

SPECIAL POINTS OF INTEREST

- BMI
- Confetti Quinoa
- Get Involved In Your Child's Life
- Parent Committee

INSIDE THIS ISSUE:

BMI (Body Mass Index)	1
Confetti Quinoa	2
The Power of Being Involved in Your Child's Life	3
August Parent Committees	4

BMI (Body Mass Index)

When we talk about whether or not someone is overweight, people often want to know, "How many pounds do I have to weigh to be underweight, healthy, or overweight?" However, there is no general number of pounds because there are a lot of other things to consider when deciding if someone is overweight. These things include height, age, and sex. So, for everyone age two and up, we use the BMI, which stands for Body Mass Index (BMI calculations aren't used for children under age two).

The Body Mass Index uses height and weight to see if you weigh a healthy amount for your height. Then, we can figure out if your weight and height are healthy for your age and sex by comparing your BMI to the BMI of other people of the same age and sex (though, for adults, age and sex are not as important for understanding BMI).

When you look at a BMI number, you will usually see something about a percentile. The percentile will be between 0 and 100. So, for example, if you are a three year old girl and in the 95th percentile, this means that you are bigger than 95% of other three year old girls. If you are in the 5th percentile, this means that 95% of other three year old girls are bigger than you. If you are between the 5th and 85th percentile, it means your height and weight are healthy for your age and sex.

Calculate your BMI!

$$(\text{Weight} \div (\text{Height in inches} \times \text{Height in inches})) \times 730 = \text{BMI}$$

Step by Step:

1. Height in inches ____ x Height in inches ____ = ____

2. Weight in pounds ____ ÷ ____ = ____

3. ____ x 730 = ____

Children

Percentile	
Less than 5th percentile	Underweight
5th to 85th percentile	Healthy Weight
85th to 95th percentile	Overweight
Greater than 95th percentile	Obese

Adults

BMI	
Below 18.5	Underweight
18.5 to 24.9	Healthy Weight
25.0 to 29.9	Overweight
30.0 and Up	Obese

Confetti Quinoa

Confetti Quinoa

Quinoa is a very nutritious food high in protein, iron, potassium, calcium and B vitamins. It is considered a whole grain and has a light nutty taste. Since quinoa has a bitter coating it needs to be rinsed thoroughly before cooking. To rinse it, put the quinoa in a large bowl filled with cold water and rub the seeds for several minutes. Next, pour the quinoa into a fine mesh strainer and hold it under running water, until the water runs clean.

Ingredients:

- 1½ cups low-sodium chicken stock, vegetable stock or water
- 1 cup quinoa, thoroughly rinsed and drained
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup frozen chopped, mixed vegetables such as peas, carrots, green beans and corn

Note: You can add a can of black beans at the same time the vegetables are added to increase the protein content. If you don't have quinoa, substitute brown rice or whole-wheat couscous, but be sure to adjust the cook time as needed.

Directions:

1. Add chicken stock, vegetable stock or water to medium saucepan and bring to a boil over medium-high heat.
2. Stir in quinoa, salt and pepper.
3. Switch heat to low and cover pot with lid.
4. Cook until liquid is evaporated and quinoa is tender (about 15 minutes) and remove from heat.
5. Stir in the vegetables with a fork and place lid back on quinoa so that the heat from the quinoa cooks the vegetables.
Serve immediately or place into an airtight container and refrigerate for up to 5 days.

This recipe makes 4 servings.

Adapted from www.kidshealth.org

Stacy Calderon

Registered Dietitian

The Power of Being Involved in Your Child's life

Finally, there is overwhelming support for fathers to be more involved in their children's education. Our polling data notes that 96.8% of all Americans believe fathers need to be more involved in their child's education. Department of Education research clearly shows how father involvement positively impacts a child's success and opportunities in school. Being involved has immediate benefits. Through parent/teacher meetings, helping with homework, and involvement at school functions, a father's presence contributes to his child's performance and a more positive attitude in the school setting.

Dr. Ken Canfield, founder National Center for Father- and facts must lead us to great cause in which all young and old—need to men to be effective fathers, with their children. It is a invisible foe—fathering



bit as crucial and intense as any war our nation has known. It's no exaggeration to say that every future generation depends upon how we respond to this opportunity."

and former president of the ing, believes these trends a new resolution. "There is a of us—women and men, be engaged: encouraging and connecting all fathers quiet struggle against an deprivation. But it is every

Being a committed dad may be your most important social, physical and spiritual contribution to the future of America. Be wise about it. Invest yourself in children, and you won't be disappointed. That's a guarantee. As always, keep up the good work, Dad.

Adapted by fathers.com

Parent Committee

Please join us for the Parent Committee meeting (Early Literacy).

Simms Mann - August 8, 2012

12:30 p.m. - 1:30 p.m.

SAMOHI - August 22, 2012

5th period

Inglewood - August 22, 2012

5:00 p.m. - 6:30 p.m.

Please call and RSVP to Jose Cortes at (310) 664-7554, to help us with the food count.