



The Digestive System

This month in THE GREAT BODY SHOP, your child will be learning about the digestive system. We'll also talk about the importance of eating a variety of foods every day.

Lesson 1: The Digestive Process, What Helps and What Hurts

Lesson 2: The Balancing Act—Calories and Nutrients

Lesson 3: It's Your Choice ... Or Is It?

Lesson 4: Becoming a Careful Consumer

Food from around the World

The food we eat often has roots in countries the world over. With your child, go through your refrigerator or kitchen cabinets. See how many foods you can find that are eaten in other countries. Can your child name some of your family's favorite foods (spaghetti, burritos, egg rolls, etc.) that were inspired by other cultures?

Cookie Alert

Cookies can vary from 15% fat to over 60% fat. Those with the lowest fat content are: fig-filled sandwich cookies, animal crackers, molasses and ginger snaps. Check labels to be sure cookies contain vegetable oil instead of saturated fat. Saturated fats are lard, palm or coconut oil, beef fat, and butter.



Food for Thought

There's no doubt about it: Children who eat a healthful breakfast are more alert and do better in school than children who leave the house with empty stomachs. Here are a couple quick breakfast recipes your child can make without help. Both can be eaten on the way to school.

Cheese Meltdowns

1–2 slices cheese 1 pita pocket

Put cheese in pita. Microwave on high until cheese melts. (Approx. 30 seconds.) Let cool one minute before eating.

Whacky Roll-ups

peanut butter (or non-fat cream cheese)

raisins or banana

2 slices bread (preferably whole wheat)

Spread bread with peanut butter. (For children allergic to peanuts, substitute non-fat cream cheese.) Sprinkle with raisins and roll up. Or, cut the banana in half lengthwise, put each half in center of bread, and roll.

English Muffin Egg Pizzas

- 4 English muffins
- olive oil
- tomato slices
- 2 hard-cooked eggs, sliced
- grated mozzarella
- oregano
- kosher salt
- Make Hard-cooked Eggs.

Toast 8 English Muffin halves and place on a cookie sheet.

Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella. Sprinkle with oregano and kosher salt. Broil 5 minutes or until the cheese melts.

“Compute It!” Answers:

7 hours per week; 5.2 days per year (except leap year); minutes per month depends on the number of days in the month