

# Can Exercise Make You Smarter?

Did you know that exercise can improve academic performance in children?

Almost immediately after exercise, children are better able to:

- Concentrate on classroom activities
- Pay attention
- Memorize
- Complete learning tasks

These benefits all enhance learning, and long term physical activity continues to show improved academic performance. Examples include better test scores as well as increased performance on standardized tests.

The greatest effects are usually seen when children participate in cardio exercises. These are exercises that get the heart rate up, such as running, biking, swimming, skipping rope, and more!

*The Physical Activity Guidelines for Americans* recommends 60 minutes of daily moderate-to-vigorous physical activity for children. Try to make physical activity part of the entire family's daily routine by:

- Taking family walks
- Playing active games together
- Going to public parks

# 运动能让你更聪明吗?

你知道运动可以提高孩子的学习成绩吗?

几乎在运动后, 孩子们能够更好地:

- 专注于课堂活动
- 注意力
- 记忆力
- 完成学习任务

这些好处都增强了学习能力, 长期的体育活动继续显示出学习成绩的提高。学习成绩提高的例子包括更好的考试成绩以及各種标准化考试成绩的提升。

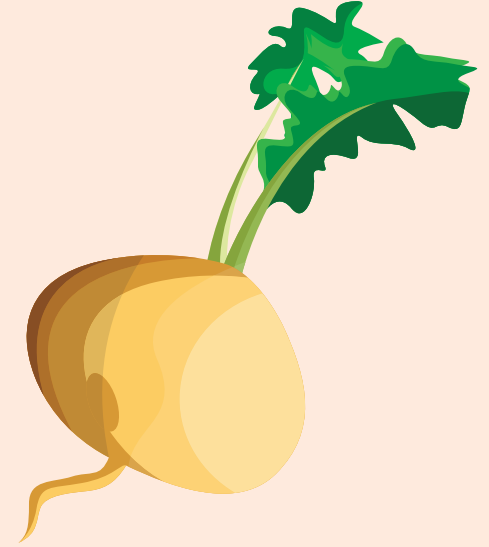
当孩子们参加有氧运动时, 通常会看到最大的效果。这些是提高心率的运动, 例如跑步、骑自行车、游泳、跳绳等等!

美国人的体育活动指南建议儿童每天进行 60 分钟的中等到剧烈的体育活动。尝试通过以下方式使身体活动成为整个家庭日常生活的一部分:

- 家庭散步
- 一起做活动
- 去公园



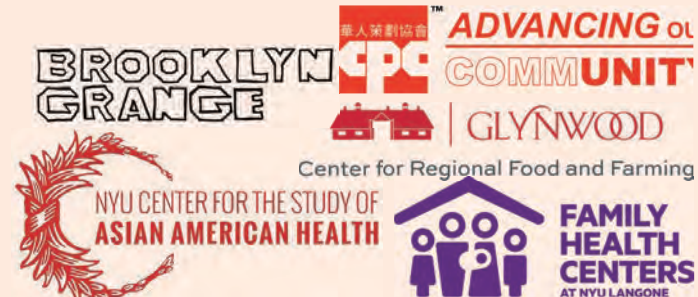
# 吃得好, 保持健康! Eat Well, Stay Healthy!



## 蔬菜聚光灯:

## 圆萝卜

## Vegetable Spotlight: Hakurei Turnip



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# 博丽萝卜荞麦面

(4人份)

## Turnips w/ Soba Noodles

(serves 4)

### 食材

- 1束茼蒿；去除根部，叶片洗净切碎
- 7个干香菇，浸泡并切片
- ¼杯芝麻油
- 2-3捆荞麦面，煮熟沥干
- 3汤匙低盐酱油
- 1汤匙米醋
- 1汤匙鱼露

### INGREDIENTS

- 1 bunch Hakurei turnips; washed, destemmed, and cut
- 7 dried shiitake mushrooms, soaked and sliced
- ¼ cup sesame oil
- 2-3 bundles soba noodles, cooked and drained
- 3 tbsp low sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp fish sauce

### 做法步骤

1. 在一个大碗里，加入 2 汤匙芝麻油、酱油、米醋和鱼露，搅拌均匀。加入荞麦面并搅拌。
2. 在平底锅中加热 2 汤匙芝麻油。加入切块的茼蒿和蘑菇，炒约1分钟。加一点水，煮约 5 分钟。加入叶片，煮约 1 分钟。
3. 荞麦面和茼蒿一起上桌，趁热享用吧！

### INSTRUCTIONS

1. In a large bowl, mix 2 tbsp sesame oil, soy sauce, rice vinegar, and fish sauce. Add the soba noodles and mix.
2. Heat 2 tbsp of sesame oil in a pan. Add chopped turnips and mushrooms and saute for ~1 min. Add a splash of water and cook for ~5 min. Add turnip greens and cook ~1 min.
3. Serve noodles with the turnips and mushrooms and enjoy!



### 厨师的小贴士



盡快將根部切除！根部可以保存 7-10 天，而绿叶部分应尽快使用，因为它们在收获后会很快失去营养价值！

### CHEF'S TIP

Cut the greens from the roots as soon as you can! The roots can store well for 7-10 days while the green leaves should be used as quickly as possible as they tend to lose their nutritional value quickly after harvest!