

Nutrition Tip!

Eating healthy and exploring ethnic cuisine is an experience that can be shared with all the family. A traditional Vietnamese dish known as Goi Cuon or springs rolls contains various vegetable which makes it an easy and staple health snack. This simplistic dish can save time in the kitchen and allow more time together learning about the Vietnamese culture.

Vietnamese Fresh Spring Roll (Goi Cuon)

Ingredients: 8 servings

- 1 Cup of carrots, cut into long thin strips
- 2 Cups of bean sprouts
- 2 Cups of cucumber, seeded and cut into long thin strips
- 1 Cup of finely chopped scallions
- ½ Cup of chopped fresh cilantro
- ¼ Cup of chopped fresh mint
- 8 rice paper wrappers

#School Challenge

The “Race to P.L.A.Y” winner for last month’s challenge is awarded to the 7th grade class from St. Columba’s Catholic School. The students completed the challenge in 1 minute and 29 seconds.



Moving into February, P.L.A.Y challenges Marvin Elementary and Dailard Elementary to a three-point shooting contest.

Objective:

Students will use the proper basketball shooting technique ranging from outside the three-point line.

Directions:

Students will be shooting from five different areas along the three-point line. Coaches will place a poly spot at the both corners, wings, and one placed in the center along the line. Students will have 60 seconds to shoot two baskets at each poly spot. Once completed coaches will record the most baskets made by one student.

Directions:

1. In a large bowl add all ingredients together except rice paper wrappers.
2. Dip one rice wrapper in warm water for about 1-2 minutes or until soft. Shake off the excess water.
3. Lay damp rice wrapper flat and add vegetable filling inside and begin rolling like an egg roll. (Roll once and tuck one side then roll again and tuck the other side.) Continue rolling until rice wrapper is completely closed.
4. Repeat for the remainder of wrappers and vegetable filling.
5. Serve and enjoy!

*Recipe adapted from the National Heart, Lung, and Blood institute.

Health & Hygiene

According to the University of Tennessee Extension, 1 out of 6 people gets sick from eating contaminated food each year. Help your student learn the importance of food safety with these food handling tips.

Here are a few tips on how to lower the risk of foodborne illnesses.

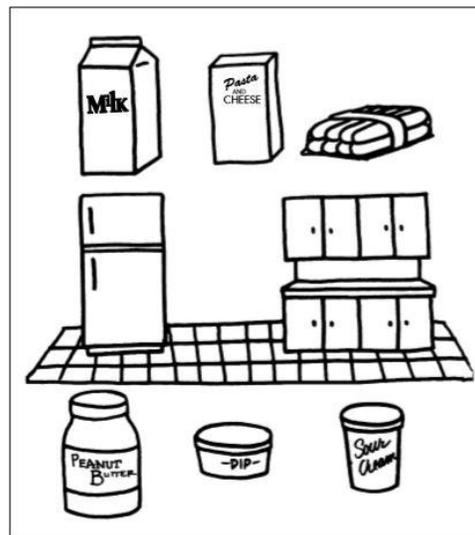
1. Put backpacks on the floor and away from kitchen counters. Keeping the kitchen clean can prevent contaminating areas where food is handled.
2. Place perishable item such as milk, yogurt, lunch meat, and eggs in the refrigerator as soon as possible. Leaving these items out can cause them to spoil quicker.
3. Fruits and vegetables make healthy alternatives for snacks. Be sure to always wash them off with cold water before eating.
4. Get rid of germs and remember to wash your hands before making and eating foods.

Try these fun activities to see what your student and you have learned!

Activity Page
Find the six food safety mistakes.



Activity Page
What goes in the refrigerator? Draw lines to the refrigerator or the cabinet.



Exercise

Have some fun exercising with a spin on the classic game Simon says. The game “Captain” resembles the classic by asking students to follow the commands of the captain. The students will imagine themselves as sailors and listen carefully to captain’s cues.

Objective: Students will be able to describe how positive social interaction can make physical activity with others more fun.

Directions:

- Students will space out at least an arm’s length apart from one another.
- One person is chosen to be the Captain. The captain is responsible for calling out the commands.
- If the captain catches a sailor doing the command incorrectly or following the wrong command, the student is out until the restart of the game.
- The last sailor (student) standing is the winner and becomes the captain for the next game.

Commands:

- Land: students take one step forward.
- Sea: students take one step backwards
- Scrub the deck: students get down in a squat position and “scrub” the floor.
- Attention: students stand straight and salute.
- Man Overboard: students move their arms as if they’re swimming.

Community Events

Fewer days doesn’t have to mean less days of fun with family. February still offers plenty of local events throughout San Diego County.

- Fern Street Circus - Cesar Chavez Park, 1449 Cesar E. Chavez Parkway [Sat. Feb. 17 (Starts at 11am)]
- Spring Valley Farmers Market- 3845 Spring Drive, Spring Valley, 91977 [Tues. Feb. 20 (3pm-7pm)]
- San Diego Chinese New Year Fair- J Street and Third Avenue,

downtown [Sat. Feb. 24 (10am-5pm)]

- Family Art Lab: Inflatable art- 1100 and 1001 Kettner Boulevard, San Diego, 92101 [Sat. Feb. 24 (2pm-4pm)]
- Sensory Sunday Family Time with Snapology- 2123 Fenton Parkway, San Diego, 92108 [Sun. Feb. 25 (11am-12:30pm)]
- Family Discovery Walk- One Father Junípero Serra Trail, San Carlos, 92119 [Sun. Feb. 25 (3pm-4:30pm)]

Contact Us:

**Aldo Chavez- Regional
Coordinator II**

(E) achavez@ymca.org

**Monique Berumen- Program
Coordinator I**

(E) mberumen@ymca.org