Pedometers were first seen in drawings by Leonardo Da Vinci, an artist and scientist from Europe, over 500 years ago! However, the pedometer that we use today was actually developed in Japan about 40 years ago. In Japan, the pedometer is called “Monpo-kei!” which means “10,000 steps meter”. Remember this and you will remember how many steps you need a day!

Did you know...

A Closer Look:
This week we learned all about energy. We learned that energy in food is measured in calories, and that daily tasks and physical activity burn these calories. We explored the concept of being in “energy balance” or being “Just Right!”, and the idea that we want the calories that we eat to equal the calories that we burn or use for energy. We even got to use pedometers to count our steps!

Physical Activity and You:
Physical activity plays a huge role in helping you control your weight. It does so by using up the extra energy that you get from food that would otherwise be stored as fat. Everything that you eat contains energy, and everything that you do on a daily basis uses energy.

If you eat the same amount of energy from food that your body uses on a daily basis, your weight will stay the same.

If you eat more energy from food than your body uses to perform your day’s activities, you will gain weight.

If you eat less energy from food than your body uses, your body will be forced to use its stored energy and you will lose weight.

Whether it is jogging, jumping rope, walking the dog, cleaning the house, or riding your bike, any kind of physical activity that you choose to do will increase the amount of energy that your body uses. Physical activity will help you maintain your weight. It will also make you feel great, so get your body moving!

Family Kitchen
Recipe of the Week
6 Can Chicken Tortilla Soup

INGREDIENTS:
1 (15 ounce) can whole kernel corn, drained
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can chunk chicken
1 (15 ounce) can black beans
1 (10 ounce) can diced tomatoes with green chili peppers, drained

Pour everything into a large saucepan. Simmer over medium heat until chicken is heated through. Makes 6 servings.

Recipe from http://allrecipes.com

Follow-up with your Child:
Walk with your child and talk about energy balance. Discuss the meanings of greater than, less than and equal to and explore with him/her the importance of being in energy balance!