

Nutrition for Kids

March 2010

Eat.Learn.Live **Deliciously -Savor the** **Flavor of Herbs and** **Spices**

Did you know... Nature created herbs and spices with a two-fold purpose- to make our favorite foods taste great and promote health and wellness. New research is showing that a spicier life may be a healthier one! One good reason to season foods with herbs and spices is because they can kick up the flavor in foods without adding salt, sugar, and extra fats. In addition, many popular spices and herbs are also a surprising source of antioxidants- dietary substances that can prevent or repair damage to your body cells, boost immunity, and reduce inflammation thereby reducing risk of heart disease, cancer, diabetes, and other chronic diseases. For example, just ½ teaspoon of dried cinnamon, cloves, oregano, turmeric, or cumin contains more beneficial antioxidants than ½ cup of fresh chopped green or red peppers, red grapes, tomatoes, broccoli, or spinach!

March is...

- National Nutrition Month
- National Read Across America Month
- National Bagel Month
- National Peanut Month
- National School Breakfast Week → 8th – 12th
- St. Patrick's Day → 17th

Apple Cinnamon Oatmeal!



Brain Buzz?



Q: What is the difference between an herb and a spice?

A: HERBS are the fragrant leaves of plants that do not have woody stems, such as thyme, oregano, peppermint, dill, parsley, etc.

SPICES are the barks, berries, fruits, roots and stems of all kinds of plants, such as cinnamon, cloves, nutmeg and pepper.

Garlic is a pungently flavored vegetable, closely related to the onion. It's leaves are often treated as herbs, and it's roots, as spices.

Ready in 10 minutes

Ingredients:

- 1 cup water
- 1/4 cup apple juice
- 1 apple, cored and chopped
- 2/3 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 cup milk

Directions:

1. Combine the water, apple juice, and apples in a saucepan.
2. Bring to a boil over high heat, and stir in the rolled oats and cinnamon.
3. Return to a boil, and reduce heat to low, and simmer until thick, about 3 minutes.
4. Spoon into serving bowls, and pour milk over the servings.

Serves: 2

Serving size: 1 bowl (half the recipe)

<http://allrecipes.com>

