



Nutrition For Active Families



Keeping Kids Fit Just Got Easier

(NAPSA)—Studies show that spending time cooking and eating with the family is a great way to help kids eat more vegetables and protein and avoid junk food and binge eating.

Kids in the Kitchen, a program by the Junior League, is working to improve children's eating habits through educational programs centered on proper exercise, healthy eating, cooking and even shopping.

This year, more than 230 Junior Leagues in the United States, Canada, Mexico and the United Kingdom will host cooking classes and demonstrations, grocery shopping tours, family lessons on the benefits of eating together, exercise sessions, healthy food selection contests and other educational activities.

The education initiative is supported by the Cartoon Network's "Get Animated" program, a movement designed to motivate, energize and educate children.

To excite children about preparing snacks and meals, the *Kids in the Kitchen* Web site, <http://kidsinthekitchen.ajli.org>, features healthy recipes from celebrities such as Mary-Louise Parker and best-selling author and chef George Stella.

Also featured is an educational game with characters and backgrounds from the hit series "Camp Lazlo," and the USDA's "Pyramid Blast Off" game.

Next time you prepare a meal with your kids, try this scrumptious soup recipe from actress Fran Drescher, Emmy-winning star of "The Nanny." Multiply the ingredients by the number of family members.



Studies have shown that children are more likely to eat a healthier diet when they are involved in preparing their own food.

Fran Drescher's Healthy Soup

Ingredients:

- 1 can of tomato soup
- ½ brick of firm or extra-firm organic tofu
- 1 fist of organic baby spinach
- 1 tablespoon grated Parmesan (optional)

Directions:

Prepare soup in soup pot according to package directions. Cut tofu into small cubes and add to soup. Put baby spinach on top and cover with lid. Cook over medium flame until soup is heated through. Serve in deep bowls and sprinkle each serving with Parmesan. Makes 1 serving.

Nutrition information (serving size: 1 bowl): Calories: 363, Fat: 2.4g, Carbohydrates: 50.9g, Protein: 24.9g, Potassium: 698.4mg, Fiber: 8.7g, Sodium: 1,849mg, Calcium: 459mg

Nutrition is per serving, without Parmesan.