

DETROIT  
ROOTS



## HEALTH TIP OF THE WEEK

In order to become a great athlete, you will have to fuel your body properly. The best way to make sure your body is ready to go come competition time is a **well-balanced diet**.

In order to have a well-balanced diet, you need to ensure that you are eating a wide variety of nutritious foods from all the different food groups. As a general guide, you should eat:

- Lots of fruit and vegetables (more vegetables than fruit)
- Wholegrains (such as brown rice, whole grain bread and whole grain pasta)
- Beans and lentils
- Lean meat and fish (especially oily fish)
- Nuts and seeds

Remember that different colors of fruits and vegetables contain different combinations of nutrients. Think about a rainbow of color with your food. Try to put as many different colors as possible of food on your plate to ensure a huge variety of nutrients. And don't forget to have fun with it! Be creative with cooking your meals and try something new.



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## 4<sup>TH</sup> OF JULY FRUIT WANDS

Here's a healthy recipe to help you cool off during your July 4<sup>th</sup> festivities!



### INGREDIENTS:

- 1 Watermelon
- 2 Pints Blueberries
- 20 Skewers

### INSTRUCTIONS:

1. Slice the watermelon into 1/2 inch round slices, and then cut out star shapes using a three-inch star-shaped cookie cutter.
2. Gently slide the blueberries on wooden skewers\* and finally place a watermelon star on the top.
3. Place the skewers in a tall glass or in decorated floral foam as an eatable centerpiece.

**\*Get creative with this recipe! You can add more fruit onto the skewers, like strawberries or apples, or switch out the fruits to fit your personal preference. This is a great refreshing snack for you to try at home!**