

KMS Healthy Habits Page

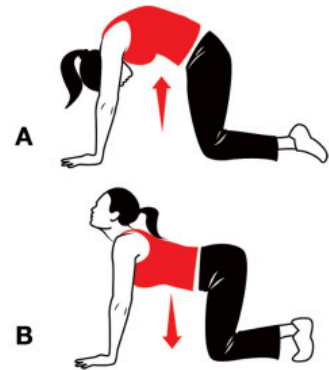
CATERPILLAR WALK



Place palms of your hands and soles of your feet on the floor. Creepy crawl a few steps forward and backward keeping your arms and legs as straight as possible.

ARCHED CAT

Start on hands and knees, tuck chin and make your back round (A) hold position for 5 seconds, then straighten and arch your back to look up (B), hold 5 seconds.



OWL

Sit on your bottom with your legs crossed straight out in front of you. Straighten your back and place your arms at your sides and hands on the floor. Open your eyes wide like an owl and turn your head slowly to the left and right 10 times.



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Recipe of the Month - Pumpkin Soup

From: *The Top 100 Recipes for HAPPY KIDS* by Charlotte Watts and Gemini Adams

FACTS ABOUT THIS RECIPE:

- The vibrant orange color of pumpkin comes from its high levels of beta-carotene, which our bodies can convert to vitamin A to boost skin and eye health.
- Pumpkin is high in beta-carotene, potassium, and vitamins A and C.
- Choose small pumpkins for the tastiest, juiciest flesh.

(Makes 2 Servings; 5 minutes preparation time +20 minutes cooking time)

- 1 tablespoon olive oil
- 1 onion, diced
- 1 14-ounce pumpkin, peeled and seeded*
- 2 1/2 cups water
- 4 teaspoons vegetable bouillon powder
- 1 teaspoon grated nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon freshly ground black pepper

*Alternative - cut pumpkin in half, place cut face down on sprayed/buttered pan, bake pumpkin at 400° until a fork inserts easily. Scrape pumpkin contents into pan. This step adds a different flavor to the recipe.

1. Heat the oil in a large saucepan. Add the onion and pumpkin and sauté 4 minutes, stirring occasionally. Add the water, bouillon powder, nutmeg, and cinnamon.
2. Cover and simmer 10 to 15 minutes until the pumpkin is soft. Remove from the heat and let cool 10 minutes.
3. Pour into a blender and process until smooth. Serve in individual bowls and garnish with ground black pepper.