Healthy winter traditions

Start 2019 off with new and fun family traditions that will motivate your child to eat healthy foods. Try these ideas.

Cold-weather cookouts
On a clear day, fire up the backyard barbecue or head to a park that has grills. Take along lean burger patties, whole-wheat buns, and fixings like lettuce and tomato. Also, fill a thermos with hot apple cider, and pack nutritious side dishes like mashed sweet potatoes or steamed green beans in insulated containers.

Cozy “summer” picnics
Get a head start on spring by signing your child up for sports and activities now. Talk to her about sports she’s interested in, and then check registration dates. You might look into T-ball, soccer, roller hockey, and lacrosse leagues. Or she may want to take tennis lessons, join a running club, or try cheerleading.

Themed potlucks
Take turns hosting healthy potlucks with relatives or friends. The host gets to pick the theme! Maybe all foods must begin with C, such as carrots and celery sticks, vegetable chili, and cornbread. Or choose an ingredient (say, oranges) that every dish must include (orange-glazed chicken, spinach salad with mandarin orange slices).

Five-minute circuit
In just five minutes, your youngster can complete his own “fitness circuit” and build endurance and strength. Have him post instructions around the house and do his circuit a few times a day. Here are suggestions.

1. Basement: Jump rope while singing your favorite song.
2. Foyer: Throw a ball straight up, clap three times, and catch the ball.
3. Living room: Pretend you’re a soldier going under a fence. Lay on the ground, and use your elbows to “army crawl” under a table.
4. Kitchen: Line up chairs, and skip around them.
5. Laundry room: Jump back and forth over an upside-down laundry basket.
A sensory feast

Your child can explore his senses while he eats. The following activities will encourage him to pay attention to the tastes, scents, and textures of food.

**Sweet and salty sort.** Give your youngster a serving of trail mix, and ask him which items taste sweet (raisins, dried cranberries) and which taste salty (pretzels, peanuts). He could sort the ingredients into piles according to taste and graph his finds.

**Scent guessing game.** Encourage your child to identify familiar foods by their scents. On separate plates, serve items like cheese cubes, banana slices, and olives. Have him close his eyes, smell them one at a time, and tell you what's on each plate. How many can he guess correctly?

**Texture combo.** Together, make sandwiches or salads that incorporate as many textures as possible. Then, talk about the textures as you eat. For a sandwich, you might use soft bread, tender turkey, crunchy sprouts, and smooth avocado slices. Or toss salads with crisp lettuce, firm radish slices, crumbly feta, and creamy dressing.

**Music and movement**

Music is a great motivator when it comes to physical activity. Use these tips to encourage your child to be active and build large motor skills.

- **Songs with a twist.** Let your youngster create her own versions of familiar songs. For “The Hokey Pokey,” instead of “turn yourself around,” she might sing, “Do a forward roll” or “Run up and down the stairs.” Or sing “If You’re Happy and You Know It,” and change the actions to “hop on one foot” or “touch your toes.”

- **Make up dances.** Together, choreograph a dance routine using different combinations of moves. Each person could pick a dance step (leap, twirl, jump). Then, have your child use the steps to create a pattern. Example: Jump, twirl, twirl, leap, jump, twirl, leap. Put on music, and let her lead you in performing the routine.

**Kid-friendly fish dishes**

Hook your youngster on healthy fish with these flavorful recipes.

**Tilapia foil packets**

Your child can wrap these servings up like presents. Set out 4 foil squares. On each square, have her line up 6 asparagus stalks and top with a 4-oz. tilapia fillet. Let her sprinkle each fillet with 1 tsp. lemon juice and add 1 lemon slice. Now she should fold the foil tightly around each serving and place on a baking sheet. Bake at 400°F until the fish flakes and the asparagus is tender, about 15–20 minutes.

**Salmon and veggie kebabs**

Invite your youngster to put together these colorful kebabs. In a bowl, gently toss 1 lb. of salmon chunks with 18 cherry tomatoes, 1 cup cubed red onion, 2 tbsp. olive oil, 1 tbsp. lime juice, ⅛ tsp. thyme, and 1 tsp. minced garlic. On separate skewers, your child can thread 1 salmon piece, 2 tomatoes, and 2 onion cubes. Bake at 350°F for 15–20 minutes until the fish is cooked through.