

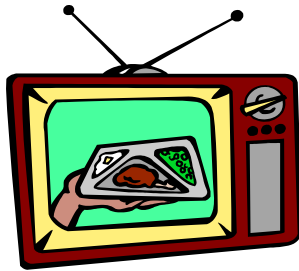


Nutrition and Physical Activity Education Newsletter

The Relationship between TV Watching and Nutrition and Physical Activity

Television viewing is directly related to a child's dietary habits and activity levels. Recently the Institute of Medicine published a report entitled: *Food Marketing To Children and Youth: Threat or Opportunity?* This review found that television food marketing or advertising has an effect on children's (between the ages of two through eleven years old) food selection, preferences, consumption, and diet quality.


Television viewing is also a major source of inactivity among children. Children spend an average of three to four hours a day watching television. The American Academy of Pediatrics' Report on Children, Adolescents, and Television recommends discouraging television viewing among children younger than two years old. The first two years is a critical time for brain development, in which children should spend a substantial amount of time exploring, learning, and interacting and playing with caregivers and child-safe objects around them. These activities are more beneficial cognitively, physically, and socially, at this stage of development than simply watching TV.



The key message is that TV viewing and programming should be age-appropriate and should be done like everything else—in moderation.

Healthy Television Habits

Listed below are some tips you and your family can use to have healthy television habits.

- No TV-viewing for children under two years.
- Try a weekday ban — Although the National TV Turnoff Week has passed (April 24-30, 2006), your family can designate a day or a week to ban TV-viewing. National TV Turnoff week was coined by  an organization called TV-Turnoff Network. The network encourages children and adults to reduce television viewing in order to promote healthier lives and communities.
- Set a good example — limit your own TV-viewing.
- Watch TV with your family. Choose programs appropriate for everyone.

Children who watch more TV may get less physical activity and eat more high calorie foods.

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The Relationship between TV Watching and Nutrition and Physical Activity

- Talk to children about what they see on TV and discuss your concerns, beliefs, and values.
- Suggest fun alternative activities. For example, play outdoor games, play an in door game of hide and seek, play board games, work on crafts or hobbies, or listen and dance to music.
- Remove TV from bedrooms—they can impact learning and academic achievement.



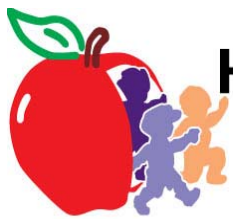
For more information on children's TV screen time, check out the following resources:

- How TV Affects Your Child
Available at <http://kidshealth.org/parent/positive/>

family/tv_affects_child.html

- *The Institute of Medicine's *Food Marketing To Children and Youth: Threat or Opportunity?*
A free version of the document at:
<http://darwin.nap.edu/books/0309097134/html/>
- The *American Academy of Pediatrics'* Children, Adolescents, and Television. This policy statement is available free of charge at <http://aappolicyaappublications.org/cgi/content/full/pediatrics;107/2/423>
- TV Turnoff Network
Available at www.tvturnoff.org

The Healthy Eating for Life Website



Healthy Eating for Life

Eat Healthy. Be Active.

The **Healthy Eating for Life** website is now available to the public.

The Healthy Eating for Life website is a nutrition and physical activity resource for parents, caregivers,

and child care development professionals of children between birth and five years old.

* Website available at www.healthyeatingforlife.org.

The website has many features including:

- A calendar of early childhood nutrition and physical activity training events that will be held throughout Georgia;
- A list of training materials relevant to children between birth and five years old;
- Nutrition and physical activity related information, documents, and/or links; and
- Answers to frequently asked questions regarding nutrition and physical activity.

Actions for Parents/Caregivers Regarding Nutrition and Physical Activity

Due to the fact that dietary habits and activity patterns are established during childhood, it is important that parents and caregivers of young children promote and encourage healthy eating and physical activity at a young age. Parents and caregivers have a tremendous influence on children's attitudes and behaviors. There are many ways parents/caregivers can influence nutrition and physical activity habits among children in their care.

The following are some suggested actions for parents/caregivers:

- Provide healthful food and beverage choices for children by carefully considering nutrient quality and reducing the number of snacks purchased that are high in calories and fat content.
- Assist and inform children when choosing what, how much and how often to consume different types of food and beverages.
- Serve as a positive role model for children by eating healthy and being physically active most days of the week.



Georgia Department of Early Care and Learning

Nutrition Services

Working together with our partners to eradicate hunger and ensure nutritious meals for all Georgians!

Calendar of Upcoming Events

June 2006–



Great Outdoors Month

Outdoor recreation is an ideal way to exercise and enjoy memorable experiences with family and friends. For more information visit www.greatoutdoorsmonth.org.

National Dairy Month

Dairy products provide nutrients essential for growth and development during childhood and adolescence. For recipes and snack ideas for dairy products, visit www.3aday.org and ilovecheese.com.



Fresh Fruit and Vegetable Month

According to the Center for Disease Control and Prevention (CDC), fruits and vegetables provide important vitamins and minerals, fiber, and other nutrients that are essential for good health. Visit www.5aday.org, www.pbhfoundation.org, and www.cdc.gov/nccdphp/dnpa/5aday/index.htm for recipes and snack ideas.

Source: The Center for Disease Control and Prevention.
<http://www.cdc.gov/nccdphp/dnpa/5aday/index.htm>.

Food of Interest

Although most kids associate carrots with the cartoon character Bugs Bunny, most adults affiliate carrots with good eyesight.

This is because carrots are high in Vitamin A.

Vitamin A is important for healthy eyesight, skin, growth, and proper immune function.

Carrots are also high in natural sugar, in fact it has the second highest natural sugar content of all vegetables. Beets has the highest. This high natural sugar content makes carrots a great snack when eaten raw or a wonderful side dish when steamed and served with a meal.



Power Gold Smoothie*

(not recommended for children less than one year old).
Makes 4-5 servings

- 2 cups of chopped carrots
- 1½ cups of pineapple juice
- 1 cup of orange juice
- 4 ice cubes
- ¾ cup of vanilla non-fat yogurt
- 3 Tbsp honey

Place chopped carrots in the blender and turn on high. Through the lid, slowly drizzle 3 Tbsp of the pineapple juice, and purée until smooth.

Slowly pour in the remaining pineapple juice and orange juice with honey. Blend until smooth, add ice and blend on high until ice cubes are blended smooth. Add yogurt and blend until mixed. Pour into cups and enjoy!

*Adapted from the Produce for Better Health
<http://www.pbhfoundation.org/>

Our Sponsor



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