What are your kids up to these days? What season is this?

For many families in Hawaii, youth sports are popular after-school and weekend activities. Whether it’s swimming, martial arts, dance and gymnastics, or a ball sport, kids are having fun, learning skills and sportsmanship, getting great exercise and burning off a lot of calories and energy. It is important for parents and coaches to remember to also teach our youngsters about proper hydration— that’s drink enough fluids before, during and after physical activity— and about proper nutrition and food safety.

Physical activity develops stamina, strength, and coordination. It also increases the need for extra calories and the importance of eating a well balanced diet for growth, energy and good health.

Developed initially by undergraduate nutrition students at UH Manoa, the Produce An Athlete website was designed to promote fruits and vegetables for you participation in sports. Now Produce An Athlete is being re-launched with more information for coaches, parents and youth participating in sports. Find newsletters on fruits & vegetables, fluids, and hand washing; suggestions and recipes for healthful snacks and potlucks; and links to related sports and nutrition websites and interactive learning websites.

For parents looking for healthful snack ideas for after practice and games, as well as healthful recipes for potlucks and parties, the Food Skills Cookbook offers over 80 recipes. Newsletters provide current information on nutrition, health, and keeping food safe.

Kids will enjoy the interactive websites that make learning about health, food and nutrition fun and interesting. Check it out!

Produce An Athlete is a project of the Cooperative Extension Service and the Department of Human Nutrition, Food and Animal Sciences, University of Hawaii at Manoa.

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