



## FIT AND HEALTHY kids

*Ideas and recipes to keep kids growing strong*



Regular exercise is one of the easiest and most important things you can do to grow fit and healthy. The good and bad habits that we develop when we're young can have a big effect on our later health. So, get moving! Physical activity is fun and helps strengthen muscles including the heart. And, it pays off twice. You'll feel good now and you'll have a headstart on becoming a healthy adult.

## Fit and Healthy

Good nutrition is just as important as regular exercise. Keep your body in shape inside and out by eating foods that are good for you. Whether you play a sport or just play around, foods like fruits, vegetables, breads, cereals, milk and yogurt will give you energy to go and the nutrition you need to grow up fit and healthy.



## GROWN-UPS KNOW.

One of the best ways to improve kids' diets is to provide them with foods that are both healthful and taste great. All-natural honey fills the bill. It's a source of simple carbohydrates that can help to fuel busy kids and they love it!

Honey also contains small amounts of a wide array of vitamins, minerals, amino acids, as well as antioxidants. And new research is showing that honey is a good carbohydrate for exercise.

These ideas and recipes from the National Honey Board show just how easy it is to get kids moving—towards fit and healthy adults.



## Healthy Snacking

Cookies are a kid's favorite snack. Here are some "good-for-you" treats that are easy to make and packed with energy and nutrition. Make a batch and freeze for lunches or anytime snacks.



## honey granola bars

- 4 cups low-fat granola
- 1 cup dried fruit, such as finely chopped dried apples, apricots or pears or dried cranberries or raisins
- $\frac{2}{3}$  cup honey
- $\frac{1}{4}$  cup vegetable oil
- 1 teaspoon vanilla extract
- 4 egg whites

In large bowl, combine granola and dried fruit; mix well. In small saucepan, heat honey, oil and vanilla over medium heat, stirring until honey is dissolved. Pour honey mixture over granola; mix until well coated. Add egg whites; mix well. Spread mixture in lightly oiled 13 x 9-inch baking pan. Bake at 325°F for 30 to 35 minutes or until deep golden brown. Cool in pan on wire rack 10 minutes. Cut into bars; cool bars completely on wire racks. Makes 20 bars.

Nutrition information per serving (1 bar): calories 138; total fat 4 g; cholesterol 0 mg; sodium 32 mg; total carbohydrate 24 g; dietary fiber 1 g; protein 2 g; calories from fat 25%

## cookie rangers

- $\frac{1}{2}$  cup butter or margarine, softened
- $\frac{1}{2}$  cup creamy peanut butter
- 1  $\frac{1}{2}$  cups honey
- 2 eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 3 cups crisp rice cereal
- 2 cups quick or old fashioned oats
- 1 cup flaked coconut
- $\frac{1}{4}$  cup plain wheat germ

Using electric mixer, beat butter until light; gradually add honey, beating until light and creamy. Beat in eggs and vanilla.

In large bowl, combine flour, baking soda, baking powder and salt; gradually add to butter mixture, mixing until blended. Stir in rice cereal, oats, coconut and wheat germ. Drop by  $\frac{1}{4}$ -cupfuls onto greased baking sheets, about 2 inches apart. Flatten to 4-inch circles. Bake at 350°F for 10 to 12 minutes or until light golden brown. Remove to wire racks; cool completely. Makes 24 large cookies.

*Variation: Stir in 1 cup (any combination of) chopped nuts, chocolate or butterscotch pieces or raisins into dough.*

Nutrition information per serving (1 cookie): calories 222; total fat 8 g; cholesterol 28 mg; sodium 198 mg; total carbohydrate 36 g; dietary fiber 2 g; protein 4 g; calories from fat 30%

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## Honey Q and A



**1** How old is the Honey Squeeze Bear?

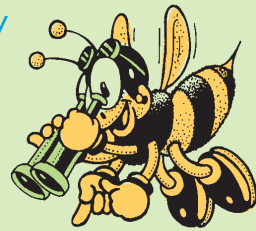
He's over 40 and still looks like a kid. He's fit and healthy—it must be all that honey!

**2** A honey bee can carry a load of nectar close to half her own weight. How much honey does the average worker honey bee make in her lifetime?

½ of a teaspoon

**3** How much honey would it take to fuel a bee's flight around the world?

About one ounce



**4** How fast does a bee fly?

About 15 miles per hour

For more fun facts, kid's recipes and games visit [www.honey.com](http://www.honey.com).

Caution: Honey should not be fed to infants under 1 year of age. Honey is a safe and wholesome food for older children and adults.



National Honey Board  
390 Lashley Street, Longmont, CO 80501-6045  
[www.honey.com](http://www.honey.com)

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## Kids - Get Going!



With the energy in one ounce of honey, a bee can fly around the world. They're active. They're full of energy. And they live on honey!

Are you an active, busy kid? Every day our bodies need to move. Physical activity builds our muscles, keeps our heart strong and helps us grow into healthy adults. And whether playing a sport or just playing around, we need to keep our bodies fueled and strong by eating a variety of healthy foods. Here are some fun ideas and recipes to get you going and growing.

## Drink Up!



### Start the day with a good breakfast

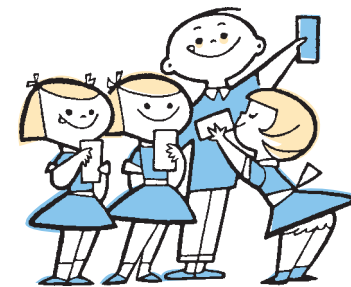
A healthy breakfast will fuel you for the day. Breakfast is the most important meal but it doesn't have to be a major project—juice, yogurt, granola and fruit are all fast and healthy. Here's a drink to get you started. Make sure to get an adult to help with this one.

### Jumpin' orange juicer

¼ cup honey  
1 can (6 ounces) orange juice concentrate  
1 cup milk  
10 ice cubes

Combine honey, orange juice concentrate and milk in blender or food processor container. Process until smooth. Add ice cubes and process until ice is finely chopped. Makes 2 servings.

Nutrition information per serving (1/2 of recipe): calories 325; total fat 3 g; cholesterol 9 mg; sodium 69 mg; total carbohydrate 73 g; dietary fiber 1 g; protein 6 g



### Take time for dinner

Rushing from school to practice to lessons leaves little time for mealtime. But skipping meals means missing out on good nutrition. Here's a recipe that will help to get dinner on the table quicker than you can talk your mom into taking you out for fast food.

### slam dunkin' chicken strips

¼ cup honey  
¼ cup teriyaki sauce  
1½ cups plain dry bread crumbs  
1 pound boneless skinless chicken breasts, cut into 1-inch strips  
Salt and pepper  
No-stick cooking spray



Preheat oven to 425°F. Lightly spray a baking sheet with cooking spray.

In shallow bowl, whisk together honey and teriyaki sauce. Pour bread crumbs into separate bowl. Set bowls aside.

Season chicken strips with salt and pepper as desired. Dip strips in honey mixture, then in bread crumbs. Arrange chicken strips on baking sheet; lightly coat with cooking spray. Bake 12 to 15 minutes or until cooked through. Makes 6 servings.

Serve with a favorite dipping sauce.

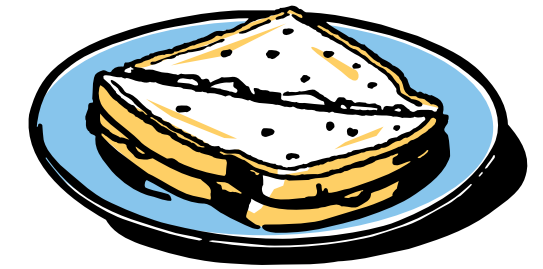
Nutrition information per serving (1/6 of recipe): calories 237; total fat 3 g; cholesterol 46 mg; sodium 583 mg; total carbohydrate 32 g; dietary fiber 1 g; protein 20 g



### Be a smart snacker

Active kids like you need between meal snacks to keep going. Be smart and choose healthy snacks that include fruits and vegetables.

**Honey P B & C Sandwich** – Get in an extra vegetable the easy way. Mix together peanut butter, honey and 1 grated carrot. Spread on favorite bread.



**Honey Banana Pops** – Cut a banana in half. Insert a popsicle stick into cut end. Spread honey over banana and roll banana in chopped nuts, crushed graham crackers or candy sprinkles.

**Heavenly Chocolate Honey Dip** – Crazy for chocolate? Combine 1 cup nonfat sour cream, ½ cup honey, ½ cup unsweetened cocoa and one teaspoon vanilla. Serve as a dip for strawberries, pineapple chunks, grapes, apple wedges or sliced bananas.

**Mexican Roll-up** – Spread a warmed flour tortilla with butter and honey. Sprinkle with cinnamon and roll up. Add some sliced banana for an extra fruit boost.

**Nut and Honey Muffins** – Spread a toasted English muffin half with peanut butter. Drizzle with honey and top with a few slices of canned pears.

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