

PATCH Food Program Newsletter

June 2021



Water, Water, Water

Water helps your body work properly. Your body has lots of important jobs and it needs water to do many of them. Your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Your immune system needs water to help fight off illness.

Besides being an important part of the fluids in your body, water is needed by each cell to work.

Water and milk are the best fluid choices. Lots of foods contain water too. Fruits and vegetables contain a lot of water are watermelon, strawberries, cantaloupe, peaches, oranges, cucumber, zucchini, celery, apples, watercress, tomatoes, bell peppers, cauliflower, cabbage, grapefruit.

How much water you need to drink a day? Your body regulates the amount of water in your system. The body holds on to water when you don't have enough or gets rid of it if you have too much. If your pee is very light yellow, you are hydrated. When your pee is very dark yellow, it's probably time to drink up.

Another tip: drink ½ oz water per 1 pound of your body.

Did you know?

Avocado has the highest protein and oil content of all fruits, but most of this is the healthier unsaturated type.



Yoga with children

Teach children fun yoga poses related to water like “boat,” “fish,” “bridge”, “dolphin”



Physical Activity Corner

Infants

- Short periods of supervised tummy time
- 2-3 periods of outdoor play daily

Toddlers

- 60-90 minutes Moderate Vigorous Physical Activity (MVPA) daily
- 60-90 minutes outdoor play daily (2-3 periods)

Preschoolers

- 90-120 minutes MVPA daily
- 60-90 minutes outdoor play daily (2-3 periods)

Visit [Healthy Kids, Healthy Future \(healthykidshealthyfuture.org\)](http://Healthy Kids, Healthy Future (healthykidshealthyfuture.org)) for more tips and ideas.

Cooking with Your Children



My Bagel Breakfast

Ingredients:
Whole Grain Bagel
Strawberries
Blueberries

Provide all the ingredients. Children make their own happy face with bagel and berries for breakfast. Or whatever design they want and makes them happy. Older children may cut their own fruits with supervision.

Food for Thought

Q: Why did the student eat his homework?

A: the teacher told him it was a piece of cake

