

Today in

NUTRITION CLASS

Your child learned about...

Energy Balance

Make it
Eat it!
Love it!

- We get our energy from food (**Energy In**) and spend it in many ways, including breathing, heartbeat, digesting food, growing, and exercising (**Energy Out**). The only kind of Energy Out that we have much control over is exercise.
- When our Energy In is the same as our Energy Out, our weight stays the same.
- When we eat foods with more energy than we use (Energy In is greater than Energy Out), we store the extra energy as body fat, and our weight goes up.
- When we eat foods with less energy than we use, our weight goes down.
- A “**calorie**” is a unit of measurement that describes how much energy is in a food or how much energy we use when we exercise.
- To maintain a healthy weight, we need to **balance Energy In and Energy Out**.
- Foods that are high in fat and/or sugar are often higher in calories than foods that are not.

Root Vegetable Slaw

Slaw Ingredients

2 large carrots
2 parsnips
5-6 radishes
1 celery root
½ cup fresh parsley, shredded

Dressing Ingredients

½ cup well-shaken buttermilk
2 tablespoons mayonnaise
2 tablespoons cider vinegar
2 tablespoons minced shallot
1 tablespoon sugar
3 tablespoons chopped chives

Directions

1. Using a grater (or a food processor), grate the carrots, parsnips, radishes, and celery root and place in a medium bowl.
2. Shred several sprigs of fresh parsley and add to the bowl.
3. In a mason jar, combine all dressing ingredients. Tightly put on the lid and shake until well mixed.
4. Pour dressing over the slaw and mix until slaw is evenly covered. Serve and enjoy! Store leftovers in the refrigerator.



Family CHALLENGE

Practice balancing Energy In and Energy Out. Choose a food you like to eat. Look at the label to find out how many calories are in a serving, then figure out what you could do to use up the energy (calories) in it.

Running = 10 calories per minute
Biking = 4.5 calories per minute
Walking = 3 calories per minute

Eat the food only if you're willing to be active enough to burn the calories in it.

Get your GROOVE on

Once you have done the Family Challenge, do whatever exercise you have chosen for however long it takes to use up all the calories you got when you ate the food.

To find the calories used in other activities, check out the last website on the right.

LEARN more here

- **Learn about Calories:** www.kidshealth.org/kid/nutrition/food/calorie.html#
- **MyPlate:** <http://www.choosemyplate.gov/weight-management-calories/calories.html>
- **Calories Burned in Activities:** www.mayclinic.com/health/exercise/SM00109