



## KidPower! News

From the NH Department of Health and Human Services

Winter 2009

### All About Winter



Winter officially begins on the Winter Solstice, it falls on December 21 this year, and ends on the Vernal Equinox when Spring begins.

The winter season has the shortest days and the coldest temperatures. In winter the northern hemisphere (North America, Greenland, Iceland, Europe, North Africa, and most of Asia) is tilted away from the sun.

The southern hemisphere (most of South America and Africa, Antarctica and Australia) has summer when we have winter.

### Snow Trivia

It can be as warm as 40° F and still snow as long as it is 32° F in the clouds where the snow is forming!

Once inch of rain equals about ten inches of snow!

The biggest reported snowflake in North America was 15" wide!

In October, the United States Department of Health and Human Services released the first ever *Physical Activity Guidelines for Americans*. The guidelines encourage Americans to be more physically active and explain the health benefits of physical activity.

Children and teens don't usually develop chronic diseases (heart disease, high blood pressure, type 2 diabetes, and osteoporosis or weakening of the bones). But, risk factors for these diseases begin in childhood. Regular physical activity can help prevent the development of these risk factors. Physical activity is important to children's health and it is important that good habits are started early.

Under the new guidelines, children and teens should continue to aim for 60 minutes per day of activity. Keep in mind that children don't stay active for long periods of time. They tend to get bursts of activity throughout the day, which should add up to 60 minutes per day.

Children need three different types of activity to grow healthy and strong:

- **Aerobic** (running, hopping, skipping, jumping rope, playing tag, dancing, bike riding, etc.)
- **Muscle building** (climbing playground equipment, tug of war, climbing trees, shoveling snow, yard work, etc.)
- **Bone-strengthening** (jumping, running, basketball, tennis, and hopscotch)

The best way to help your child get enough activity is to find something that they enjoy doing and encourage it. It doesn't have to be an organized lesson or team sport. Active play counts as activity. Active video games help some children be more active. Free play on a playground is better for others. A family walk works for some.



Adults need to be active, too. Try to find a family activity that everyone can enjoy. Some great winter activities are: playing in the snow, going sledding, and ice skating. Try renting snowshoes at a ski area or nature center that has family friendly beginner trails.

## Winter Liquids



- Have plenty of hot or cold drinks to restock the fluids your body has lost while being active.
- Pack a thermos of hot drinks and soups to help the body warm up when spending time outside. Hot chocolate, soup, broths, and flavored decaf teas are good choices.

## Stay Warm This Winter — Dress in Layers



- Layering makes it easy to adjust your temperature when you get warm from moving around. Your first layer should **not** be cotton, it gets wet when you sweat and will make you feel cold. Long johns are a good first layer because they are usually made out of synthetics (polyesters) that dry quickly.
- The next layer can be wool or fleece. Look for shirts with zippers or buttons that can be opened if you get too hot.
- The last layer should be a waterproof or water resistant coat to protect you from the wind, snow and rain. When you get warm on a sunny day with no wind, take off the top layer. If the day is windy or wet, keep your coat on and remove a layer under the coat, or unbutton or unzip part of a layer.
- A hat keeps your whole body warm; mittens and gloves are needed to keep your hands warm. Lastly, a warm pair of boots with a good tread on the sole will keep your feet warm and prevent slipping.



## Baked Apples With Cranberries

### Ingredients:

- 4 medium firm baking apples\*
- 1 cup cranberries, fresh or dried
- 4 teaspoons pure maple syrup
- 4 teaspoons brown sugar, packed
- 2 teaspoons unsalted butter
- 1/2 teaspoon ground cinnamon
- Low fat whipped cream (optional)



\*Baking apples include: Cortland, Empire, Granny Smith, Paula Red, Pink Lady and Fuji.

### Directions:

1. Preheat oven to 375 ° F.
2. Partially core apples, starting from the stem, removing all the seeded core, leaving bottom intact.
3. Fill each apple with cranberries. Scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top with 1/4 teaspoon butter and a sprinkling of cinnamon.
4. Bake for 35-45 minutes (basting every 10 minutes) or until apples are tender and soft.
5. Remove from oven. Allow to cool briefly.
6. To serve, place each apple in a serving dish, spoon on syrup from the baking dish. Serve warm with low fat whipped cream, if desired.

