



# Couper's Corner



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25 Years Experience

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## Eating "Smart"



In teaching our Study Skills course, we go over the importance of a good diet in helping students do better in school. The following is some information to help you make healthy choices for your children...

### Omega-3

Over 12 years ago, we read about omega-3 in the national best seller, *Miracle Cures*, by Jean Harper. The benefits of omega-3 have been recognized for generations for both children and adults. In the 1950s, research showed the beneficial effects on the heart of eating fish (a natural source of omega-3). In the last few decades, more research has shown that omega-3 can increase brain power, attention levels, and reading skills in children—which is why we wanted to make sure you knew about this wonderful supplement! If you'd like us to email you the information from *Miracle Cures*, just let us know.

### Healthy Foods

Even though it's best to eat naturally healthy foods without bad fats, artificial ingredients or lots of sugar, it can be challenging to get our kids to eat this way. We've also noticed that when our students come to us right after eating such foods, it's more difficult for them to focus. Recently, we came across a website called [www.KidKritics.com](http://www.KidKritics.com). It lists over 600 convenient foods all rated by children from ages 5 to 14 as tasting "good." These include meats, cheeses, pastas, desserts, drinks and all kinds of snacks. You might want to check this out before you take a chance on buying something "new" and healthy for your children.

### "Tasty Time with ZeFronk"

If you're looking for fun ways to introduce healthy snacks to children, especially the younger ones, you

might want to watch the 5-minute segments on the Disney channel called "Tasty Time with ZeFronk" (a French dog chef!). The snacks are very easy to make (with a grownup's help) and also include foods from other parts of the world like Mexican quesadillas, English tea sandwiches, and our personal favorite...

### French Mini-Quiche from ZeFronk

Ingredients: 3 slices bread, 1 cup chopped fresh spinach, ½ cup grated cheddar cheese, 2 eggs, ½ cup milk

Note: You could substitute bacon or ham for the spinach, Swiss cheese for the cheddar, or add nutmeg or grated onion.

Preheat the oven to 375 degrees. Cut two small circles from each slice of bread to line the bottoms of a greased 6-muffin tin. Sprinkle the chopped spinach and cheese on top of each bread circle. Whisk the two eggs together and add the milk. Divide this mixture evenly among the six muffin cups. Bake for about 15-20 min. until golden brown and cooked through. Very yummy! 😊

### About Us...

Since 1999, we have been teaching *reading* to students of all ages quickly and easily using the internationally acclaimed Academic Associates® phonics-based reading course. We also tutor students in all grades in *math* and *physics*. *Study skills* and *career assessments* are available for older students. Our evaluations are always **FREE!** Call us anytime with any questions you may have—we're here to be of service!