

Yoga!

Yoga has been around for thousands of years. Yoga is a practice that started in India, and is now very popular in the United States and around the world. It has gained a lot of attention lately—maybe because it is a fun and easy way for both adults and kids to feel healthy and happy.

The word “yoga” means “union” in Sanskrit, the ancient language of India. Yoga is the “union” or coming together of mind (thoughts and feelings) and physical body. Many people feel an overall sense of well-being when they practice yoga.

There are many aspects to yoga. In short, yoga is a system of physical exercises or postures, called asanas. These asanas build strength, flexibility and confidence. Yoga is also about breathing, called pranayama, which helps calm and refresh the body and mind.

Yoga for Kids

Yoga is about exploring and learning in a fun, safe and playful way. Yoga and kids are a perfect match. Here is what children (and adults) can learn from yoga:



- **Yoga teaches us about our bodies.** When we practice the physical postures or exercises, asanas, we learn how to move more freely and with greater ease and awareness. These postures help our bodies become strong and flexible.
- **Yoga teaches us how to breathe.** When we breathe deeply and fully, pranayama, we become more aware and can bring peaceful energy to our bodies.
- **Yoga teaches us how to use our energy more effectively.** When we practice yoga, we learn how to use the life force energy in our bodies, called prana, to feel more relaxed, focused, or motivated.

(continued on page 2)

did you know...

- ▶ A dairy cow can produce about 16,000 glasses of milk a year.
- ▶ It takes 10 pounds of milk to make one pound of cheese.
- ▶ Milk is 88% water and 12% solid food, so it may be best to drink water or milk if you are thirsty.
- ▶ Each American eats about 22 pounds of tomatoes per year. Over half of those tomatoes are in the form of catsup or tomato sauce.
- ▶ Arugula is a type of salad green. It is popular in Italian cooking. The ancient Romans used to eat it for good luck.

Catchusa.org

Quotable Quotes

“A crust eaten in peace is better than a banquet partaken in anxiety.”

– Roger Verge

Yoga!

— Continued from front page

- **Yoga teaches us how to quiet the mind.** When we practice yoga, we learn how to be still. This helps us to listen with attention and make good decisions.
- **Yoga teaches us about balance.** When we practice yoga, we learn to be more aware of the need for balance in our lives. This could mean equal stretching on the left and right sides of our bodies or making sure we balance our very busy time with an equal amount of quiet time and relaxation.
- **Yoga teaches us to be the “boss” of our bodies.** Yoga teaches us to listen to our bodies by modifying or changing poses that are too hard or cause pain.
- **Yoga teaches us about taking care of ourselves.** Yoga is a great way to move our bodies and feel healthy and teaches children a way to take care of themselves. As with all forms of exercise, a good yoga practice can mean a good night’s sleep.

The beauty of yoga is that children can practice alone, with a friend or in a group. Many schools are now teaching yoga to young children, and there are many after-school and weekend classes for children and their families to get involved in. Everyone can enjoy yoga—from tots to great-grandparents!

What You Will Need:

- Quiet area
- Yoga mat, towel, blanket or non-skid floor
- Comfortable clothes that allow for movement
- Quiet music and dim lighting may help you relax and enjoy your yoga poses

Getting Ready to Practice Yoga:

- Warm up for 5 minutes before you start Yoga (e.g., walk in place, walk around the house).
- Do not force yourself into a yoga pose.
- The longer you hold each pose, the more challenging it becomes. Start by holding each pose for 2 breaths and slowly increase the number of breaths as you feel yourself improve in balance and endurance.



- Do NOT hold your breath at any time.
- Protect your back by keeping your spine straight and your knees slightly bent when you bend forward from any standing position.
- Stop if you feel any pain or discomfort.

Professional organizations that focus on children also support the idea behind yoga. For example, The American Academy of Pediatrics (AAP) and The National Association for the Education of Young Children (NAEYC) recommend that children should participate in activities that support the development of the whole child. This is exactly what yoga is about.

For more information on Yoga visit:
www.nextgenerationyoga.com

The Shape of Yoga – Nutrition and Physical Activity Booklet for Families: <http://www.cdph.ca.gov/programs/cpns/Documents/Network-shapeofyoga.pdf>

KIDS' HEALTH & SAFETY

Lead Poisoning

Lead poisoning is a preventable disease caused by breathing or swallowing a substance with lead in it, such as paint, dust, water or food. Lead can damage almost every organ system. In children, too much lead in the body can cause lasting problems with growth and development, affecting behavior, hearing and learning, and can slow a child's growth.



- Eat or breathe traditional or folk remedies that contain lead, such as some herbs and vitamins from other countries
- Live in communities with a lot of industrial pollution
- Are exposed to contaminated soil, found near busy streets, in part because lead was an ingredient in gasoline until the late 1970s

Why is Lead Harmful?

Lead is particularly dangerous, because once it gets into the body it is widely distributed just like helpful minerals such as iron, calcium and zinc. In the blood stream, for example, it can damage red blood cells and limit their ability to carry oxygen to the organs and tissues that need it, thus causing anemia. Most lead ends up in bone, where it can interfere with the production of blood cells and the absorption of calcium needed for healthy bones.

Who is at Risk for Lead Poisoning?

Lead poisoning can occur at any age, but children are most likely to be affected by high lead levels. Children at risk include:

- Those living in or regularly visiting homes or buildings built before 1978; these buildings may have lead-based paint, and the risk is even higher in buildings built before 1950, when lead-based paint was more commonly used
- Immigrants, refugees or adoptees from outside the U.S.; they may have been exposed to higher lead levels
- Those 6 years or younger; young children are at higher risk because they often put their hands and objects in their mouths, sometimes swallow nonfood items and their bodies absorb lead at a higher rate

Others at risk for lead poisoning include people who:

- Drink water that flows through pipes that were soldered with lead
- Work with lead, either in their job or as a hobby (metal smelters, pottery makers, stained glass artists)
- Eat food from cans made with lead solder. These types of cans aren't made in the U.S.
- Cook or store food in ceramic containers; some ceramic glaze contains lead that may not have been properly fired or cured

Signs of Lead Poisoning

- Irritability or behavior problems
- Difficulty concentrating
- Headaches
- Loss of appetite
- Weight loss
- Sluggishness or fatigue
- Abdominal pain
- Vomiting or nausea
- Constipation
- Pallor (pale skin) from anemia
- Metallic taste in mouth
- Muscle and joint weakness or pain
- Seizures

Get a lead blood test for diagnosis.

Treatment

Treatment for lead poisoning varies depending how much lead is in the blood. The most important part of therapy is immediate reduction of lead exposure.

Calcium, iron, and Vitamin C are important parts of a healthy diet and also help to decrease the way the body absorbs lead. Consume a diet rich in these nutrients and take a supplement as recommended by your physician.

Foods Rich in Calcium	Foods Rich in Iron	Foods Rich in Vitamin C
Milk	Red meats	Bell peppers
Yogurt, Cheese	Egg yolk	Citrus fruits
Sardines	Beans and lentils	Strawberries
Calcium fortified orange juice	Iron enriched cereals	Dark green leafy vegetables
Fortified cereals and soy milk	Dark green leafy vegetables	Mango, papaya
Green leafy vegetables	Turkey	Kiwi, pineapple

— Adapted from: www.webmd.com and www.kidshealth.org

Turkey or Chicken Curry Salad

White wine vinegar	2 Tbsp	Salad greens, mixed	6 cups
Dijon mustard	1 tsp	Turkey or chicken breast, chopped	12 oz
Curry powder	1 tsp	Celery, diced	½ cup
Minced onion or shallot	1 tsp	Orange bell pepper, chopped	1
Olive oil	3 Tbsp	Scallions, sliced	¼ cup
Sour cream or plain yogurt	3 Tbsp	Raisins or dried currants	¼ cup
Salt and pepper	to taste		
Mango chutney or apricot preserves	1 Tbsp		

- Mix together the vinegar, mustard, curry powder and onion. Whisk in the oil slowly, then stir in the sour cream and chutney. Season with salt and pepper.
- Toss salad greens lightly with creamy vinaigrette. In another bowl, combine the turkey, vegetables and fruit and toss with a little more of the vinaigrette. Serve turkey mixture over salad greens.

Yield: 6 servings

Meets requirement for fruit/vegetable and protein/meat alternate

— American Institute for Cancer Research

Fresh Corn and Tomato Salad

Corn kernels, sliced from 7-8 medium cobs	5 cups	Basil, fresh, thinly sliced	¼ cup
Tomatoes, cherry or pear, halved	2 cups	Lemon juice	2 Tbsp
Red onion, diced	½ cup	Olive oil	3 Tbsp
		Salt	1 tsp
		Black pepper	¼ tsp

- Prepare an ice water bath by filling a large bowl halfway with ice and water; set aside. Bring a large pot of water to a boil, add the corn kernels and cook until tender, about 4 minutes. Drain and place in the ice water bath until cool, about 4 minutes. Drain well.
- Whisk together the lemon juice, salt, pepper and oil. Add the remaining ingredients to the cooled corn and toss with dressing to coat.

Yield: 14 servings

Meets requirement for fruit/vegetable

— Adapted from www.chow.com

Activity Corner

CAR TRIP CALISTHENICS

Workouts to take on the road with you! Try these fun, in-the-seat exercises to help keep passengers revved up on extended car journeys.



Backseat Driver

Pretend to power the car with your feet. While seated, bicycle pedal, run “Flintstone style”, steer, honk the horn and pump the brake. Do each movement at least one minute and then repeat two more times.

Dance in your Seat

Turn up the music and work your upper body with the following dance moves. Do each one for at least one minute and then repeat three times

- Raise the Roof:** Push your palms repeatedly as if trying to keep the roof from falling.
- Running Man:** Make a fist with each hand and move your arms back and forth as if running.
- The Twist:** With both arms close to your sides, twist your upper body from left to right.

— Family Fun

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Food Q: Why did the banana go out with the fig?
Funny A: Because he couldn't find a date!