



Heart Health Month

Celebrate February as Heart Health Month by walking to or at school! Walking and bicycling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. Regular physical activity helps children build strong bones, maintain a healthy heart, and decrease the risk of obesity.

Even if many students live too far to walk or bike from home, they can still be part of a great Walk to School Day or Bike to School Day celebration. In an effort to include everyone, many event organizers offer options for bus riders and parent-driven students. Learn more about options for students who live too far to walk or bike from home, such as designated starting points and walk or bike AT school activities. Contact your local Active Routes to School coordinator for more information.

You can also offer students the option to track all the miles they walk or bike outside of or during school hours to earn prizes and work toward a school-wide goal. A school in Nash County, NC uses punch cards to track the laps students walk at recess. After a punch card is full, the student receives a milestone reward, such as a water bottle or pedometer.

To learn more about the ARTS project contact Nicole Westley at 919-989-5200 or nicole.westley@johnstonnc.com



Fill in the blanks for the traffic signs and signals that can help you when you are walking and biking to school.



1. This sign has eight sides and is painted red. When you are walking or riding your bike, it tells you to _____.



2. A traffic light has three colors: red, yellow and _____. The colors tell you what to do- red means stop; yellow means go slow ; green means _____.



3. Yield is a sign that means you don't have to stop but you must go _____.



4. A pedestrian crossing sign shows you where it's safe to _____ the street.



5. At _____ crossings you should listen for trains and look each way before crossing.

1.Stop, 2.Green, 3.Slowly, 4.Cross, 5.Railroad. ANSWERS TO TRAFFIC SIGNS

Vanilla Strawberries with Lemon Ricotta

Not only are strawberries delicious, but they offer a wide range of health benefits.

Makes: 4 servings **Active Time:** 20 minutes **Total Time:** 35

INGREDIENTS

- 1 teaspoon vanilla extract
- 3 tablespoons honey
- 2 teaspoons lemon juice
- Pinch of salt
- 3 cups strawberries, hulled and quartered
- 2 cups part-skim ricotta cheese
- 2 tablespoons freshly grated lemon zest



Courtesy: eatingwell.com

PREPARATION

1. Add honey, lemon juice, salt and vanilla extract; whisk until well combined. Add strawberries and stir to combine. Let stand at room temperature for at least 15 minutes and up to 2 hours, stirring occasionally. Just before serving, combine ricotta and lemon zest in another bowl.
2. To serve, spoon 1/2 cup of the ricotta into each of 4 dessert bowls and top each with about 1/3 cup of the strawberries. Serve immediately.

