

# READY, SET, BREAKFAST!



ELIZABETH LARA / STAFF PHOTOGRAPHER

Joseph Juhniewicz, 9, center, and Jamie Suquitana, 9, right, of Our Lady of the Valley School in Wayne, sample fresh vegetables following a presentation from Health Barn USA of Wyckoff. Students learned about the food pyramid and proper exercise. The food was provided by Whole Foods and the program is supported by Cabot Cheese.



## Teaching kids to start off right and carry on for the rest of the day

By **DIANE HAINES**  
STAFF WRITER

The question to students at Our Lady of the Valley School in Wayne was simple: Who had started the day with breakfast? Nearly all of the 200 children raised their hands.

The pre-K through eighth-grade students were attending a special assembly at Father Rugel Hall to teach them the value of healthful eating and exercise. The 90-minute interactive program was presented by Health-Barn USA of Wyckoff, established in 2005 by Stacey Antine in collaboration with the Rutgers Extension Service. It fulfills the New Jersey Core Curriculum requirement that students learn about a healthy lifestyle.

The program will be given in No-

vember at Clifton's School 13.

Around the perimeter of the church hall, parents stood behind six-foot-long tables. One table held platters of fruit, another plates of raw vegetables, a third had paper cups filled with samples of a

smoothie.

The students were told to get a paper plate for their food-and-drink samples.

"We should be in every school system in Passaic County, but we are not," said Antine, who would welcome more requests to present the program in Passaic County.

"Hi, everybody," she greeted the group. "Are you ready to start?"

"Yeah!" they shouted back.

She began by outlining five good

### NUTRITION EDUCATION

Please see **EAT RIGHT, C2**

# Eat right: Good habits taught

## Continued from C1

health habits.

1. Eat a good breakfast.
2. Have a lunch of fruit and vegetable.
3. Exercise.
4. Get a good amount of sleep.
5. Eat dinner with your family.

The evening meal shouldn't be in front of the TV or gulped down while playing games on the computer.

"If you start practicing the five rules today," Antine joked, "you will grow up to be a rock star."

Then she put a picture of the food pyramid on a screen and explained that a balanced diet includes the five major food groups.

Eager volunteers were called up to sample fruit, vegetables, milk, grains and meat. Each student was asked to name a favorite fruit or vegetable. Among the top picks: watermelon and carrots.

In the milk category, the children were asked to sample 1-percent milk, soy milk and rice milk. All three got a thumbs-up for taste.

They also got to taste a "Rainbow Swirley" smoothie made of yogurt, bananas, strawberries, orange juice and honey; Antine told them they could take the recipe home to their parents.

### RAINBOW SWIRLEY

- 4 ice cubes
- 1 cup vanilla low-fat yogurt
- 1/2 cup 100 percent orange juice
- 1 cup of fresh blueberries (substitute raspberries or strawberries)
- 1 banana
- 1 teaspoon of golden flax seeds, ground
- 1 teaspoon of honey

Place ice cubes into blender and crush ice

Place remaining ingredients into blender

Blend until smooth

Pour into cups

**Note:** There's enough sugar in our rainbow swirley to satisfy your sweet tooth, but it's all natural - coming from fruit (fructose, which is fruit sugar) and the yogurt (lactose, which is a milk sugar). This great-tasting, nutritious recipe should keep

you energized all day.

*Each serving contains approximately 119 calories, 1 gram fat, 3 milligrams cholesterol, 45 milligrams sodium; 25 grams carbohydrates (2 grams fiber, 22 grams sugar), 4 grams protein, 2 percent daily value (DV) of vitamin A, 28 percent DV of vitamin C, 10 percent DV of calcium, 2 percent DV of iron.*

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