

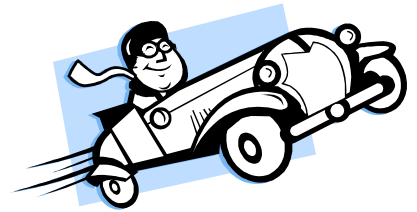
KMS Healthy Habits Page

MOON



Kneel on one knee the other leg is bent at a right angle in front of you. Lift your arms above your head, and place your hands together, stretch and lean back as far possible making a sort of crescent with your body. Hold 10 seconds.

RACE CAR



Sit on your bottom with your arms and legs stretched out in front of you, pretend to hold a steering wheel with your hands. Slowly wiggle forward and backward by lifting your bottom slightly and keeping your legs straight.

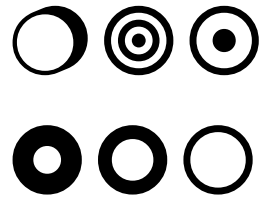
TREE

Stand straight up legs together and arms at your sides. Balancing on one leg, bend the other leg at the knee inward so that the sole of your foot is touching the inside of your other knee. Slowly raise your arms above you head (elbows slightly bent) and palms of hands together. Hold position 10 seconds.



CIRCLE

Lay on belly bend your knees and curve your torso upward, then reach back behind your self and try to touch your ankles forming a circular shape with your body. Hold for 10 seconds.



Recipe of the Month - Chicken Coconut Curry

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

FACTS ABOUT THIS RECIPE:

- Curry might seem too spicy for children, but they will adore this sweet, mild version.
- Coconut contains a substance called lauric acid, which is highly protective against disease and infection.
- This recipe is high in beneficial fats (which the body uses as energy), fiber, folate (a B-vitamin essential for cell growth and reproduction), magnesium, protein, and tryptophan (an amino acid).

(Makes 4 Servings; 10 minutes preparation time + 40 minutes cooking time)

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| • 1 1/2 cups brown rice | • 1 tablespoon coriander seeds | • 1/2 teaspoon cayenne pepper |
| • 2 tablespoons butter | • 1/2 cup cashew nuts | • 2 cups water |
| • 2 skinless chicken breasts halves, about 6 oz. each, sliced | • 1/3 cup raisins | • 1 tablespoon vegetable bouillon powder |
| • 2 small onions, sliced | • 2 tablespoons lime pickle | • 2 tablespoons mango chutney |
| • 2 garlic cloves, crushed | • 3 cups shredded spinach | • 1 cup coconut milk |
1. Half fill a saucepan with water and bring to a boil. Add the rice, cover, and simmer 15 to 20 minutes until soft.
 2. Meanwhile, melt the butter in a saucepan. Add the chicken and brown over low heat. Add the onions and garlic and sauté until soft.
 3. Add the seeds, nuts, raisins, pickle, spinach, cayenne pepper, water, and bouillon powder and simmer 15 minutes, stirring occasionally. Add the remaining ingredients and simmer 3-5 minutes longer. Remove rice from the heat and drain. Serve on individual plates with the curry divided equally on top.