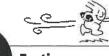
Linda Franzese, Food Service Director



Festive cornucopias

This Thanksgiving, let your child add healthy mini cor-

nucopias to your holiday table. He could fill waffle cones with plain nonfat Greek yogurt and add fruit and nuts (perhaps grapes, cut-up oranges, and walnuts). He can tie a colorful rib-

bon around each cone—the decorations will make a perfect appetizer or dessert.

Strike a pose!

Your youngster can use her own body weight to hold poses that will build strength in her arms and legs. Challenge her to do a handstand against the wall, get into a plank position, or balance on one foot. Make it a family contest to see who holds each pose the longest.



DID YOU Nearly two-thirds of children drink a sugary beverage every day.

Instead of buying soda or sports drinks, fill a pitcher with water each morning, and ask your youngster to decide on a healthy add-in (cucumber slices, frozen strawberries). Refrigerate, and have him fill a water bottle, then keep it with him to drink and refill throughout the day.

Just for fun

Q: What reads and lives in an apple?



Turn the tables on picky eating

"Mac and cheese again? You had it yesterday and the day before-and the day before that!" Sound familiar? Encourage your youngster to eat a wider variety of foods with ideas like these.

Be matter-of-fact

Your child may need to be exposed to a new food 10-20 times before she'll accept it. Keep trying! Have her put a small serving on her plate every time you serve a food. If she says she won't like it, tell her that's okay-she might change her mind later. She'll be more likely to take a bite (or two) if there's no pressure.

Appeal to her senses

"This lentil curry is delicious!" Let your youngster see you enjoying a new dish, and invite her to get to know it. Ask her to think of foods she likes that are the same color or that have a similar smell or texture. Maybe she'll say lentil curry looks similar to Grandma's baked beans. She'll be more comfortable tasting the food if it feels a little more familiar.

Find winning combinations

Pair food your child loves with one she's not crazy about or hasn't tried. The combination of flavors may turn her into a fan. For example, top fish with sweet pineapple rings. Or offer her just about any vegetable with melted cheese, and watch her dig in.

Add learning to family walks

Turn an ordinary walk around the neighborhood into a learning adventure for your child. You'll all get exercise - and he'll explore math and science. Here's how.

Collect (free) math supplies. Your youngster can carry a bag for gathering acoms, colorful leaves, pinecones, and other natural objects from the ground. Then, he could sort, count, and graph the items.



Observe nature. Encourage your child to carry a notebook and look for animals and plants on your walk. He might sketch and jot down notes about spiders, chipmunks, pine trees, and chrysanthemums.