

# JRD April Newsletter



It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so! ~Mark Twain



# Kids in the Kitchen

*Your kitchen is a learning laboratory for your kids. It's where they learn about food shopping, cooking and cleanup. These are life skills which will help them become self-sufficient later in life.*

## Ways That Children Learn Best

Children learn best when they are interested in what they are doing and are actively engaged.

Kids learn by touching, tasting, feeling, smelling, and listening. They are naturally curious about food and cooking, and food preparation allows them to use all their senses. When they are mixing, stirring, kneading, spreading, tossing, squeezing and pouring, they are learning without realizing it.

## Benefits of Cooking With Children

Cooking allows kids to feel good about themselves. They have a sense of pride when they prepare foods to eat and share with others. Kids who help with the planning and preparation of meals also are more likely to try new foods.

*However, cooking with kids takes time, patience, and can be very messy. Remember that the food may not taste or look as good as you think it should, but it is well worth the effort. ;)*

Let kids help with the full process from shopping to setting the table to cooking. Start at the grocery store. Teach them what to look for on nutrition labels. Show them what is low in fat and high in fiber, vitamins and minerals. Help them find out how much sugar or salt is in processed foods. Whether they realize it or not, they're learning about important nutrients and a variety of foods at the same time.

Teach older kids to read a recipe all the way through, clean the counters and their hands, set up the work area with all utensils that will be needed, and gather all ingredients before starting to cook. They should prepare all ingredients that must be chopped, peeled, toasted, etc. so that the cooking process goes smoothly and quickly. Being organized helps them feel good about themselves.

Kids are eager to lend a hand. Letting them help you out in the kitchen says "You are a big help, you can do this, and you are important!" This far outweighs any drawbacks. For example, small children may not be able to lift heavy pots, pans and bowls to clean them, but that can be part of the fun!

Here are some of the short-term and long-term payoffs of cooking with kids.

## Short-term Benefits:

- Kids are encouraged to try healthy foods at which they might normally turn up their noses.
- Kids feel a sense of accomplishment and feel that they are contributing to the family.
- Kids are more likely to sit down to a family meal that they helped prepare.
- Kids spend time cooking rather than watching TV or sitting in front of the computer.
- Kids generally skip the junk food when they cook a meal at home.
- Kids spend quality time with their parents.

## Long-term Benefits:

- Kids learn a skill they can use for the rest of their lives.
- Kids learn to eat well and may be more likely to eat healthfully as adults.
- Kids gain self-confidence through positive cooking experiences.
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## Food Preparation is Practical Science

**Cooking involves many learning skills besides how to handle and prepare foods and how to keep food safe to eat. It also teaches children:**

- vocabulary words and reading skills-while a recipe is read, followed and prepared.
- math skills-when counting, measuring and following step-by-step directions.
- science-seeing how food changes during cooking. (e.g. dough rising, sugar dissolving in water, and eggs coagulating.)
- decision-making skills-choosing and eating nutritious foods.
- similarities and differences in foods of other cultures-as they prepare dishes from a variety of cultural groups.
- comparisons and associations in food preparation-Adding too much flour results in dry, hard cookies, and doubling the ingredients in a cookie recipe yields twice as many cookies.
- social skills-working together with others, taking turns and solving problems, which boosts self-esteem

## Top 10 Ways to Get Kids Involved in Healthy Cooking & Shopping

**Mean Green Cleaning Machine.** Let them wash fruits and vegetables when preparing for cooking or eating.

**Pick A Peck!** When shopping, let them select new fruit or vegetable to try ... or several!

**Make It Snappy!** Let them snap the green beans, snap peas, or break the florets from the broccoli or cauliflower.

**I Spy.** Play "I Spy" in the produce section when grocery shopping.

**Tear It Up!** Let them tear the lettuce for salads and sandwiches.

**Measure Up!** Let them measure the frozen vegetables before cooking them.



**Peel & Slice.** Older children can peel and slice carrots, cucumbers, potatoes ... the list goes on!

**Stir & Spice.** Make applesauce from fresh apples. Let them help stir and add the cinnamon.

**A Sprinkle A Day...** Let them sprinkle herbs or other seasonings onto vegetables.

**Monster Mash!** Pull out the potato masher!

# In the Kitchen with Kids Recipes

## Baked Ziti

### Ingredients

1 lb. dry ziti pasta (or pasta of choice, whole grain is best)  
1 onion, chopped  
1 lb. lean ground beef  
2 26 oz. jars spaghetti sauce  
6 oz. provolone cheese, sliced (or use mozzarella)  
1 1/2 cups sour cream  
6 oz mozzarella cheese, shredded  
2 Tablespoons grated Parmesan cheese



### Directions

Bring a large pot of salted water to boil. Add pasta and cook about 8 minutes. Drain. In a large skillet brown onion and ground beef over medium heat. Drain any fat. Add spaghetti sauce and simmer for 15 minutes. Lightly grease a 9x13 pan. Layer as follows...1/2 of the pasta, provolone cheese, sour cream, 1/2 sauce mixture, remaining pasta, mozzarella cheese, and remaining sauce mixture. Top with grated parmesan cheese.

## Apple Yogurt Parfaits

1 c. unsweetened applesauce  
Dash nutmeg  
1/2 cup granola with raisins  
1-1/3 cups vanilla yogurt

1. In a small bowl, combine applesauce and nutmeg. Spoon 1 tablespoon granola into each of 4 parfait glasses. Layer each with 1/3 cup yogurt and 1/4 cup applesauce; sprinkle with remaining granola. Serve immediately.



### Kid Humor in the Kitchen

Q: Why shouldn't you tell jokes about peanut butter?

A: People might spread it around.

Q: What do people often say in a cold, Mexican kitchen?

A: Brrrrrrrito.

# Workout Bunny

50 Jumping Jacks  
50 Crunches  
45 Jumping Jacks  
45 Squats  
40 Jumping Jacks  
40 Pushup's  
35 Jumping Jacks  
35 Crunches  
30 Jumping Jacks  
30 Squats  
25 Jumping Jacks  
25 Pushup's  
20 Jumping Jacks  
20 Crunches  
15 Jumping Jacks  
15 Squats  
10 Jumping Jacks  
10 Pushup's  
5 Jumping Jacks  
5 Crunches  
5 Squats  
5 Pushups



Happy Easter

# **JEROME RECREATION DISTRICT HIKE SERIES**

**WELCOME TO THE JRD HIKE SERIES! THESE HIKES ARE AVAILABLE TO ANYONE INTERESED IN EXPLORING OUR LOCAL HIKING AREAS. MOST OF THE HIKES ARE AT LEAST TWO MILES LONG AND WILL BE MODERATE. THEY WILL BE LED BY AMY WORTHINGTON OR KIM BAAR AND FULL OF FUN! WE WILL MEET AT THE HIKING LOCATION, IN THE PARKING LOT.**

**ANY QUESTIONS? CALL THE JEROME RECREATION DISTRICT  
@ (208) 324-3389**

**APRIL 2ND - DIERKES LAKE**

**APRIL 9TH - YINGST ROAD / JEROME CANYON  
[WEST OF THE GOLF COURSE]**

**APRIL 16TH - ROCK CREEK CANYON**

**APRIL 23RD - BOX CANYON STATE PARK**

**MEET @ 6:00PM FOR ALL HIKES**



# LEGO BUILD

COME OUT TO THE JRD FOR OUR FIRST LEGO  
BUILD OFF!

BRING YOUR OWN LEGOS OR BORROW FROM  
OUR

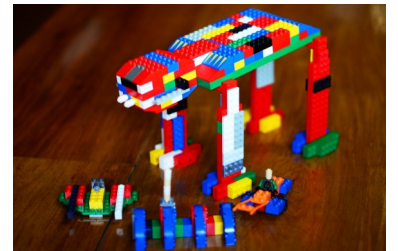
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WHEN: SATURDAY APRIL 13  
2024

WHERE: MULTIPURPOSE ROOM

TIME: 10AM-11:30AM

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COME BUILD US YOUR BEST CREATION  
AND HAVE A CHANCE TO WIN A PRIZE.

AGES: 6 and UP  
NO YOUNGER SIBLINGS  
PLEASE

COST TO REGISTER  
IS FREE



Ages 6-8 Junior  
Ages 9-13 Intermediate  
Ages 14+ Senior



# Mother Daughter 5k Run or Walk



**Saturday**  
**May 4, 2024 8:00am**  
**Cost: \$25.00 a person**

Come join the Jerome Recreation District's Mother Daughter 5K walk or run. There is something special about completing a goal together. Overcoming a challenge together can create a memory, a special bond that can help bridge the gap in hard times and sweeten the celebration during the good times.

Must pre-register by April 27th to guarantee a shirt. If preregistered, participants receive a T-shirt and commemorative gift.

Register at the office, online at [jeromerecreationdistrict.com](http://jeromerecreationdistrict.com) or by phone at 324-3389.

Grab your Mother, Grandmother...great Grandmother.  
Grab your daughter, grand daughter...great Granddaughter.

# Turning Your Dog Into Your Workout Partner

By Dr. Becker

## Do You Need a Workout Partner? How About Your Dog?

Taking your dog for a walk probably means stopping every few feet so she can check her pee-mail, sample the grass, maybe do a little excavating - all at a leisurely pace that doesn't qualify as exercise.

But believe it or not, your dog can be a great workout partner, even if you're just starting to exercise. Unlike a human companion, your dog will always be ready to get up and go. And since dogs love having a daily routine they can count on, yours will be happy to remind you when it's time to exercise each day.

Working out together can provide important health benefits for both you and your dog. These include lowering your risk of obesity, diabetes, heart disease, and joint disease. Not only will you get in better shape, but your canine companion will also benefit both physically and mentally. Bored, under-exercised dogs often develop behavior problems that are resolved by adding more physical activity into their daily routine.

## Most Dogs Must Learn the Difference Between Casual and Workout Walks

What could be better than spending that extra time with your pet, insuring he's getting all the physical activity he needs to be healthy?

First, though, you must reprogram any dog who has grown accustomed to sniff-piddle-dawdle walks. Don't expect to make a one-day transition from leisurely strolls to power walking. It will take several sessions for your pet to catch on.

Of course, you'll also be taking your dog on casual walks, so you'll need to help him learn to distinguish between the two. It could be a time of day thing - for example, you could schedule slower walks for first thing in the morning and again before bedtime, and workout walks happen at some point in between.

Alternatively, you could develop a verbal cue that tells your pet he's about to go on a power walk. I also strongly encourage the use of a harness for exercising with your dog. A leash attached to your dog's collar can quickly become a health hazard as you're cruising city streets or even country roads. Many dogs learn which walk they're going on by whether the leash gets attached to their collar (short walk) or a harness (time to get serious!).

## Getting the Most from Your Workouts

In order for both you and your pet to get the most from workout walks, your dog needs to learn to move beside you at the same pace, rather than being in front or behind you. When you're power walking, jogging or running with your pet, he should be in the shoulder-at-knee heel position. This allows the two of you to move as one, and reduces the risk of smacking into each other along the way.

If you need help training your dog to move well beside you on walks or runs, Karen Pryor of clicker training fame offers some excellent tips and tricks.

To make working out with your dog a true fitness-building experience, variety is key. Try increasing your pace after a short warm up. Increase the distance you cover. Do interval training by speeding up your walking pace, or breaking into a jog or even a run for a block or two to raise your heart rate and your pet's. Substitute an uphill hike or climb for your usual power walk.

Your dog will also benefit physically and mentally from playtime, so get creative and find ways to play with your pet that also provide you with exercise. If she likes running off leash at the dog park, run along with her. If she loves retrieving a ball, throw it and race her for it.

Done correctly, working out with your canine partner can give you all the aerobic exercise you both need to stay well conditioned. You may still need to hit the gym for strength training, but now you can leave the house with a clear conscience, knowing your fuzzy companion isn't being shortchanged in the exercise department.



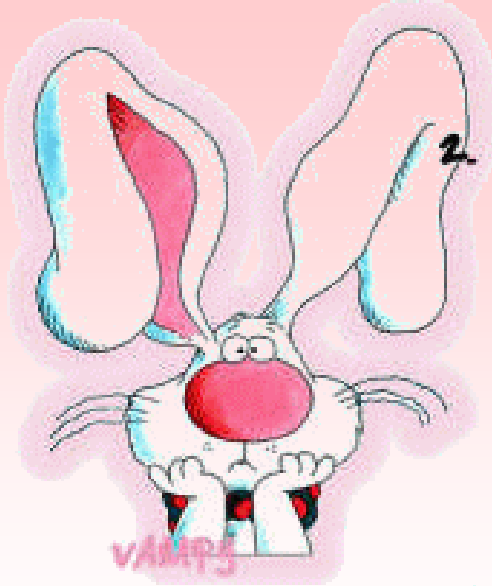
**Dog Walking Workout**

- 5 Min Easier Pace
- 5 Min Moderate Pace
- 1 Min Fast
- 5 Min Moderate
- 2 Min Fast
- 4 min Moderate
- 3 Min Fast
- 5 Min Easier Pace

**Done in 30 Minutes!**

Stretch

## TIPS from the Easter Bunny



1. Don't put all your eggs in one basket
2. There's no such thing as too much candy
3. Some body parts should be floppy
4. An Easter bonnet can tame even the wildest hare
5. The grass is always greener in someone else's basket
6. Let happy thoughts multiply like rabbits

Why did the Easter egg hide?



He was a little chicken!

Holy crap! Pete, is that you?!

