

1^{st.} Grade



Newsletter

VOL. 3 ISSUE 5
FEBRUARY 2025



Tell IT to My Heart!

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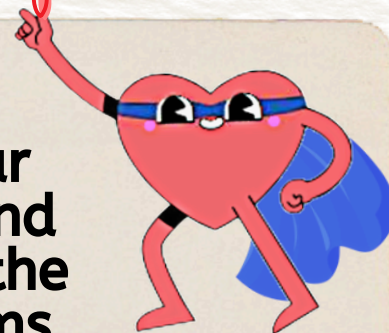
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♥ The heart is not a game. It is life, health and love.
It works like a superhero making sure every breath
you take pumps you to move your body and feel good!
Take good care of it. ♥

The Heart's Superpowers:

Your superhero heart will pump blood all around your body to give your muscles and brain what they need. Once the blood finishes its job, it zooms back to your heart to start the adventure all over again!





Sweet & Healthy

A Seasonal Produce Guide



Strawberries

- Loaded with vitamin C which helps fight colds and other viruses.
- Low in calories and contains a lot of water.
- Provides plenty of fiber to support gut health.



Apricots

- Has a variety of vitamins and minerals that protect the body from disease.
- Provides a lot of fiber!



Kiwi

- Fiber-rich fruit.
- Full of vitamin C and other vitamins and minerals that help fight sickness and keep the heart healthy.

Fudgy Fruit

Ingredients:

- 1/8 cup chocolate chips (2 tablespoons semi-sweet chips)
- 2 large bananas (peeled and cut into quarters)
- 8 large strawberries
- 1/4 cup unsalted peanuts or almonds (chopped)

Makes
4 servings

This Valentine's Day, share this delicious dessert with family and friends!



Instructions:

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds, total.
2. Place fruit on a small tray covered with a piece of wax paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Did you Know that...?

The American Heart Association (2019) suggests that dark chocolate can help lower risk of heart disease!



Some studies suggest chocolate or cocoa consumption is associated with a lower risk of diabetes and high blood pressure in adults. Also, a study showed combining almonds with dark chocolate and cocoa also reduced LDL cholesterol that is a risk factor for heart disease.



Nutrition Facts



Fudgy Fruit



Serving Size

1/2 banana and 2 strawberries

Nutrients

Amount

Total Calories

144

Total Fat

6 g

Saturated Fat

2 g

Cholesterol

0 mg

Sodium

2 mg

Carbohydrates

22 g

Dietary fiber

3 g

Total Sugars

12 g

Added Sugars included

3 g

Protein

3 g

Vitamin D

0 mcg

Calcium

15 mg

Iron

1 mg

Potassium

346 mg

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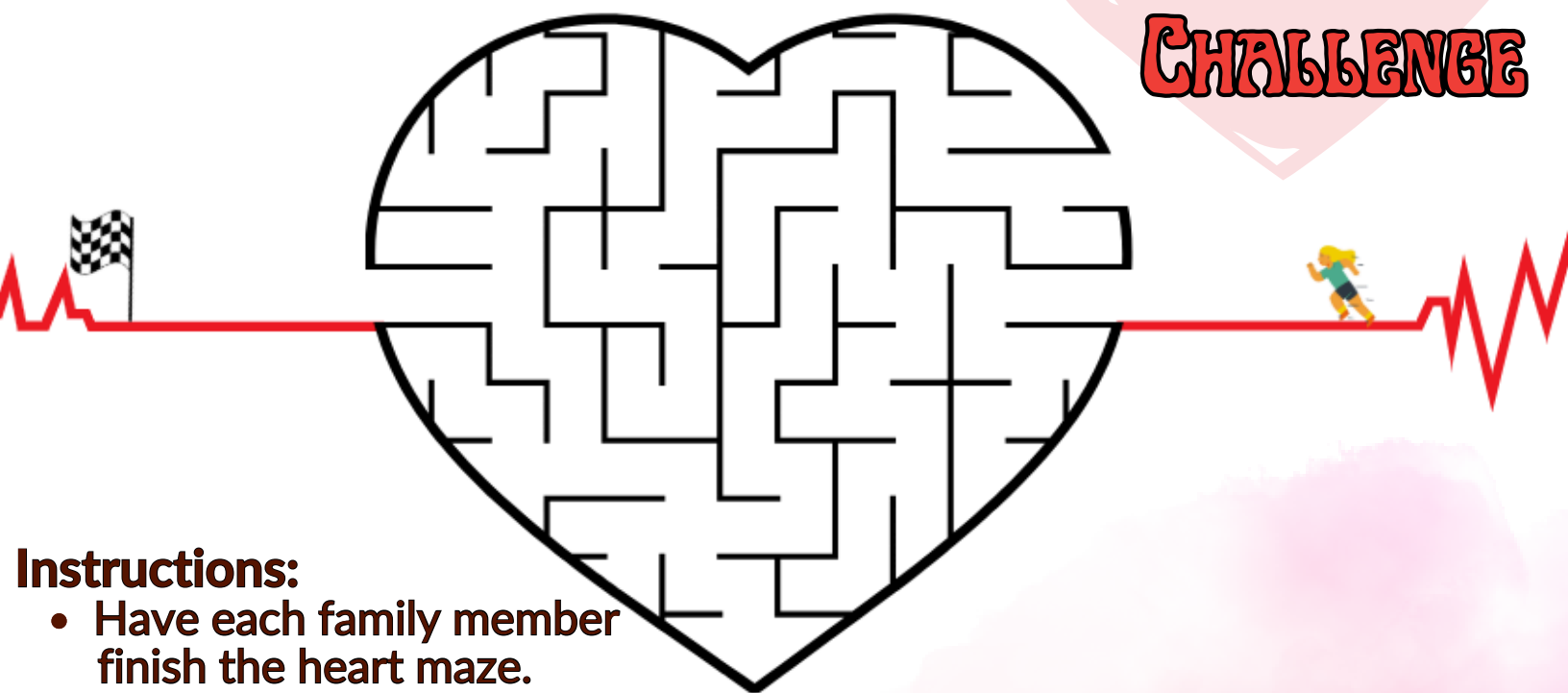
SUPERPOWER CHECKLIST!

Maze Adventure!

- ✓ Move your body – Run, jump, or dance!
- ✓ Eat healthy foods – Fruits and veggies are great for your heart.
- ✓ Rest and sleep – Your heart needs rest too!
- ✓ Check your blood pressure to make sure it is on point.

IT IS TIME FOR A SUPER HEART

FAMILY GAME CHALLENGE



Instructions:

- Have each family member finish the heart maze.
- Record the time of each.
- The one who finishes it first, is the **WINNER!**

<https://my.clevelandclinic.org/health/articles/17060-how-does-the-blood-flow-through-your-heart>

This issue was created by the UTRGV STEPS staff in collaboration with UTRGV Nutritional Science Health Society for the STEPS/SNAP-Ed project.

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