

# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN FEBRUARY



### FRUIT » GRAPEFRUIT

**HEALTH BENEFITS:** Grapefruits are packed with vitamin C to help out your immune system. While keeping sickness at bay, this tangy fruit is also known to help lower cholesterol levels, which keeps your heart happy. This fat-free fruit is a fabulous snack option!

**SELECTION / STORAGE:** Select grapefruits that are smooth, firm and blemish free. The color can vary, but the fruit should be heavy for a juicier flesh. Store at room temperature for up to a week or in the refrigerator for up to 3 weeks.

**EATING / PREPARATION:** Rinse the grapefruit under cold water and cut horizontally to expose the sections of the fruit. Either eat the grapefruit like an orange or use a grapefruit spoon to eat the individual sections. If you find the grapefruit to be a little tart, sprinkle with a teaspoon of sugar and enjoy!

### VEGETABLE » BRUSSELS SPROUTS

**HEALTH BENEFITS:** Brussels sprouts are widely known for their cancer protection because of their antioxidant and anti-inflammatory benefits! They are high in vitamins K and C and folate as well. Try eating Brussels sprouts once a week to get all of their health benefits!

**SELECTION / STORAGE:** Select Brussels sprouts that are firm, compact and bright green in color. The smaller the sprout, the sweeter the taste! When storing, remove any loose leaves and place in the coldest part of the refrigerator. Use Brussels sprouts within a few days of buying them for the best flavor – the longer they sit, the more bitter the flavor.



**EATING / PREPARATION:** Remove stems or any discolored leaves and rinse under cold water. Cut into quarters and let sit for 5 minutes before cooking. Steam Brussels sprouts for 6 minutes; do not overcook! Enjoy plain or season with honey mustard. Get creative and try roasting with olive oil, salt and pepper at 400°F for 30-35 minutes.



### ACTIVITY » PUMP IT UP!

**ACTIVITY:** What better time to talk about getting your heart pumping faster than American Heart Health Month?! It's recommended that kids get at least 60 minutes of aerobic activity each day. That's a scientific way of saying they should be running, jumping, riding a bike, dancing or anything else that will get their blood moving. Activity like this strengthens the heart and lungs, and gives your body the energy it needs to keep you moving!