milk and dairy products. Therefore, having a balanced diet, including carbohydrate, protein and moderate fats throughout the day, is important. However, carbohydrate and protein are crucial, especially pregame (or one to four hours before practice) and postgame (within one hour of practice, and again a couple of hours later).

Unfortunately, obstacles persist that keep teen athletes, whether at the top of their game or new to their game, from getting the right types of foods and drinks when needed most. One of the biggest roadblocks to good nutrition is lack of planning, or not having control over one’s day. Having a game plan and taking control are key strategies to keep athletes at their best, not only on the court, but also in the kitchen.

Teens who participate in school sports, along with their parents and coaches, can do more by working together on a nutrition plan and learning some of the “tricks of the trade” from a registered dietitian.
Here’s a few “good plays” for your teen:

**Typical Sack Lunch 1 – No cooler**

Peanut butter (2 Tbsp.) and jelly (1 Tbsp.) on white bread
1 bag of potato chips
1 apple
2 medium cookies
1 bottle of water

**Typical Sack Lunch 2 – with cooler**

Ham (1 ounce) and cheese (1 ounce) sandwich on white bun
1 bag potato chips
1 apple
2 medium cookies
1 bottle water
Condiments (mayo, mustard)

For extra energy, add a full 16-ounce bottle of milk when available. Milk contains protein and carbohydrate, and skim or reduced-fat milk contains little to no fat.

Time the pregame meal. Don’t let the typical sack lunch get you sacked. Three to four hours before a tough practice or on-the-road game, eating is rushed. After sitting in class all day, power up with enough carbohydrate for energy and protein to keep the amino acids flowing for that 6 or 7 p.m. game. Aim for less fat and enough protein plus carbohydrate as illustrated below:

**Powered Sack Lunch 1**

Peanut butter (2 Tbsp.) and jam (1 Tbsp.) on whole-grain bread
1 apple
Protein sports bar
1 bottle of water

**Powered Sack Lunch 2**

Ham (1.5 ounces) and cheese (0.5 ounce) sandwich on whole-wheat bun
1 leaf of lettuce
1 tomato slice
1 apple
1 cup of skim milk
1 bottle of water
Condiments (mayo, mustard)
Drink to delay fatigue and keep the mind sharp. Don’t let the lack of fluids let you hit the wall. Hydrate with every meal or snack. Also, one hour before practice, training or a game, have at least 1 to 2 cups of fluid. During practice or anything that includes intervals or hard training, energize with carbohydrates; this is the time to drink calories. Sports drinks are made to be used during practice or hard training. Power up. Drink at least 6 ounces of fluid every 15 minutes or so. Marathoners who miss first or second place by a few seconds report “skipping” sports drink stations. Also, to aid recovery, hydration and eating are critical. Don’t go to bed the night before without hydrating. What you drink the day before can make or break your hydration the next day.

Any time you drink, choose your drink carefully. Don’t miss out on good nutrition when you drink. According to “Consumption of Sugar Drinks in the United States 2005-2008,” males consume more sugar drinks than females, and teenagers and young adults consume more sugar drinks than any other age group. Most sugar drinks are obtained from stores and not from restaurants or schools. Stopping at a convenience store for a drink is an OK idea, but consider trying a new trendy protein drink for athletes: reduced-fat chocolate milk. Sugar drinks such as pop and fruit drinks contain mostly sugar and few nutrients. Low-fat or reduced-fat milk contains a good concentration of protein, calcium and potassium, which are beneficial for bone health, plus supply energy, electrolytes and amino acids. Many soy milk drinks also are fortified with calcium. Check the label.

For everyday prepractice snacking, choose a variety of packable snack items. Examples include string or other small prepackaged cheese, trail mix with nuts, dried fruit, seeds and added crackers, yogurt, fruit juice, bottled milk and nut spread on bagels, and always carry a water bottle. A snack should include two to three food groups.

Planning takes a team effort to overcome obstacles. Taking charge to make changes will help assure that your teen is powered up to play well with fewer injuries until the end of the season.
“Would you like something to drink?”

We’re asked this seemingly simple question almost every day. However, with hundreds of beverage choices to choose from, simply making a choice sometimes is difficult, and picking the one best for our health is even more difficult. With the fear of the obesity epidemic looming over our country and childhood obesity rates nearly tripling during the last 30 years, not only eating smart, but drinking smart, has become vital.

**Added Sugar**

The 2010 Dietary Guidelines for Americans, the science-based report from the U.S. Department of Health and Human Service and the U.S. Department of Agriculture, identified added sugars as a food to reduce in the American diet. Added sugars are sugars and syrups added to foods or beverages during preparation or processing. Sugar-sweetened beverages, such as sodas, energy drinks and sports drinks, are the largest contributor of added sugar in the American diet, accounting for 36 percent of our added sugar intake.

These sugary ingredients often are disguised in terminology. Some terms you will see on the ingredient list that indicate added sugars are high-fructose corn syrup, sucrose and glucose. Beverages that contain added sugars include sodas, energy drinks, sports drinks, lemonade and punch. A typical 20-ounce sugar-sweetened beverage contains 17 teaspoons of added sugar!

However, some sugars occur naturally and give foods such as milk and fruit their sweetness. Therefore, when you read a Nutrition Facts label for nonflavored milk or 100 percent fruit juice, it will list that it contains sugar (found under the carbohydrate section). However, these naturally occurring sugars are different than those added to sodas, lemonades and energy drinks; thus, they are not the concern outlined in the 2010 Dietary Guidelines for Americans.

**It’s All About Calories**

To achieve and sustain a healthy weight, we must maintain a calorie balance – eating the right amount of calories for our bodies based on age, gender and physical activity level. Beverages can consume a huge chunk of our calorie budget if we are not careful. Table 1 gives you some calorie ranges for common beverages and also how much sugar they contain. Remember, 4 grams of sugar is equal to 1 teaspoon.

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**Table 1. Calorie ranges and sugar content for common beverages.**

<table>
<thead>
<tr>
<th>Type of Beverage</th>
<th>Calories in 8 oz.</th>
<th>Sugar (in grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starbucks Frappuccino</td>
<td>164</td>
<td>28</td>
</tr>
<tr>
<td>Crush Orange Soda</td>
<td>130</td>
<td>34</td>
</tr>
<tr>
<td>Sprite</td>
<td>93</td>
<td>25</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>110</td>
<td>31</td>
</tr>
<tr>
<td>SoBe Citrus Energy Flavored Beverage</td>
<td>110</td>
<td>27</td>
</tr>
<tr>
<td>Red Bull</td>
<td>107</td>
<td>26</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>140</td>
<td>31</td>
</tr>
<tr>
<td>Vitamin Water</td>
<td>50</td>
<td>13</td>
</tr>
<tr>
<td>Powerade Fruit Punch</td>
<td>50</td>
<td>14</td>
</tr>
<tr>
<td>Gatorade</td>
<td>50</td>
<td>14</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Water</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

*The products listed are for reference purposes only. NDSU Extension does not endorse names or products.*
Remember, when reading the Nutrition Facts label, the serving size is only 8 ounces, but the amount in the container is often larger. For example, if you drink a 20-ounce Mountain Dew, you would be drinking 2.5 servings (20 ounces divided by 8 ounces = 2.5). Therefore, you need to multiply the calories and amount of sugar by the number of servings:

110 (calories in 8 ounces of Mountain Dew) x 2.5 (number of servings in 20 ounces) = 275 calories

31 (grams of sugar in 8 ounces) x 2.5 (number of servings in 20 ounces) = 77.5 grams of sugar (more than 19 teaspoons!)

**Water and Milk: Your Best Drinks**

The human body is made up of 70 percent water; to function properly, it needs water every day. How much water you need is very individualized and depends on many factors, including your health, activity level, where you live and your age. Most professionals recommend 8 to 9 cups of fluids per day for women and 13 cups for men.

Milk provides nine essential nutrients, including calcium, vitamin D and potassium, that are the necessities for building strong bones, supporting a healthy heart and regulating blood pressure. Unfortunately, many Americans don’t get enough of these in their diet.

Choosing fat-free or low-fat milk provides the same nutrients with less solid fat and fewer calories compared with whole or 2 percent milk.

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**Simple Tips for Making Smart Beverage Choices**

Try to make water and milk your beverages of choice and limit consuming drinks with added sugar. Use these simple tips from the Department of Health and Human Services and Centers for Disease Control and Prevention (CDC) to make the smartest beverage choices:

- Choose water or diet or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don’t “stock the fridge” with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Make water more exciting by adding slices of lemon, lime, cucumber or watermelon, or drink sparkling water.
- Add a splash of 100 percent juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are selling 8-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthful, low-calorie beverages.
I hear a lot about how too much salt can cause a problem for your heart and how fast food has a lot of salt. I want to keep my family healthy, but we are busy group and always on the go. What are some ways that we can cut back on the salt and eat more healthfully while we are on the go?

Salt has been linked with high blood pressure in many studies. High blood pressure is one factor that can lead to heart disease. Salt also has been linked with calcium loss in the urine, which may play a role in developing osteoporosis or thin bones. In more recent studies, a link has been found between high sodium intake and decreased levels of vitamin D, which is an important nutrient, especially in bone health. The American Heart Association recommends sodium intake of 2,300 milligrams per day.

But how do you know how much salt you are eating? One way to start is by reading food labels. On the Nutrition Facts panel of the food label, the sodium content of the food is listed in units called milligrams (mg) and is the amount present in one serving of the food. A low-sodium food is any food with less than 140 mg of sodium per serving. Foods that are typically high in sodium are processed foods, such as canned foods (soup, canned pasta, canned vegetables and vegetable juices), frozen foods (microwave dinners, frozen entrees), lunch meats and hotdogs, snack crackers and chips, condiments (ketchup, salad dressing, barbecue sauce, pickles), fast food and seasonings (table salt, garlic salt, seasoned salt).

Here are some easy ways to cut back on the salt:

- Add other seasonings such as pepper, sodium-free lemon pepper, Mrs. Dash or other herb blends to season food instead of salt.
- Look for low-sodium varieties of ketchup, or read labels and buy salad dressings with lower sodium levels.
- Look for low-sodium varieties of canned vegetables, soups and pastas.
- Rinse canned vegetables under water before cooking to get rid of extra salt.
- When eating at fast-food restaurants, order a small burger or small order of chicken nuggets and eat a salad (go easy on the dressing because this is also high in sodium) or fruit cup as a side dish.
- Many fast-food restaurants will allow you to order french fries unsalted.
- If you are going to be busy, take some fresh fruit or vegetables as snacks so you aren’t stuck with having to buy high-sodium foods when you are not at home.
- Buy unsalted crackers.
- If you need to use frozen meals or processed foods, read labels and choose the ones that have the least amount of sodium. Use smaller portions of these foods at meals and offer them with frozen steam-cooked vegetables and fresh or canned fruits that are low in sodium.

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My daughter recently was diagnosed with celiac disease, and she must avoid foods that contain gluten. Can you tell me more about the disease and what foods we need to avoid?

Celiac disease is an immune response to gluten, which is the storage protein found in grains such as wheat, barley, and rye. Eating gluten damages the lining (villi) of the small intestine, which affects food digestion and nutrient absorption.

After eating or inhaling any gluten/gluten-containing food products, your daughter may experience abdominal bloating/pain, diarrhea or stools that are abnormal in appearance, odor or quantity. In addition, growth failure/weight loss, weakness/fatigue, itchy skin rash with blisters, and mood changes may result.

Be sure to read food labels to identify the products that contain gluten. Wheat-free does not mean gluten-free. Check the allergen information on the food label, and contact the food manufacturer if you need more information. Also read labels for inactive ingredients (fillers) in medication/dietary supplements. These are examples of gluten-containing foods or ingredients:

- Wheat, including einkorn, emmer, spelt, kamut, durum, graham, and semolina
- Wheat starch, wheat bran, wheat germ, cracked wheat and hydrolyzed wheat protein
- Barley, including malt, malt flavoring and malt vinegar
- Rye
- Triticale (a cross between wheat and rye)
- Oats (except pure, uncontaminated oats). People with celiac disease may tolerate a small amount of oats.

Helpful hints for adapting to the new diet:

- Alter home recipes to use ingredients that do not contain gluten.
- Avoid cross-contamination.
  - Keep two toasters at home and designate one for gluten-free food.
  - Keep a separate cupboard for the gluten-free condiments.
  - Keep separate jars for condiments such as peanut butter, jam, mayonnaise, and butter.
  - Order a meal from the menu instead of selecting foods from buffet lines.
  - Avoid deep-fried foods: gluten-free foods might be fried in the same oil as battered and breaded foods such as fried chicken.
- Keep a food diary.
- Use commercial or homemade substitutes.
- Check with local grocery stores. Many local grocery stores have a list of gluten-free products available.

For more information, visit the Celiac Disease Foundation website at [www.celiac.org](http://www.celiac.org).

Yeong Rhee, Ph.D., R.D., Associate Professor
Department of Health, Nutrition and Exercise Sciences, NDSU

Sources:
Celiac Disease Foundation: [www.celiac.org](http://www.celiac.org)
My kids aren’t very hungry in the morning. How important is breakfast for my family?

Most have heard that breakfast is the most important meal of the day. Nevertheless, many people choose not to eat breakfast. The excuses (aka reasons) one does not eat breakfast are highly varied.

Fueling your body for physical and mental activity is important. Blood glucose reserves last only about 15 hours after you consumed carbohydrates. The body needs new carbohydrates after this time, especially to fuel brain activity. Research has shown that students perform better on cognitive tests after consuming breakfast.

Eating breakfast is probably just as important for adults. Eating breakfast not only fuels the brain and body, it also helps control your appetite the rest of the day. Those who eat breakfast tend to maintain a healthy weight or even lose weight. If you skip breakfast, the body thinks you are starving it, so you likely will overeat or make less healthful choices for lunch. If you eat breakfast, you are not as likely to be so hungry, so you will make choices that are the most healthful.

Choosing healthful foods for breakfast is important; however, some breakfast is better than no breakfast. Choose foods that have some protein and plenty of fiber. This combination likely will keep you less hungry longer. This usually means a bowl of high-fiber cereal with milk and fruit. Try protein sources such as nuts, eggs or low-fat meats. Skip the sugary cereals, pastries, bacon and sausage because they are high in salt, saturated fat or sugar.

Ardith Brunt, Ph.D., R.D., L.R.D., Associate Professor
Department of Health, Nutrition and Exercise Sciences, NDSU

I’ve seen a lot of ads for prebiotics and probiotics. What are they and why are they of interest?

Probiotics are live microorganisms (mostly bacteria) that act like the “good” bacteria that grow naturally in your body. Prebiotics are food products we cannot digest and absorb that pass through our intestinal tract and act as food for the probiotics to work and thrive.

Probiotics are found naturally only in a few foods such as yogurt, while prebiotics are found in many foods such as whole grains, bananas, onions, garlic, honey and artichokes. Both probiotics and prebiotics are added to many foods and available as dietary supplements.

We all have a different mix of friendly and unfriendly bacteria in our bodies, and the interaction between your body and its microorganisms is very important to your overall health. The good bacteria are needed for a healthy digestive system, but they also help protect against unfriendly microorganisms that can cause disease. Probiotics may help prevent or offset side effects from antibiotics or lactose intolerance, such as gas, cramping or diarrhea. People also are interested in how probiotics may improve our immune response.

Some people see a big difference after using probiotic products, while others don’t. This is because probiotics come in many different species and strains, and are designed to treat specific conditions. In other words, probiotics won’t help everybody, and even may cause side effects such as bloating and gas in certain people. More isn’t always better, and the only way to know for certain if a product has enough of the right type of probiotics is to contact the manufacturer.

Probiotics from either foods or pills may be effective if the product has enough of the specific strain that was researched to be effective. Even then, the product may or may not work with your body. Choosing a food product instead of a supplement may be beneficial because you will be getting nutrients along with the probiotics. Also, look for products that are labeled “viability through the end of shelf life” and not “at time of manufacture.” This will help ensure that the live cultures still are active and effective if you consume the product before the expiration date.

Michelle Strang, M.S., R.D.,
Extension Agent,
Cass County,
NDSU Extension Service
I have noticed that more grocery stores sell organic foods. What is organic food? Is it safer for my family?

I like to define organic farming as farming in partnership with nature. Many times, organic farming is defined by what the farmers do not do. Generally speaking, organic farmers and processors are not allowed to use many of the herbicides, fungicides, insecticides and fertilizers used in conventional agriculture. The key to their system is to manage their crops to remain ahead of any potential pest. They also are not allowed to use genetically modified organisms.

So does this mean that organic products are “chemical free”? While organic products may have reduced levels of pesticide residues, the organic label does not certify them to be free of these residues. No one can make that statement in today’s world. Remember, you are buying a production system when you purchase organic food.

The National Organic Program (NOP) took over the authority of organic certification in the U.S. in 2002. It has very strict rules as to what can qualify to be labeled organic in the United States. The U.S. Department of Agriculture does not state that organically produced food is safer or more nutritious than conventionally produced products.

To make an informed decision on a purchase, you must understand what you are purchasing. The decision to purchase or not to purchase organic food is no exception. When you are purchasing organic food, you are buying into a very well-defined production system. This is defined by the NOP. All organic food that is sold in the U.S. must meet the minimum standards as outlined in the NOP. You will know it is an organic product by the certification seal on the product, so look for it.

Many of the people I know who purchase organic produce do so because of the perceived health benefits of organic produce. They also want to support what they perceive as a more environmentally friendly farming system. I think each person should educate himself or herself on the facts and then make a decision.

When doing research into this subject, look for good, sound, research-proven data and be careful where your information comes from. I have seen wild and inaccurate claims from both sides in this debate. I live and work in biotech, conventional and organic farming systems. I see the good and bad in each. I have friends in all the systems I mentioned. I just want people to use the facts when deciding how they will farm or what food they will purchase.

I have seen more organic food being stocked in North Dakota grocery stores. Even some of the smaller local stores are starting to carry limited amounts of organic food. If you are interested in your store carrying organic product, you must talk to the one who purchases products for the store. In many small stores, that is the owner. In larger stores, purchasing responsibilities may be divided by areas of the store or commodities.

Brad Brummond, Extension Agent, Walsh County NDSU Extension Service
Food
At last year’s Thanksgiving meal, I could tell you the farm or backyard where the turkey, pumpkin, potatoes, green beans and tomatoes were raised. The turkey was a special heritage breed, juicy and delicious.

In the past few years, you may have noticed a surge in the availability of local foods and people talking about where their food comes from. Nationally, farms selling directly to consumers have grown from an estimated 86,000 in the early 1990s to about 136,000 now, according to the U.S. Department of Agriculture. Farmers markets have almost doubled, from 2,756 in 1998 to 5,274 in 2009 (latest statistics available).

The definition of local food still is under construction. The 2008 Farm Bill defines local food as “food grown less than 400 miles from its origin, or within the state in which it is produced.” Other people use the 100-mile limit. In northern climates, that would mean a lot of work to “put food up for the winter,” as well as not drinking coffee or eating bananas. Also, many people lack the necessary storage facilities, such as root cellars or deep freezers.

To deal with some of the challenges, many communities are taking collective steps to build local food systems from the ground up because evidence exists that local foods:

- Retain food dollars in the community because $1 spent locally can circulate up to seven times around the community
- Help support local farms
- Preserve unique food choices, local varieties and food heritage
- Promote area tourism (agritourism is a booming business)
- Help sustain the environment if foods can be centrally stored, aggregated and sold

A diverse food system helps assure access to healthful foods. We are at the whim of ever-rising fuel prices and difficult weather patterns from around the globe because almost all of our food comes from distant places. Locally produced food brings us access to some much needed fresh, healthful foods while simultaneously contributing economically to healthy communities.

You can find many more ideas in the book “Eat Local: Simple Steps to Enjoy Real, Healthy & Affordable Food” by Jasia Steinmetz.

Here are some ways to find and promote local food in your community:

- Read labels and ask your grocer to label or promote the local foods.
- Eat seasonally as much as possible by becoming knowledgeable about the foods grown abundantly in your area and checking out seasonal cookbooks from the library.
- Support food education in school and explore the origins of food with your children.
- Visit the farmers markets regularly, get to know the local farmers and go to U-pick farms on family adventures.
Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. Balance calories
   Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.choosemyplate.gov to find your calorie level. Being physically active also helps you balance calories.

2. Enjoy your food, but eat less
   Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. Avoid oversized portions
   Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. Foods to eat more often
   Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. Make half your plate fruits and vegetables
   Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to fat-free or low-fat (1%) milk
   They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make half your grains whole grains
   To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. Foods to eat less often
   Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. Compare sodium in foods
   Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. Drink water instead of sugary drinks
    Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.choosemyplate.gov for more information.
Wash Your Hands!
Protect Your Family From Germs!
Wash your hands for at least 20 seconds before you begin preparing food and after any activity that could contaminate your hands.

Portion Size
Size up your portions with these visual clues. As shown, one-half of a baseball is the same size as ½ cup of mashed potatoes.

<table>
<thead>
<tr>
<th>Visual clue</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ baseball</td>
<td>½ cup of mashed potatoes</td>
</tr>
<tr>
<td>large egg OR golf ball</td>
<td>¼ cup of dried cranberries</td>
</tr>
<tr>
<td>pingpong ball</td>
<td>2 tablespoons of peanut butter</td>
</tr>
<tr>
<td>check book</td>
<td>3 ounces of fish</td>
</tr>
<tr>
<td>card deck</td>
<td>3 ounces of meat or poultry</td>
</tr>
<tr>
<td>6 dice</td>
<td>1½ ounces of natural cheese</td>
</tr>
<tr>
<td></td>
<td>(cheddar, Swiss)</td>
</tr>
<tr>
<td>thumb tip</td>
<td>1 teaspoon of margarine or butter</td>
</tr>
</tbody>
</table>

Safe Cooking Temperatures
as measured with a food thermometer

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Internal Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Meat and Meat Mixtures</td>
<td></td>
</tr>
<tr>
<td>Beef, veal, lamb, pork</td>
<td>160 F</td>
</tr>
<tr>
<td>Chicken, turkey</td>
<td>165 F</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb</td>
<td></td>
</tr>
<tr>
<td>- medium-rare</td>
<td>145 F*</td>
</tr>
<tr>
<td>- medium</td>
<td>160 F</td>
</tr>
<tr>
<td>- well-done</td>
<td>170 F</td>
</tr>
<tr>
<td>Fresh Pork</td>
<td></td>
</tr>
<tr>
<td>- medium-rare</td>
<td>145 F*</td>
</tr>
<tr>
<td>- medium</td>
<td>160 F</td>
</tr>
<tr>
<td>- well-done</td>
<td>170 F</td>
</tr>
<tr>
<td>Ham</td>
<td></td>
</tr>
<tr>
<td>Fresh (raw)</td>
<td>160 F</td>
</tr>
<tr>
<td>Precooked (to reheat)</td>
<td>140 F</td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>165 F</td>
</tr>
<tr>
<td>Eggs and Egg Dishes</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>Cook until yolk and white are firm</td>
</tr>
<tr>
<td>Egg dishes</td>
<td>160 F</td>
</tr>
<tr>
<td>Seafood</td>
<td></td>
</tr>
<tr>
<td>Fin fish</td>
<td>145 F</td>
</tr>
<tr>
<td>Shrimp, lobster and crabs</td>
<td>or flesh is opaque and separates easily with fork</td>
</tr>
<tr>
<td>Clams, oysters and mussels</td>
<td>flesh pearly and opaque</td>
</tr>
<tr>
<td>Scallops</td>
<td>shells open during cooking</td>
</tr>
<tr>
<td></td>
<td>milky white or opaque and firm</td>
</tr>
<tr>
<td>Leftovers and casseroles</td>
<td>165 F</td>
</tr>
</tbody>
</table>

* Allow three-minute rest time
Source: U.S. Department of Agriculture
ENJOY FAMILY MEALS

Most people recognize the value of eating together as a family. Children who eat with their families tend to do better in school, engage in less risky behavior such as smoking and drinking alcohol, eat a more healthful diet and are less likely to be overweight. Despite all these benefits, busy schedules can make putting family meal times into practice a challenge. Whether it’s a breakfast or evening snack, eating together at any time of day counts as a family meal. You can learn more about making family meals a reality and find menus, recipes and cooking demonstrations by visiting www.ndsu.edu/eatsmart.

Kids enjoy cooking. Try these kid-friendly recipes, and invite them in the kitchen to help!

Edamame Dip (Serves eight)

1½ c. edamame, cooked
1 Tbsp. soybean oil
½ tsp. salt
½ tsp. ground cumin
2 garlic cloves, minced
3 Tbsp. water
3 Tbsp. fresh lemon juice

Prepare edamame according to package instructions, omitting salt. Place oil, salt, cumin and garlic in a food processor; pulse two to three times or until coarsely chopped. Add edamame, water and lemon juice; process one minute or until smooth. Spoon dip into serving bowl and serve with whole-grain crackers or veggies.

Each serving has 60 calories, 3 g fat, 3 g carbohydrate, 2 g fiber and 150 mg sodium.

Recipe courtesy of the North Dakota Soybean Council.

Edamame is another name for green soybeans available in the frozen food section of many grocery stores. They can be boiled and lightly salted and eaten as a snack, too.
100% Whole-grain Pancakes
(Makes 12 pancakes)

2 c. whole-wheat flour
2 Tbsp. ground flaxseed
1 Tbsp. white sugar
2 tsp. baking powder
½ tsp. cinnamon
2 large eggs, beaten
½ c. canola oil
1½ c. skim milk

In a medium bowl, combine dry ingredients. Add eggs, oil and milk, stirring just until moistened. Heat a griddle to 350 degrees and portion a c. batter onto surface. Flip when bubbles appear. Pancakes are done when both sides are golden brown. Makes approximately 12 pancakes.

Each pancake has 180 calories, 11 g fat, 19 g carbohydrate, 2 g fiber and 115 mg sodium.

Recipe courtesy of the North Dakota Dietetic Association*

“*The North Dakota Dietetic Association is the advocate of the dietetic profession, serving the public through the promotion of optimal nutrition, health and well-being. This recipe is a great representation of our mission because it includes ingredients that we promote to the public for “optimal nutrition, health and well-being”: whole grains, healthy fats, lean proteins and fiber. Pancakes are a comfort food that many people may try to avoid; however, by substituting healthier ingredients, pancakes can become a nutrient-dense part of any healthy diet.

Upside-down Bacon Cheeseburger Casserole
(Serves four)

Filling:
1 lb. ground turkey
1 medium onion, sliced
1 medium bell pepper, cut into strips
6 slices turkey bacon, cooked, chopped
1 (14-oz.) can pizza sauce, chunky style
2 plum tomatoes, chopped
4 oz. reduced-fat cheddar cheese, shredded

Crust:
2 eggs
1 c. skim milk
1 Tbsp. canola oil
¾ c. all-purpose flour
½ tsp. baking powder
¼ c. ground flaxseed

Preheat oven to 400 F. In a large saucepan, brown the turkey, then add onion and bell pepper slices. Cook until the vegetables are softened and the turkey meat is fully cooked. Add chopped bacon and pizza sauce to turkey mixture. Stir until the mixture is thoroughly blended. Coat a 9- by 13-inch casserole dish with nonstick spray. Pour mixture into casserole dish. Add the chopped tomatoes to form a smooth layer, followed by a layer of cheese. Set casserole dish aside. Place eggs in a medium mixing bowl and beat slightly. Add milk and oil, then mix in the flour, baking powder and flaxseed, stirring until fully blended. Pour the batterlike mixture over the top of the turkey mixture, spreading it to the edges of the casserole dish. Bake uncovered for 20 to 30 minutes or until the crust turn a rich, golden brown.

Each serving has 490 calories, 17 g fat, 39 g carbohydrate, 6 g fiber and 115 mg sodium.

Recipe courtesy of Sheri Coleman, Amerifit.
**Chocolate Chip Banana Bread**  
(Serves 16)

Canola oil spray  
½ c. canola oil  
1 c. sugar  
3 eggs, beaten  
3 c. flour  
4 to 5 medium bananas, mashed  
½ c. chocolate chips  
½ c. buttermilk  
1½ tsp. baking soda  
½ tsp. salt

Preheat oven to 325 F. Grease a 9- by 5-inch loaf pan with cooking spray. In a large bowl, combine the oil, sugar, eggs, flour, bananas, chocolate chips, buttermilk, baking soda and salt and stir until just blended. Pour the batter into the pan and bake about one hour, until the top is lightly golden brown and the sides pull away from the edges of the pan. Remove the pan from the oven and cool. Slice bread and serve with canola margarine.

Each serving has 240 calories, 8 g fat, 41 g carbohydrate, 2 g fiber and 220 mg sodium.  
*Recipe courtesy of Sheri Coleman, Northern Canola Growers Association.*

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**Oatmeal Cranberry Cookies**  
(Makes 36 cookies)

2¼ c. flour  
1 tsp. baking soda  
1 tsp. salt  
1 c. softened butter  
½ c. brown sugar  
½ c. white sugar  
2 eggs  
2 tsp. vanilla  
1 c. rolled oat  
1 c. dried cranberries  
1 c. white chocolate chips  
1 c. chopped nuts of choice (optional)

Preheat oven to 350 F. Combine flour, baking soda and salt. Cream butter, then add sugars, eggs and vanilla. Mix in flour mixture, then add oats, cranberries, chips and nuts (if desired). Drop by spoonfuls on greased cookie sheet. Bake for eight to 10 minutes.  
Each cookie has 140 calories, 7 g fat, 17 g carbohydrate, 0 g fiber and 110 mg sodium.

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**Potatoes O’Brien**  
(Serves four)

½ c. chopped onion  
½ c. green pepper  
½ c. sweet red pepper  
4 medium potatoes, cubed  
3 Tbsp. cooking oil  
¼ c. beef broth  
½ tsp. Worcestershire sauce  
1 tsp. salt

In skillet over medium heat, sauté onion, peppers and potatoes in oil for four minutes. Combine broth, Worcestershire sauce and salt; pour over vegetables. Cover and cook for 10 minutes, or until potatoes are tender, stirring occasionally. Uncover and cook until liquid is absorbed.

Each serving has 260 calories, 11 g fat, 37 g carbohydrate, 4 g fiber and 630 mg sodium.  
*Recipe courtesy of the North Dakota Potato Growers Association.*

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Even cookies can fit in a healthful diet! This recipe features whole-grain oats, dried fruit and nuts (optional). Just watch your portion size!
Chickpea Chocolate Cake  
(Serves nine)

1½ c. semisweet chocolate chips  
1 (15-oz.) can chickpeas, rinsed and drained  
4 eggs  
¾ c. white sugar  
½ tsp. baking powder  
Optional toppings: powdered sugar, frosting or fresh berries

Preheat oven to 350 F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

Each serving (without frosting) has 320 calories, 13 g fat, 47 g carbohydrate, 3 g fiber and 190 mg sodium.

Recipe courtesy of Northern Pulse Growers Association.

Cheesy Chicken Crunchers  
(Serves six)

1 c. all-purpose flour  
salt (optional)  
pepper (as desired)  
4 egg whites  
½ c. 1 percent low-fat milk  
1½ c. Corn Flakes, crushed  
1 c. (4 oz.) shredded reduced-fat cheddar cheese  
6 chicken breast filets, cut into strips  
nonstick cooking spray  
ketchup or BBQ sauce (optional)

Preheat oven to 375 F. In small bowl, combine flour with a pinch of salt and pepper. In second bowl, make egg wash by beating eggs and milk. In third bowl, combine Corn Flakes with cheese.

Coat a 13- by 9-inch baking pan with nonstick cooking spray. Dip chicken pieces in flour, then into egg wash, then roll in cheesy-flakes mixture, coating entire piece of chicken. Place on baking pan. Discard any unused Corn Flake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce, if desired.

Substitution idea: Kick it up a notch by adding your favorite spice(s), such as Cajun or garlic seasoning to the flour mixture before coating the chicken.

Each serving has 320 calories, 8 g fat, 24 g carbohydrate, 1 g fiber and 320 mg sodium.

Recipe courtesy of Char Heer, Midwest Dairy Council.

Corn and Broccoli Bake  (Serves six)

1 (15-oz.) can cream-style corn  
1 (10-oz.) package frozen broccoli, cooked  
1 beaten egg  
½ c. crushed cracker crumbs  
2 Tbsp. margarine, melted

Topping:
6 crushed saltine crackers  
1 Tbsp. melted margarine

Prepare broccoli according to package directions. Drain well. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1½-quart casserole dish. Mix topping ingredients together in a small bowl. Sprinkle over the corn mixture. Bake at 350 F for 40 minutes.

Each serving has 150 calories, 7 g fat, 19 g carbohydrate, 2 g fiber and 310 mg sodium.

Recipe courtesy of the North Dakota Corn Council.
BBQ Beef Pizza  (Serves eight)

1 container (18 oz.) refrigerated, fully cooked shredded beef in barbecue sauce
4 individual prebaked pizza crusts (7-inch diameter)
1 c. cream cheese, softened
1 (4-oz.) can diced mild green chilies, drained
½ c. short thin red bell pepper strips
1 c. shredded Monterey Jack cheese

Heat oven to 400 F. Place pizza crusts on ungreased large baking sheet. Spread 2 tablespoons cream cheese on each crust. Spoon shredded barbecue beef evenly onto crusts. Top evenly with chilies, bell pepper and cheese. Bake in 400 F oven 15 to 20 minutes or until topping is hot and bubbly. Cut each pizza into four wedges.

Each serving has 410 calories, 18 g fat, 45 g carbohydrate, 3 g fiber and 780 mg sodium.

Recipe courtesy of Nancy Jo Bateman, North Dakota Beef Commission.

Crispy Black Bean Tacos With Feta and Cabbage Slaw  (Serves eight)

1 (15-oz.) can black beans, drained and rinsed
1 (8-oz.) container crumbled feta cheese, divided
½ tsp. ground cumin
5 tsp. olive oil, divided
1 Tbsp. lime juice
2 c. coleslaw (chopped cabbage)
2 green onions, chopped
1 to 2 cloves fresh garlic, minced
½ c. chopped fresh cilantro
8 whole-wheat tortillas
Hot sauce or salsa (optional)

Place beans, half the container of cheese and all of the cumin in small bowl; partially mash beans and mix well. In a separate bowl, mix 2 teaspoons of olive oil and lime juice; add coleslaw, green onions, garlic, remaining cheese and cilantro. Toss to coat. Heat 3 teaspoons of olive oil in an electric skillet over medium-high heat. Spoon about ¼ cup of the bean/cheese mixture onto half of a tortilla. Fold the tortilla over and cook on each side about one to two minutes or until crisp. Remove from heat and fill tortilla with about ½ cup of coleslaw mixture. Top with hot sauce or salsa.

Each serving has 280 calories, 13 g fat, 33 g carbohydrate, 6 g fiber and 650 mg sodium.

Recipe courtesy of the North Dakota Nutrition Council (NDNC).*

*Nutrition Note: To reduce sodium content in recipes, try low-sodium versions of ingredients when available or omit the added salt.

For a FREE online cookbook, go to www.ndsu.edu/eatsmart
(Click on “For Parents/Caregivers” and then “Steps to Healthy, Economical Meals”)
Bread Bowls  (Makes 12 bread bowls)

2½ c. warm water (105 to 115 degrees)  
2 pkg. active dry yeast  
1 Tbsp. salt  
1 Tbsp. sugar  
2 Tbsp. oil  
6½ to 7½ c. bread flour  
1 egg, beaten  
1 Tbsp. milk

Measure warm water into large bowl. Sprinkle in yeast; stir until dissolved. Add salt, sugar, oil and 3 cups flour; beat until smooth. Add enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 10 to 12 minutes. Place dough in bowl that has been lightly coated with nonstick spray, turning to grease top. Cover; let rise in warm place until double, about one hour.

Grease outside of 12 10-ounce custard cups or ovenproof containers of a similar size.

Punch dough down; divide into 12 pieces. Cover and let rest 10 minutes. Spread each piece into a circle about 5 inches in diameter. (For larger bread bowls, use 6-inch diameter ovenproof bowls. Divide dough into six portions.)

Place dough over outside of bowl, working with hands until dough fits. Set bowls, dough side up, on baking sheet coated with nonstick spray. Cover loosely with plastic wrap; let rise in warm place until double, about 30 minutes.

Combine egg and milk; gently brush mixture on dough. Bake at 400 degrees for 12 to 15 minutes until golden brown. Using potholders, carefully remove the bowls. Set bread bowls open side up on baking pan; bake five minutes. Fill with your favorite chili or thick soup.

Note: You also can use frozen bread dough. A 1-pound loaf will make two large bowls or four small bowls.

Each bread bowl has 300 calories, 4 g fat, 55 g carbohydrate, 2 g fiber and 590 mg sodium.

Recipe courtesy of the North Dakota Wheat Commission.

Chili Dog Stew  (Serves six)

1 Tbsp. vegetable oil or cooking spray  
1 (14- to 16-oz.) package 98 percent fat-free turkey hotdogs  
1 small onion, chopped fine  
1 (11-oz.) can bean and bacon soup (reduced sodium)  
1 (14- to 15-oz.) can diced tomatoes  
1 (15- to 16-oz.) can vegetarian with beans 99 percent fat-free chili  
½ to 1¼ c. water  
1 tsp. prepared mustard  
½ tsp. liquid smoke  
1 tsp. chili powder, optional

Heat medium to large frying pan, add oil and spread around the pan. Brown hotdogs on all sides, turning often. Remove hotdogs to a cutting board and cut into ½-inch pieces. Add onion to the frying pan and sauté, stirring to cook evenly. Put onion and wieners into a 4- to 6-quart pot. Add remaining ingredients; stir. Heat to a simmer. Stir occasionally. Serve hot with cornbread or whole-grain crackers, fruit and milk.

Each serving has 210 calories, 4 g fat, 26 g carbohydrates, 6 g fiber and 1,090 mg sodium.

Recipe courtesy of Northarvest Bean Growers Association.

Options:

■ Use leftover cooked or grilled hotdogs; skip the browning step.

■ Substitute ¼ cup dried onion for the fresh, chopped onion.

■ Substitute a can of tomato soup, tomato sauce, tomatoes with jalapeño chilies or 2 cups tomato juice for diced tomatoes.

■ For a thicker stew, omit water, stir carefully and often. Serve over cornbread or hot dog buns.
Healthy living most often is supported by a set of choices that individuals make regarding their daily physical activities and nutrition. Being healthy also is facilitated by the environment of support that families establish for physical activity, good nutrition and time together.

The union of “family time, fitness and fun” provides families with the opportunity to strengthen relationships, improve health and increase enjoyment of the benefits of healthy living. This article outlines 10 tips for improving family time and physical activity that can benefit family health and improve the quality of personal relationships.

Turn off the “electronic competition” (TV, video games, etc.) and turn on the “outdoor competition” by engaging in outside physical activities together. Families and children have limited time to spend together each day. Walking, riding bikes and playing games outside furnish both family time and opportunities for daily physical activity. Instead of letting family time get locked up by electronic gadgets, put some “outside time” on the daily family schedule (as weather cooperates) and then head outside for some old-fashioned physical interaction and fun.

Make sure that “fitness time” is also “family time” by going together to engage in physical activities at a local fitness center, community center or other location. Family relationships tend to grow stronger through a simple equation: time + activity = better family relationships. Husbands and wives or other couples can walk briskly through the local neighborhood for 20 to 30 minutes a day. A working mother and teenage daughter can catch a fitness class together in the early morning or early evening. Teenage siblings can go together to the fitness center to play basketball, lift weights or jog. Research indicates that motivation to engage in physical activity increases and is maintained as we engage in such activity with others. Encourage family members to become “fitness partners” and engage in physical activities together.

Focus on both “participation” and “competition” as opportunities for shared physical activity in a family setting. Families have multiple pathways to physical activity together. Participation is most important, so finding ways for everyone to be engaged is important. If a father steps outside to go for a walk and a young child wants to go along in a stroller, then take time to facilitate such participation. In addition, competitive activity can provide an avenue for involvement in physical activities through shooting contests (basketball), races or games of tag.
Try a “multifitness” approach to family activity. Engaging in multiple types of physical activity is possible if a family goes on a walk together, children ride bikes, and parents and children throw a ball or Frisbee back and forth along the way and stop to play on the swings or other play equipment at the park. Think of how you might encourage an approach that allows for multiple types of physical activity that can engage all family members along the way.

Take advantage of technology to encourage physical activity in a family setting. Technology today can provide family members with opportunities to be actively engaged rather than passive observers. Children and adults genuinely may enjoy an evening spent doing a “dance fitness” game using the Wii or other technologies.

Support and encourage neighborhood games that facilitate physical activity of family members. Playground baseball games at the park, hide and seek, “Kick the Can” and tag are examples of differing neighborhood games that provide children and family members with physical activity and fun. Adults should not be afraid to support, encourage and participate in such neighborhood games with children.

Join a local fitness center and participate in the opportunities for family interaction and physical activity. In the 21st century, local fitness centers and other programs have diversified the opportunities for physical activity and family interaction. Family-friendly activities and schedules are common at YMCA programs, fitness centers, and local parks and recreation programs. Fitness machines, exercise and dance classes, sports leagues and activities ranging from rock climbing to racquetball often are available and affordable to interested families.

Set goals to overcome the epidemic of “physical activity deprivation” that is too common in family settings. Families can and should discuss and set goals to maintain an active lifestyle where family time and physical activity is prioritized. Use family meetings to review the weekly family schedule, set goals for family time and then identify specific physical activities during the week that can be pursued.

Be attentive to differences by age of the child, ability level and temperament while engaging in physical activity. Parents and other adults should be sensitive to the age, ability level and temperament of each family member while encouraging physical activity. For example, some teenage boys may wish to pursue team sports such as wrestling or football, while others will enjoy rock climbing, biking or other physical activities. Assist each family member to find avenues of physical activity that suit his or her interests and abilities.

Families that play together are more likely to stay together. Active play is one of the best elements for family fitness and fun. Pursue physical activities that involve play and active effort, such as tag, basketball, swimming, hiking, walking, bike riding or any other meaningful physical activity.

These 10 tips provide a beginning point to consider ways in which families can improve their family fitness and fun together. As families include physical activity in their daily and weekly schedules, they can elevate the opportunities for meaningful family time, strengthen family relationships, and heighten the fun and enjoyment they receive as family members.
Designing Space for

Ann Marie Ragan, Lecturer
Department of Apparel, Design and Hospitality Management, NDSU
Spending time together as a family is time well spent; however, the costs often associated with entertaining an entire family tend to keep the family at home. Recreation rooms, or rec rooms, in the home provide the perfect space for families to reconnect, save money and have fun at the same time.

Recreation areas in homes can range from a small corner of a room to an entire basement of a home. The key to designing an effective recreation room for your family is determined primarily by the type of activities your family enjoys, your budget and how much space is available. The following guidelines are designed to help create a home recreation room/space customized to you and your family needs.

Measure Twice, Buy Once

A common mistake made by the eager do-it-yourselfer is forgetting to measure the space before shopping and purchasing furniture. Taking time to measure and lay out a floor plan properly can save you time and money. Measuring a space is not difficult; however, don’t forget to measure and include the placement of windows, electrical outlets and light switches in the drawing of your floor plan. These little details often dictate the location of furniture, as well as electronics and gaming equipment that need electricity, such as an air hockey table.

Determine a Budget

If you truly want to save your family money, a budget is a necessity. Don’t have a lot of money to spend? No problem. You have many ways to acquire the things you need to turn your dream recreation room into a reality. Use what you have by reconfiguring or repurposing existing furniture. Watch for sales and wait until closer to the holiday season or shortly after the holidays to take advantage of clearance pricing.

Garage sales are another great place to find gaming equipment if you are careful. Be a smart consumer and check to see that all the components of the equipment are intact. If the equipment needs electricity, plug it in before you buy it. Check gaming table legs for adjustable glides used to level the equipment prior to use.

Save money for that special addition to the space or have your kids contribute to the savings plan. This will instill a sense of ownership and may help them take care of these items because they helped buy them.

Multipurpose Furniture is a Must

Playing board games doesn’t always have to take place at a dining room table. A larger coffee table can do the trick by providing space for treats and beverages and double as storage for the board games. Large floor pillows or cushions become seat cushions around the coffee table as well as extra places to sit for sleepover guests who are enjoying a movie. And let’s face it, pillow fights are fun, too.

Enjoy billiards and air hockey but don’t have room for chasing the equipment much easier. Other activities that need space include board games because they often require the use of a table and chairs and video games. That’s especially true for physically interactive video games such as those used with Wii and Kinect for Xbox 360 gaming systems.

Define the Purpose

Is your recreation room for playing board games and watching movies or do you enjoy playing billiards together? The best part of designing your own recreation room is tailoring the space to accommodate your family’s interests and favorite activities. Involve the entire family in this process. Who knows, you may be surprised to find your teenage son would rather play board games with you than video games by himself.

Designate Zones

Gaming equipment not only can be large, but it often requires additional clearances for playing the game. By designating zones within your space, you will be able to know exactly how much space you have to work with, making selecting and pur-
both? Purchase a multigame table and have both. Create a snack bar using an old shelving unit or buffet. Some fresh paint and tasty treats are all you need to keep the good times rolling. Including flexible or multipurpose furniture that supports the activities of the users now and as the family continues to grow can make a recreation space a permanent space.

Flexible Lighting

Incorporating dimmable lighting in your space not only can save energy (which saves money), it can create the perfect lighting for playing cards as a family, conquering your son at pool or snuggling on the sofa with the family dog for a movie.

Surround Sound and Soundproofing

Today’s technology provides us with the chance to have the feeling we are in the movie through the use of surround-sound speaker systems. Planning room for these components can be tricky, but including these elements really can bring the theater experience home.

The family will have times when some members are studying and some are playing; therefore, incorporating insulation between the ceiling of the basement and the upper floorboards and installing carpeting can prevent sounds from traveling to other areas of the home.

Interior Design Elements

Finding the ideal concept for your fun new space can seem scary, but a few smart choices can ease anxiety and allow for changes as your personal style changes. First, determine a concept for your space. Do you want the interior design of the space to be completely different from the rest of your home or more cohesive? Some more energetic designs might be based around a sports team, favorite movie, a tropical oasis or a rustic cabin. More sophisticated designs might include a classic pub style with traditional furniture pieces and artwork or a sleek urban-inspired space.

Once you’ve selected a concept, find a piece of artwork, fabric pattern or a pillow that relates to your concept and use this as your main source of inspiration. Choose your paint color by matching one of the colors from your inspiration and use a lighter or darker version of the color to create depth and interest. Make your remaining selections based on your inspiration piece. This will limit your options and makes the selection process easier. Remember, some of the best (and most affordable) artwork comes in the form of candid photos of friends and family.

A space dedicated to the recreational interests of the entire family can save money and keep your wallet full, but it also can fill your home with laughter and memories, which has no price tag.
Try Yoga for Kids

Nikki German, Ph.D., A.T.C., Clinical Education Coordinator
Department of Health, Nutrition and Exercise Sciences, NDSU

YOGA comes from the Indian word yuj, meaning “to join.” It is an ancient system of exercise that joins the mind and body. Everyone, including kids, can practice yoga, and it can be a great family activity.

Performing yoga offers many benefits for kids and adults. Physically, yoga develops strength, coordination, flexibility, balance and overall body awareness. Yoga also improves concentration and focus, increases self-confidence and encourages relaxation. Engaging in regular yoga practice can help counter the stresses of homework, after-school activities, sports and other activities that can be challenging for kids.

Yoga can be done almost anywhere and anytime: at school, a gym or studio, in the park or at home. If you do not have access to a yoga class, you have other options such as videos or books to guide you through your practice. Wherever you practice yoga, the goal is to create an environment that is free of judgments, expectations and competition. Yoga should be fun for participants, fostering cooperation and compassion, as well as developing an understanding of yoga.

A yoga session may include a warmup, breathing exercises, postures and a final relaxation session. During the warmup, you are preparing your mind and body. This may include sitting quietly or gentle stretching exercises. Breathing in and out through the nose promotes concentration and focus, and connects the mind with the body during yoga practice.

Postures or poses are gentle movements involving twisting, standing, balancing and bending. Poses often imitate an animal, plant or flower. During poses, kids can make the sounds of the animal (bark like a dog or hiss like the cobra), or recite the ABCs, a poem or mantra while holding other poses. During final relaxation, music, visualization or guided imagery may be used to promote mind-body awareness, release muscle tension and relieve stress.

Please take into consideration any health or medical conditions you may have and consult with your health-care provider prior to starting your yoga practice.
My family is always on the go, and I’m putting together a first-aid kit. What items should be included?

The contents of a first-aid kit can vary greatly depending upon the objectives for having one. For example, a first-aid kit can be purchased or constructed to accommodate the family on a weekend wilderness camping trip or a weekend trip to the sports complex involving organized youth sport events (tournament or league play).

A first-aid kit also can be organized to provide for special situations, such as one specifically for the family pet or one with an array of other items that collectively might be used in a public disaster situation. However, in the context of this article, the focus will be to answer the question regarding the contents of a basic first-aid kit as it relates to most family households.

Maintenance, Design and Estimated Costs of a First-aid Kit

Some of the suggested items for a first-aid kit are considered expendable items and have expiration dates stamped on their respective packages (for example, antibiotic ointment packets, the commercial eyewash solution or the instant cold compress items). The first-aid kit should be checked periodically to replace these items so that everything in the kit is ready to use at all times, especially in an emergency situation.

First-aid kits can be purchased commercially with many of the standard items listed, or they can be constructed to suit the needs of your individual family. In either case, the cost estimate for purchasing the first-aid kit can range anywhere from $15 to $150; it simply depends upon the needs or desires of your family household.

Jay M. Albrecht, Ph.D., A.T.C., H.F.S. Assistant Professor, Department of Health, Nutrition, and Exercise Sciences, NDSU
With the rising costs of gas and food, my family has limited financial resources. How can my children participate in activities?

Consider the type of activities in which you want children to participate. This may sound simple, but many times, parents steer their children toward individual sports and private instruction, which usually are significantly higher than the cost of team sports. Generally, the costs of private clubs are five times higher than municipal or nonprofit programs, and they demand top-notch equipment, even for young players.

If your child shows a budding interest in figure skating, for example, don’t go out and immediately hire a private coach, which can cost hundreds of dollars. Instead, enroll her or him in an introductory figure skating class and try to gauge her or his interest. The introductory class will be less expensive, and it will allow you to see if your child remains interested and if she or he has remarkable talent. Your child eventually may lose interest in a sport after a time, so proceeding cautiously before you invest a lot of money is wise.

Generally, team sports and activities at recreational centers such as the YMCA, local park departments, churches and nonprofit youth leagues are almost always less expensive.

Equipment is often the second-highest cost for extracurricular activities. You can cut this expense significantly by buying professional-quality equipment at stores such as Play It Again Sports and even resale stores. These stores typically carry gently used sporting equipment at a fraction of the cost of new equipment. As long as the used equipment is safe, it always will be cheaper than buying it new. Some stores will let you trade in used equipment to fund additional purchases, and they typically have a wide selection from which to choose.

Another option is to trade or buy used equipment from other parents in your neighborhood, school or church. Most children have equipment they no longer use, but it can be perfectly suited for your child. Buying equipment at yard sales is another way to save. Also, you can save on equipment costs by renting equipment instead of owning it. Equipment such as football shoulder pads and softball bats often are much less expensive if you rent instead of buying.

Debra Pankow, Ph.D., Extension Family Economics Specialist and Associate Professor, Department of Human Development and Family Science, NDSU

My kids love being outside. I was in 4-H many years ago and showed animals, but we don’t live on a farm. Does the 4-H program offer any outdoor projects?

The 4-H Environmental Project includes many opportunities for youth to be active and enjoy the outdoors.

Our state 4-H Camp features two weeklong residential outdoor skills camps for beginners and older youth. 4-H Shooting Sports is one of our signature programs and is one of the strongest in the state, with more than 500 volunteers conducting more than 350 events throughout the year. Activities include archery, air rifle and firearms safety education, as well as outdoor camps and organized matches. Club and county activities also are available across North Dakota.

For those interested in being active outdoors and getting close to nature, the 4-H Environmental Project offers educational lessons and tools for volunteers, parents and youth. Many educational trunks, such as bird watching, upland game identification and entomology, contain reference material and designed activities for youth to discover the outdoors through nature hikes and hands-on investigation. Camping and hiking also are supported with educational trunks in orienteering, hand-held global positioning systems and Dutch oven cooking activities.

Volunteer contacts and educational trunk offerings are available through your local county Extension office or county 4-H club. 4-H Environmental Project activities may be viewed on the Web at www.ndsu.edu/4h under Environment and Natural Resources.

Adrian Biewer, M.S., 4-H Youth Development Specialist
NDSU Extension Service

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Debra Pankow, Ph.D., Extension Family Economics Specialist and Associate Professor, Department of Human Development and Family Science, NDSU
When you are playing hard in the sun, keep sun protection in mind.

According to the Centers for Disease Control and Prevention, only a few serious sunburns can increase your risk of skin cancer later in life. You don’t have to be at the pool or the beach to get too much sun. Skin needs protection from the sun’s harmful ultraviolet (UV) rays whenever you are outdoors.

How does sunlight put our skin at risk? In addition to visible light, sunlight includes invisible ultraviolet radiation. UVA rays cause premature aging of the skin and impact skin during any hour of daylight, even through the clouds.

UVB rays cause sunburn and the most impact during midday. Both types of radiation weaken the body’s immune system in addition to causing cancer. An estimated 1 million skin cancer cases are diagnosed annually in the U.S.; the majority are of these are sun-related.

The good news is that you can prevent UV radiation from hurting you and your family. Teaching children to practice smart sun habits while they are young will help them stay sun-safe their entire life.

Sunscreen and clothing offer the best forms of significant UV protection. All fabrics offer some protection, but clothing that offers the most protection carries an Ultraviolet Protection Factor (UPF) value, a rating system used for apparel. More and more outdoor clothing carries this rating.

UPF gauges a fabric’s effectiveness against both UVA and UVB radiation. UPF ratings range from 15 (good) to 50+ (excellent). A UPF rating of 50 would indicate that the fabric in a garment will allow one-fiftieth or 2 percent of available UV radiation to pass through it.
What makes some fabrics more effective than others? The following factors make a difference:

- **Construction** – Dense, tightly woven or knitted fabrics minimize space between the yarns that allow light to pass through.
- **Color** – Darker colors of the same fabric type will absorb more UV radiation than light colors.
- **Fiber content** – Polyester and nylon are good, wool and silk are moderate, and cotton and other cellulose natural fibers score low unless they have added treatments.
- **Stretch** – When garments are stretched 10 percent beyond normal dimensions, space between yarns widen and the effectiveness may be reduced up to 40 percent.
- **Wetness** – A fabric’s protection is reduced up to 50 percent when wet. For example, a white T-shirt would provide a UPF of 3 when it is wet.

Test methods have been developed to calculate a fabric’s UPF rating. The Federal Trade Commission monitors advertising claims. Most manufacturers follow the standards and test methods to label their garments.

UPF-rated clothing may not always be necessary, but it adds a good measure of protection when worn in areas with increased UV intensity, such as high elevations or regions close to the equator, or when close to reflective surfaces such as water, sand or snow.

A strategy for overall protection includes the use of sunscreen, wearing UV-protective clothing and limiting the amount of time you expose yourself to the sun’s radiation. Here are some tips for the best protection:

- **Apply sunscreen** with an SPF (sun protection factor) of at least 15 30 minutes before going outdoors. Don’t forget noses, ears, lips and the tops of feet.
- **Wear sunglasses** to protect the eyes. Look for styles that block as close to 100 percent of both UVA and UVB rays as possible.
- **Choose a hat** that shades the face, scalp, ears and neck. You can find fun styles that offer great protection.
- **Cover up with clothing** to provide the most protection for sun-sensitive skin.

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**Be Sun Savvy**

- Limit sun exposure between 10 a.m. and 4 p.m.
- Wear hats, shirts and other protective clothing.
- Apply sunscreen before going outside. Reapply every two hours.
Help Your Children Develop Self-discipline

Debra Habedank, Director, Center for Child Development. NDSU

Children’s misbehavior can be frustrating to adults, but we also can see it as an opportunity to teach, a chance to model self-discipline and character. Emotional development, like other learning, takes time when given learning opportunities. And children, being the excellent imitators they are, will follow our example, for better or worse.

If we yell at children, they will yell; if we hit them, they will hit. We get better results when we discipline calmly and teach our children to express their feelings in acceptable ways. Here are a few ideas to help children develop self-discipline:

- **Be clear and consistent.** Set and discuss rules and consequences. Rules should be clear, simple and few. Some like having only one basic rule: You may not hurt yourself, others or things. For example, to stop a child from hitting another child, kneel and calmly state, “You may not hit your friend. People are not for hitting.” Then add, “I know you are angry. Can you tell me why?... OK, how can you let me know that you want to use his toy when he is done?”

- **Offer choices.** “Do you want to brush your teeth now or after we read a story?” “Would you like milk or juice with your snack?” Remember, only give choices you can accept. Even simple choices will help your child feel more in control and, therefore, better able to cooperate.

- **Ignore certain behavior, such as cursing or stomping, if it is not harmful.** A child will learn quickly that he/she will gain nothing by acting out. On the other hand, the child will learn that “right” behavior gets results and a favorable reaction from adults. The point is, recognize and attend to behavior you want to encourage rather than behavior you don’t want to encourage.
No more “no.” Keep it positive. Both parents and children get tired of hearing “no” all the time. Too many nos lose their meaning and do not help a child learn what will get them a “yes.” Positive statements teach children what is appropriate.

Telling a child what not to do is not enough; you also should teach better alternatives. Picking up on “right” behaviors and complimenting the child immediately is important for parents. Catch your children sharing, helping other children and dealing with frustrations by using their words and not their hands.

No matter what we adults do, children will have times when they lose control. Aggressive acts call for an adult to step in and negotiate the situation between the two children. Helping each child share his or her story of the situation and then asking, “How can we make it better?” allows children to arrive at their own solution and not totally depend upon an adult to solve the problem for them.

All children misbehave at some time; it’s part of finding out what appropriate behavior is and where the limits are. As parents teach children appropriate behavior, what the expected rules and boundaries are all about, remembering the goal of discipline is important. Discipline means helping a child develop self-control and a sense of limits, and learn from his or her mistakes.

Source: Adapted from Family-Friendly Communication for Early Childhood Programs by Diffily and Morrison: www.education.com/print/Ref_About_Discipline/

Ideas to help children develop self-discipline:
- Be clear and consistent.
- Offer choices.
- Ignore certain behavior.
- No more “no.”

Vary your veggies.
- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

ChooseMyPlate.gov
NOW PLAYING

Eat Smart. Play Hard.

Thundar’s New Game Plan

Starring

THUNDAR

★★★★★
Two thumbs up!!
VOTED BEST PICTURE!
Action-packed!
Great family entertainment!

www.ndsu.edu/eatsmart
Click on “Thundar’s New Game Plan” video link
For good health, kids need at least 60 minutes of physical activity every day; adults need at least 30 minutes a day.

For more information, go to ChooseMyPlate.gov.

Be active for life!

Smart choices at the table lead to peak performance while training and competing. Keeping your body healthy can be challenging, but it is also rewarding.

Amy Anderson, women’s golf, Oxbow, N.D.

While training hard, it’s very important to eat healthy foods. Doing so will help you feel better both physically and mentally.

Tyler Johnson, wrestling, Bismarck, N.D.

Eating healthy foods allows me to perform at my best both on the court and in the classroom. It gives me the energy I need to stay mentally focused and train at a high level.

Abby Plucker, women’s basketball, Parker, S.D.

Eating healthy foods and snacks enables me to perform at my peak performance and stay injury free during the long baseball season.

Zach Wentz, baseball, Bismarck, N.D.

With the constant demand of school work and preparation for athletics, your body needs the proper nutrition to help you recover mentally and physically to perform at your best in the classroom and in competition.

Twila Moser, women’s track, Bismarck, N.D.

My first summer at college, I found myself not eating the right foods and not performing the best in the weight room. Now, I have a balanced diet and perform better in the weight room. I am a more fit athlete and person.

Jordan Aaberg, men’s basketball, Rothsay, Minn.

If you eat healthy and get enough sleep, that will lead to success on and off the field.

Ryan Smith, football, Wahpeton, N.D.

I think of training as building the machine and good food as the fuel for that machine. Without both, we wouldn’t be able to function as athletes or healthy individuals.

Paige Nash, volleyball, Dickinson, N.D.
MyPlate COLORING PAGE

Draw a picture of your favorite food in each food group. Then, color it!

Choose MyPlate.gov
Search & Find Powerful Treats

Circle the 6 food items that contain calcium to help keep your bones strong.

ANSWERS: (1) MILK (2) CHEESE (3) ICE CREAM (4) BROCCOLI (5) CREAM CHEESE (6) YOGURT

For more health games and tips, visit: www.cdc.gov/family/kids
Crack the **SECRET CODE**

Use your skills and the code below to complete the secret code phrase!

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 22 | 12 | 8 | 24 | 18 | 6 | 15 | 2 | 4 | 23 | 19 | 26 | 16 | 5 | 1 | 3 | 7 | 11 | 20 | 10 | 17 | 14 | 21 | 9 | 13 | 25 |

16 22 19 18
2 22 26 6
13 1 17 11
3 26 22 10 18

6 11 17 4 10 20
22 5 24

14 18 15 18 10 22 12 26 18 20

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**Answer on page 50**

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**Find your balance between food and physical activity.**

ChooseMyPlate.gov
Help Thundar find his way to some healthful snacks!

Answer on page 50
Protein Foods **WORD SEARCH**

Can you find these words?

ALMONDS
BEEF
CHICKEN
EGGS
LENTILS
PECANS
PINTO BEANS
PORK
SALMON
SHRIMP
SUNFLOWER SEEDS
TOFU
TUNA

**BONUS:** Circle all of the plant-based protein sources.

Answers on page 50
What do pancakes and baseball have in common? Batter! They both depend on the batter!

What did baby corn say to mama corn? Where's popcorn?

What fruit likes roller coasters? Ki-Wheee!

Is your fridge running? Then you better go catch it!

What do you serve but not eat? A volleyball

What do you call beef that doesn't taste good? A mis-steak!

What do you call two banana peels? A pair of slippers!

What kind of keys do kids like to carry? Cookies

What starts with “t,” ends with “t” and is full of “t”?

A teapot

What do you serve but not eat? A volleyball

What did one plate say to the other?

Lunch is on me!

Is chicken soup good for your health? Not if you’re a chicken!

What did one banana tell the other?

Listen! Too many ears are listening!

How did the egg cross the road?

It scrambled across

Is chicken soup good for your health?

Not if you're a chicken!

How do you plant a fruit tree?

You berry it!

Where do you stop on green and go on red?

A watermelon

What kind of keys do kids like to carry?

Cookies

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Where's popcorn?

What do you call two banana peels?

A pair of slippers!

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What do you serve but not eat?
Help Thundar find his way to some healthful snacks!

Note – picture of Thundar at top and fruits, vegetables, whole grain crackers, cheese stick at other end.

Thundar Maze – page 47

Secret Code – page 46

Make half your plate fruits and vegetables puzzle and answer key

MAKE
16 22 19 18

HALF
2 22 26 6

YOUR
13 1 17 11

PLATE
3 26 22 10 18

FRUITS
6 11 17 4 10 20

AND
22 5 24

VEGETABLES
14 18 15 18 10 22 12 26 18 20

Word Search – page 48

ALMONDS
BEEF
CHICKEN
EGGS
LENTILS
PECANS
PINTO BEANS
PORK
SALMON
SHRIMP
SUNFLOWER SEEDS
TOFU
TUNA

FIGHT BAC!® FOOD SAFETY CROSSWORD

Courtesy of University of Georgia Cooperative Extension Service.

ACROSS
1. Do this quickly to get foods to 40 degrees Fahrenheit or below.
3. Never leave foods like luncheon meat sandwiches, milk, soups or other cooked foods at room temperature for more than ___ hours.
5. To ____ food safely, make sure that the food reaches the proper temperature to get rid of BAC!®
7. To make sure that foods like hamburgers get safely cooked, use one of these.
9. Do this to help remove soil and BAC!® that could be on fruits and vegetables.

DOWN
2. Use a special container made to keep hot foods ___, above 140 degrees Fahrenheit, if you take them to school in your lunch.
4. Do this to hands after toileting, after touching pets and before touching food.
5. Something you should do to kitchen counters before you make food on them.
6. Keep cold foods like luncheon meats _____, at or below 40 degrees Fahrenheit in your refrigerator.
8. The best way to wash your hands is with soap and warm ______ water while rubbing them together.


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