

# December is Root Vegetable Month!

## Nutrition & Physical Activity Books:

- *Up, Down and Around* by Katherine Ayres
- *Tops and Bottoms* by Janet Stevens
- *The Vegetables We Eat* by Gail Gibbons

**Recipe of the Month:** This *Simple Cooking with Heart* chicken and vegetable dish is so easy and tasty!  
**Lemon Chicken and Cinnamon Glazed Root Vegetables**

### **Ingredients:**

- Non-stick cooking spray
- 4 boneless, skinless chicken breast, all visible fat discarded
- 1 lemon
- ¼ tsp. ground black pepper
- 2 green onions, cut into ½ inch pieces
- ½ tsp. dried parsley
- ½ tsp. dried oregano
- 1 small raw sweet potato, cut into 1- inch cubes, peeled if desired
- ½ cup baby carrots, cut into 1-inch pieces
- 1 small turnip, cut into 1-inch pieces
- 1 Tbsp. light tub margarine
- ½ tsp. cinnamon
- 1 tsp. brown sugar



### **Directions for Lemon Chicken:**

- Pound chicken to even thinness (about 1-inch).
- Spray a large skillet with non-stick cooking spray, place over medium heat.
- Add chicken to skillet and squeeze juice of ½ the lemon over the chicken. Sprinkle pepper, parsley and oregano over the chicken. Cook for 5-10 minutes on each side.

### **Directions for Cinnamon Glazed Root Vegetables:**

- Preheat oven to 400 degrees.
- Combine vegetables in a medium mixing bowl and toss with olive oil to coat. Spread vegetables on a baking sheet and bake for 20 minutes. Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly brown.
- Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar. Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

*Recipe and Photo Credit: www.heart.org/simplecooking*

**Family Wellness Corner:** If it's too cold to play outside, get moving with your family indoors! Here are some ideas to get you started:

- **Go for a walk at the local mall.** Play 'I Spy' with your children while walking.
- **Go on a Healthy Scavenger Hunt in your home.** Make a list of healthy items to find in your home with words or pictures. Place the list in one location. As you complete each task, come back to the location to read the next item on your list.
- **Make a family movement book.** Collect pictures of your family being active (jumping, rolling, walking, balancing, etc.). Let your kids pick their favorite pictures. Paste the printed pictures on paper and fold to make a book. As you enjoy reading your book, act out the pictures!



## Physical Activity Ideas:

### **Infants: Find the Noise**

- Hold your baby in your lap. Shake a noisy item like a rattle behind the baby's head, out of their site. Shake it slowly, then faster. As the baby searches for the toy with his or her eyes, praise and cuddle your baby.

### **Toddlers & Preschoolers: Children's Bowling**

- **Equipment** – gather supplies in your home such as toilet tissue/paper towel rolls, plastic cups, or empty plastic containers to act as the "pins" and a ball.
- **Instructions** – find a large area in your home for the bowling alley. The child rolls the ball aiming to hit the most pins down. Demonstrate how to do the activity, then let children try it.

*Activity Credit: Mississippi State University, EC Institute, Gross and Fine Motor Activities for Early Childhood, 2007*