



Active Routes to School Summer Camp

On Tuesday, July 14, 2015, Region 7 held its first Active Routes to School summer camp event at Clayton Community Center. Campers ranging from Kindergarten to 5th grade were presented an interactive lesson on bicycle safety.

The lesson was based on the Let's Go NC! Curriculum which helps to prepare children with pedestrian and bicycle safety skills they will need throughout their lives. Campers learned and practiced skills such as proper hand signals, helmet fit, bike control, ABC Quick Check, and much more.

After the classroom lesson, campers put their new skills into action on a bicycle obstacle course set up in the courtyard. Campers went through stations designated to secure their helmet and make sure their bike was ready to ride before entering the course. The obstacle course then allowed students to practice making turns with proper hand signals, avoiding hazards, and coming to a safe, complete stop at the end. After the event, everyone was given a water bottle and pedometer.

Amy McClain, Recreation Program Coordinator, stated that all of the kids came in talking about the event the next day with pedometers on their hips. The event was a great success and Region 7 hopes to continue to bring children together in bicycle and pedestrian safety.

For more information on **Active Routes to School** contact: Nicole Westley at 919-989-5200 or nicole.westley@johnstonnc.com.



Help **COLOR** Chris the cyclist's picture and find **SEVEN** things that make this bicyclist unsafe

Answers: 1. no helmet 2. flat tire 3. no reflectors 4. wearing headphones 5. riding on the left side of the road 6. riding with no hands 7. shoe untied

Fun Activity

Teriyaki Salmon with Zucchini

SERVES: 2 (serving size: 1 salmon fillet and about 1 cup zucchini)

INGREDIENTS

- Low-sodium teriyaki sauce
- 2 (6-ounce) salmon fillets
- Sesame seeds
- 2 small zucchini, thinly sliced
- 4 scallions, chopped
- Canola oil



Courtesy: Health.com

PREPARATION

Combine 5 tablespoons teriyaki sauce and fish in a zip-top plastic bag. Seal and marinate 20 minutes. Toast sesame seeds in a large nonstick skillet over medium heat, and set aside. Drain fish, discarding marinade. Add fish to skillet, and cook 5 minutes. Turn and cook for 5 more minutes over medium-low heat. Remove from skillet, and keep warm. Add the zucchini, scallions, and 2 teaspoons oil to skillet. Sauté 4 minutes, or until lightly browned. Stir in 2 tablespoons teriyaki sauce. Sprinkle with sesame seeds, and serve with salmon.

