



TLA BLAZE

VOLUME 1, ISSUE 1

JULY 2014



NUTRITION MONTH AT TLA

Classroom Decoration Contest

Poster-Making Contest

HS Food Sale

HS Cookfest

PS Buffet

Happy Birthday!



Ms. Chinky - 21
T. Che - 30

The Greatest Wealth is Health

It may sound like a cliché but health **IS** wealth. The Free Dictionary defines wealth as “An abundance of valuable material possessions or resources; riches.” Wealth therefore is something that is accumulated. When we talk about financial wealth, we can correlate this with investments. An investment is made in order for a person to gain profit and be able to add more to his/her wealth.

When we talk about health, we should also look at it as a form of investment. If it is a choice between a healthy meal vs. an affordable one or one that is quick to prepare, we often overlook the healthy options. The usual quick fixes and affordable food like instant noodles, fried food like nuggets, hotdogs, burgers and the like are often packed with

It's Important to Teach Healthy Habits!



100DaysofRealFood.com

preservatives and other additives which may pose to be harmful to the body.

On the other hand, preparing healthy meals would mean finding the best organic produce and prepared with utmost care and time. The downside: these are usually more costly and time consuming. But looking at it as a form of investment, we need to adjust our mindset. Just like buying

a car, we scrutinize every nook and cranny of the vehicle before we purchase it. That is just something we ride in. What about what we put inside our body? Shouldn't we be just as conscientious?

The next time you go to the grocery, weigh your options well. Be a good investor and start working on gaining more wealth...health wise. -VBS

2014 NATIONAL NUTRITION MONTH

Kalamidad paghandaan: Gutom at malnutrisyon agapan!

2014 NUTRITION MONTH

“An ounce of prevention is better than a pound of cure.”

The rainy season is here again and due to climate change, flooding and other calamities come alongside it. Coupled with prayer, we need to be proactive in preparing for such eventualities.

What are the things we need to do to prevent getting sick during this season?

1. Eat healthy food.
2. Drink plenty of water.
3. Regularly take your vitamins.
4. Do not play under the rain.
5. Bring your rain gear everyday.
6. Get enough sleep.
7. Keep your environment clean of trash and stagnant water.
8. Prepare an emergency kit (flashlight, candle, match, whistle, bottled water, and crackers)
9. Monitor weather condition.
10. Visit your doctor for regular check-up.

A Habit is Caught, Not Taught



Studies show that children's lifetime habits form long before adulthood, with many of their routines and perspectives on how to navigate the world formed as early as five years old. This means that what you allow your child to put in his or her mouth today can greatly influence the eating choices he or she will make decades later. With optimal life-long health in mind, following are tips for teaching your child to eat well.

1. Set a good example.

The notion of practicing what you preach was never more important than with eating habits.

2. Cook with your child.

Part of being a healthful adult is knowing how to feed yourself healthy foods.

3. Take your kid shopping with you and buy healthier ingredients and products.

Not all breads are created equal. Same with sauces, cereals, flours, beverages, and even treats.

4. Keep healthy snacks accessible.

Every parent knows that the minute their child gets hungry, it's priority number-one to get food in his mouth, especially if they want to avoid cranky tantrums

5. Don't keep junk food around.

One healthy-eating tip all nutritionists and dieticians recommend is to keep your kitchen free of junk food.

6. Don't make a habit of eating in front of the TV.

It's not just adults that mindlessly eat while engrossed in what's on the tube. Kids are equally susceptible to getting in this bad habit if left unsupervised .

7. Don't use food for punishments or rewards.

So many people have food hang-ups the last thing you want to do is set your child up for the same fate. Eating food should always be focused on you helping your child nourishing his or her body when it needs nourishment.

Article from: Kaboodle.com | [Parenting](#) – Fri, May 4, 2012



Making Eating Fun for Kids

Taking the cue from traditional Japanese bento boxes, bento lunchboxes are not only visually appealing, they are also healthy alternatives to the usual meal we send our kids for school.

It may take a bit of planning but if it means our children get to eat more (or even try) fruits and vegetables, it will be well worth it.

Packed in small portions, bento lunchboxes usually contain a sandwich (or rice), vegetables, fruits and a source of protein, usually egg or fish. Parents get creative in preparing the food, often times using characters their children love. This makes eating healthy fun and appealing to children.

What's on Your Plate?

The Healthy Eating Plate, created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices.

Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch

box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!

The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories - usually with little nutritional value - in the American diet.

For more information, visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

From: Harvard School of Public Health



IT'S YOUR CHOICE...
Make It Healthy!

Sugar and Spice and Everything (Not so) Nice

"Food manufacturers count on the fact that if parents feed their kids processed food, even if they do so only occasionally, the kids will crave it and ask for it more and more. Eventually, some parents will give up and feed their children a steady diet of processed, manufactured food, ensuring a steady income for the food manufacturer giants." - **Julia Moravcsik, PhD**

Sounds familiar? Remember, health is an investment not only of resources, but of time. So take the time to read on.

Here are some of the techniques that Big Food uses:

- 1) **Sugar** - Food manufacturers put sugar in most of their foods, even those that aren't desserts like spaghetti sauce or frozen meals. Human beings have a natural desire for sugar - it signals calories and vitamin C, which were scarce in prehistoric times. The amount of sugar in manufactured foods is much higher than any food that our prehistoric ancestors ever ate - and produces an addictive response that can be as strong as cocaine.
- 2) **Fat** - Food manufacturers put vegetable oil in most of their foods. It's cheap and, like sugar, addictive in large quantities.
- 3) **Salt** - Salt is also addictive and hides the unpleasant flavor that a lot of processed food has. Food manufacturers know that if your child is given a high salt diet, she will learn to crave the salty taste.
- 4) **Mild Taste** - Processed food has very little taste. Manufacturers rely on the salty, sugary, fatty tastes to get your child addicted to their food. Processed foods have little real flavors, compared to the strong taste of real foods like oranges, spinach, or cauliflower. This means that children can eat the food over and over again and not get tired of it. Your child can eat her sugary cereal or granola bar every day, but would get tired of broccoli if you fed it to her every day.

5) **Predictable Taste** - Processed food tastes the same each time you eat it. One box of Oreos tastes the same as the next box. Your child gets used to the uniformity and starts to find the variation in natural foods like peaches or apples disgusting.

6) **Predictable Texture** - Like taste, children have an instinct to avoid foods that have an unusual texture, especially mushy or slimy foods. Food manufacturers know that if they get kids used to the uniform crunchy, chewy, or creamy textures that factories can create so well, they won't like the complex and variable textures of a real meal.

7) **Appearance** - No parent can create foods of multi-colors, shaped like animals or stars. Children are very drawn to appearances, and food manufacturers know this.

8) **Ads with Excitement, Fun** - Most of us can remember wanting a toy that we saw on TV, only because the commercial was exciting. The same is true of food. Parents don't advertise their home-cooked meals. Food manufacturers do advertise their food, with bright colors, music, smiling faces, and excited "cool" kids.

9) **Ads with People Eating** - In addition to exciting ads, food manufacturers show people eating the food and enjoying it. Food manufacturers know that children have an instinct to eat the same food other people are eating.

10) **Packages** - Children love packages. Young kids will ignore a birthday present in order to play with the box it came in. Manufacturers make their packages as colorful and fun as possible. Children will whine for a cereal or candy, just because they like the box it comes in.

Article from: Smart Parent Program Posted by *Julia Moravcsik, PhD* <http://smartparentprogram.blogspot.com/>



Top 10 Tips to Help Children Develop Healthy Habits

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits. Here are some tips and guidelines to get you started.

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.
2. **Keep things positive** - Kids don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.
5. **Limit TV, video game and computer time** - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to 2 hours per day.
6. **Encourage physical activities that they'll really enjoy** - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it. Check out these activities for kids.
7. **Pick truly rewarding rewards** - Don't reward children with tv, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.
8. **Make dinnertime a family time** - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.
9. **Make a game of reading food labels** - The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Learn more about reading nutrition labels.
10. **Stay involved** - Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.

Article from the American Heart Association:

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Top-10-Tips-to-Help-Children-Develop-Healthy-Habits_UCM_303805_Article.jsp

June 2, 2014