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and your school district

HEALTH *e* TIPS

for PARENTS

Working together to help children take action for a healthier lifestyle



The More Children Know, the Healthier They'll Grow

Obesity, a national epidemic, is not just about extra pounds. Thirty percent of American children are overweight and more than fifteen percent obese. A child who is overweight is at risk for diabetes, high blood pressure, heart disease, bone and joint conditions and even depression.

Because of concern for the future health status of today's children, **Blue Cross of Northeastern Pennsylvania has made it possible for your child's school district to access Health eTools for Schools®: a unique, on-line approach to improve your child's food choices and provide quality physical activities and physical education.**



When the healthy lessons children learn in school are reinforced at home, everybody benefits.

A big part of Health eTools for Schools is about keeping you informed about your child's health and to offer ways for you and your family to make smart food choices and to be more physically active.

The content for the Health eTools for Schools programs is aligned with Pennsylvania academic standards, and proven through scientific trial to foster improved nutrition and better understanding of the importance of exercise. Content from national partners such as the National Institutes of Health enables districts to bring nutrition and physical education concepts alive for students in grades K-12.

To learn more about Health eTools for schools, visit <https://nepa.healthetoolsforschools.org>.



A Healthy Way to Spice Up Your Breakfast



- 2 cups plain low-fat yogurt
- 1/4 cup plus 1 tablespoon sugar
- 1-2/3 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1 cup 1% low-fat milk
- 2 tbsp trans-fat-free tub margarine, melted
- 1 egg
- 1/2 cup canned pumpkin

1. In a small bowl, mix the yogurt with the 1/4 cup of sugar. Set aside. In a large bowl, combine the 1 Tbsp of sugar with the flour, baking soda, cinnamon and nutmeg.
2. In a medium bowl, combine the milk, margarine, egg, pumpkin and yogurt-sugar mixture, stirring well. Add the wet ingredients to the dry ingredients in the large bowl. Stir until it is moist and free of lumps.
3. Lightly coat a griddle or a skillet with nonstick cooking spray, and heat to low-to-medium heat. Pour the batter onto the hot griddle. Cook until the bubbles begin to burst, then flip and cook until golden brown.

Recipe adapted from American Dietetic Association, ©2009, courtesy of John Wiley & Sons