

# SuperKids Nutrition

## November's Health & Fitness Tips

### Staying Active

As the weather cools off and the holiday season approaches, don't forget to keep active by strengthening your heart, muscles, and bones!

- Aerobic activity makes your heart strong. This type of play should make you break a sweat and get a little out of breath—like playing soccer or jumping rope.
- Work your muscles with activities like push-ups or gymnastics.
- Build your bones by running, dancing, or doing jumping jacks.
- Remember: Kids need 60 minutes every day of active play!



Based on the CDC guidelines

### Healthy Fries?

You can make this delicious treat with sweet potatoes! Cut the potatoes into large-thick matchsticks, coat with a little oil, salt, and pepper, and bake! You can even leave the skin on for extra fiber. Try our blog recipe: [Yummy sweet potato fries](#).

### What am I?

I am a [popular Thanksgiving vegetable](#). My insides are almost always orange and my outside can be red, orange, or brown. I am high in fiber and packed with carotenoids—an antioxidant that helps fight disease.

Answer: Sweet Potato

### Bring the Outside In

It is a great time of year to cook with fresh herbs, but the cooler nights make it difficult to keep plants outdoors. So why not bring the growing process inside and plant a mini-herb garden?

#### What you need:

- A container with good drainage, soil, and some seeds that can be bought at your local plant store.
- Plant the seeds with your kids and tend to the garden by watering and ensuring it has enough light.
- Watch the plants grow! Use the herbs together in your favorite recipes; children love cooking with something they grew and seeing how much flavor herbs add without extra salt!

[Read more tips on cooking with your kids!](#)

